

My child is planning to play more than one sport. What happens when two seasons of sport overlap?

Let's consider the example of a girl who wants to play field hockey and soccer. The field hockey season begins in mid-August, and depending on whether or not the team makes the playoffs, may continue until late November. Meanwhile, soccer tryouts begin on or around November 1<sup>st</sup>.

As a general rule, we want to allow and encourage athletes to complete their season before beginning a new one. Under no circumstances do we want to pressure an athlete to do more than one sport simultaneously, thereby increasing their risk of injury and possibly compromising their ability to attend sufficiently to academic, family and other obligations.

Having said that, it would solve a number of administrative challenges if we were able to establish our team rosters as early as possible.

Saratoga High coaches agree that in most cases, individual accommodations can be made for multi-sport athletes during tryouts that have a minimal impact on their in-season sport. For the two-sport athlete in our example, the soccer coach may collaborate with the field hockey coach, and may be able to assess the athlete's potential as a soccer player by simply observing the athlete in field hockey practice.

The key to making this work is for students to communicate with coaches. On or before the first day of tryouts, the field hockey player should let the soccer coach know (in person or by email) that she intends to try out for soccer.