Pre-Season Athletics at Westtown School

*Medical forms & pre-season registration must be in before students can participate in sports.*

Preseason Practice and Meal Schedule

- **Sunday, August 30th**
  - 2:00-5:00 PM: All Pre-Season Athletes Arrive, Register and Move In
  - 4:15 PM: Parent of Pre-Season Athletes Meeting with ADs
  - 5:00 PM: Dinner
  - 5:40 PM: Opening Pre-Season Meeting with ADs
  - 6:00-8:00 PM: Practice Session

- **Monday, August 31st - Thursday, September 3rd**
  - 7:30 AM: Breakfast
  - 9:00-11:00 AM: Practice Session
  - 11:30 AM: Lunch
  - 2:00-3:00 PM: Rotating Afternoon Session (Team Building/Pool/Weight Room)
  - 3:30: Snack
  - 4:30-6:30 PM: Practice Session
  - 6:45: Dinner

- **Friday, September 4th**
  - 7:30 AM: Breakfast
  - 9:00-11:00 AM: Practice Session or Scrimmages
  - 11:30 AM: Lunch
  - 12:30 PM: Preseason Athletes Depart

**Weekend Schedule for Preseason Athletes on Campus (not student leaders)**

Most student athletes who do not have other orientation responsibilities will depart for the weekend after their last session on Friday. Preseason athletes who do stay on campus (not student leaders) will take part in the following activities:

- **Friday, September 4th**
  - 6:00 PM: Dinner
  - 6:45 – 9:30 PM: Trip to the Movie Theater

- **Saturday, September 5th**
  - 7:30 AM: Breakfast
  - 11 AM – 3 PM: Athletics Pool Party and BBQ (location TBD)
  - 6:00 PM: Dinner
  - 6:45 – 9:00 PM: Trip to Play Mini Golf

- **Sunday, September 6th**
  - 7:30 AM: Breakfast
  - 9:30 – 11:30 PM: Van to Starbucks and Target
  - 11:30 AM: Lunch
  - 6:15 PM: Dinner with Advisors

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