



# 2022 EPS SPRING SPORTS REGISTRATION

**The deadline to register is Friday, January 28.**

At EPS, our program is built around our student-athletes commitment to their teams. All athletes are expected to attend all practices and games. It is often not feasible to balance other after-school commitments with athletic participation. Please consult with us in the athletics department before the season to ascertain whether the sport you wish to play can be compatible with other commitments. **Activities that are not compatible with sports include Robotics, Drama, Club Teams, etc. if they practice on the same days as your team.**

## MIDDLE SCHOOL

### 5<sup>th</sup>/6<sup>th</sup> Ultimate\*

*\*You need to register here for games, even if you are already registered for the class.*

Tues March 15 - end of trimester  
max. 6 afterschool games  
Practices during the school day

Click to register: [5/6 Girls](#) [5/6 Boys](#)



### 7<sup>th</sup>/8<sup>th</sup> Ultimate

Mon March 7 - early May (max. 8 games)  
Practices Mon/Wed 3:30-5:15p

Click to register: [7/8 Girls](#) [7/8 Boys](#)



### MS Track & Field

Mon March 7 - early May (3-5 meets)  
Practices T/W/Th 3:30-5:15p

Click to register: [MS Track & Field](#)



### MS Tennis

Mon March 7 - early May (max. 5 matches)  
Practices T/Th 3:30-5:15p

Click to register: [MS Tennis](#)

### 7<sup>th</sup>/8<sup>th</sup> Rowing

Mon Feb 28 - early May  
Practices M/W/Th 3:30-5:30p

*This foundation-building program is focused on safety, technique, boat handling, teamwork, general fitness and fun. Practices include individual & team boats. This is a non-competitive program, meaning rowers will not compete against other teams at regattas.*

**Prerequisite: Completed Fall 2021 Rowing**  
\$500 Non-refundable fee due Fri March 18

Click to register: [7/8 Rowing](#)



## UPPER SCHOOL

### US Recreational/Novice Rowing

Begins Mon Feb 28 – early May  
Practices Monday-Friday 3:30-5:30p

*This foundation-building program is focused on safety, technique, boat handling, teamwork, general fitness & fun. Over the season, rowers will gain a novice-level introduction to racing concepts and components. Practices include individual & team boats. Participants may have the opportunity to compete during the season. Includes workouts on water & land.*

Full Schedule/Details [here](#).

**Prerequisite: Completed Spring 2021 or Fall 2021 Rowing**  
\$500 Non-refundable fee due Fri March 18

Click to register: [US Recreational Rowing](#)



### US Boys Soccer

Begins Mon Feb 28  
Practices Monday-Friday 3:30-5:15p  
**practices & games during spring break**

Click to register: [US Boys Soccer](#)



### US Girls Ultimate

Begins Mon Feb 28  
Practices Monday-Friday 3:30-5:15p  
**practices & games during spring break**

Click to register: [US Girls Ultimate](#)



### US Track & Field

Begins Mon Feb 28  
Practices Monday-Friday 3:30-5:15p  
Click to register: [US Track & Field](#)



### \*NEW\* US Girls Tennis

Begins Mon Feb 28  
Practices Monday-Friday 3:30-5:15p  
*This is a new sport we are trying to start, and need 9 athletes to register in order for it to run. If you plan on participating in another sport if Tennis doesn't run, please also register for that sport now.*

Click to register: [US Girls Tennis](#)



### \*NEW\* US Girls Golf

Begins Mon Feb 28  
Practices Monday-Thursday 3:30-5:15p  
*This is a new sport we are trying to start, and need 6 athletes to register in order for it to run. If you plan on participating in another sport if Golf doesn't run, please also register for that sport now.*

Click to register: [US Girls Golf](#)



### US Competitive Rowing

Begins Mon Feb 28 – early May  
Practices Monday-Friday 3:30-5:30p

*This competitive program is open to individuals with a year or more of rowing experience. It is well suited to athletes who enjoy competing and wish to develop their racing skills. Through fun and challenging practices, athletes will have opportunities to work as a team, refine their technical skills, increase their physical fitness, and stretch outside their comfort zone. Practices will include individual & team boats. Participants will have the opportunity to compete during the season. Includes workouts on water & land.*

Full Schedule/Details [here](#).

**Prerequisite: Completed Spring 2021 or Fall 2021 Rowing AND at least 1 year of rowing experience**  
\$750 Non-refundable fee due Fri March 18

Click to register: [US Competitive Rowing](#)

