

Eagle Hill  Southport



Sports Program Handbook

Eagle Hill  Southport

214 Main Street, Southport, CT 06890
Telephone: 203-254-2044
www.eaglehillsouthport.org

Eagle Hill-Southport's Philosophy

Our sports program is guided by the overall philosophy of the school that self esteem, confidence and achievement result as children extend effort and experience success. We feel that our students benefit from being physically fit and having the opportunity to participate in team sports in a fun, non-threatening environment that will increase their willingness to take risks. While we play to win, competition is down-played.

Skills, sportsmanship and enjoyment are emphasized.

FAIRPLAY CODES

In keeping with our philosophy, Eagle Hill espouses the “Fairplay Codes” developed by the Canadian Council on Children and Youth. The following is an adapted version of the Codes:

Player’s Code

1. Play for the fun of it, not just to please your parent or coach.
2. Play by the rules.
3. Never argue with the officials’ decisions. Let your captain or coach ask any necessary questions.
4. Control your temper.
5. Work equally hard for yourself and your team - your team’s performance will benefit and so will your own.
6. Be a good sport. Cheer all good plays, whether they are by your team or your opponent.
7. Treat all players as you yourself would like to be treated. Don’t interfere with, bully or take unfair advantage of any player.
8. Remember that the goals of the game are to have fun, improve your skills, and feel good. Don’t be a show-off or always try to get the most points or penalties.
9. Cooperate with your coach, teammates and opponents, for without them, you don’t have a game.

Coach’s Code

1. Be reasonable in your demands on the young players’ time, energy and enthusiasm. Remember that they have other interests.
2. Teach your team that the rules of the game are mutual agreements that no one should evade or break.
3. Group players according to age, height, skill, and physical maturity wherever possible.
4. Avoid over-playing the talented players. The average players need and deserve equal time.

5. Remember that children play for fun and enjoyment and that winning is only part of it. Never ridicule or yell at the children for making a mistake or losing a competition.
6. Ensure that the equipment and facilities meet safety standards and are appropriate to the age and ability of the players.
7. The scheduling and length of practice times and competitions should take into consideration the maturity level of the children.
8. Develop team respect for the ability of opponents, as well as for the ability of officials and opposing coaches.
9. Follow the advice of a physician when determining when an injured player is ready to play again.
10. Remember that children need a coach that they can respect. Be generous with your praise when it is deserved and set a good example.
11. Make a personal commitment to keep yourself informed on sound coaching principles and the principles of growth and development of children.

Spectator’s Code

1. Remember that children play organized sports for their own fun. They are not there to entertain you and they are NOT miniature pro athletes.
2. Be on your best behavior. Don’t use profane language or harass players, coaches or officials.
3. Applaud good plays by your own team and the visiting team.
4. Show respect for your team’s opponents. Without them, there would be no game.
5. Never ridicule or scold a child for making a mistake during a competition.
6. Condemn the use of violence in all forms.
7. Respect the official’s decisions.
8. Encourage players always to play according to the rules.
9. Please assist coaches in keeping your child’s focus on the contest.



Information Line

The information line will provide updated announcements about school events, games, times, cancellations, etc. Please call this number, and not the school, when seeking any information about the games or cancellations due to the weather.

Information Line:
203 254-3262

Website

Our website, www.eaglehillssouthport.org, also contains announcements about school events, games, times and cancellations. Directions to sporting

events can be found in the Athletics section.

Interscholastic/ Intrascholastic Sports

Along with the seasonal intramural program, Eagle Hill competes with area public and independent schools in soccer, cross country, basketball, tennis, softball and baseball. These games offer the students an opportunity to actively participate in team sports, gaining skills in an atmosphere that fosters a sense of achievement and self esteem. The games themselves are viewed by the coaches as a learning experience...the competition is secondary. The sports program is designed to

“The qualities and capacities that are important in running - such factors as will power, the ability to apply effort during extreme fatigue and the acceptance of pain - have a radiating power that subtly influences one’s life.”

- Jim Fixx

reinforce the structure and success oriented aspects of the academic day, emphasizing organizational skills, responsibility, and cooperation along with specific skills and strategies.

Since the sports program is a continuation of the academic day, it is not considered an extracurricular activity. The skills and strategies worked on during the week within the Eagle Hill structure are executed during games. When a child is not allowed to play in a game after working hard all week during practice, the team and team members are let down while negatively affecting the self esteem of the student. **Please refrain from keeping a child out of a game as a consequence for a behavior at home.**

Permission Slips

Two days prior to each game, a permission slip (sample included) will be sent home with team members indicating the time and place of the event. Please return this as soon as possible. We need to know which students are playing and with whom and where they will be picked up so that we can safely and efficiently arrange transportation and rosters.

THE BOTTOM PORTION OF THE PERMISSION SLIP, COMPLETE WITH ALL REQUESTED INFORMATION, MUST BE RETURNED PRIOR TO THE GAME IN ORDER FOR THE STUDENT TO PARTICIPATE IN EACH ATHLETIC EVENT. PLEASE KEEP THE TOP HALF OF THE SLIP FOR YOUR REFERENCE.



SAMPLE PERMISSION SLIP

To: Parents

Re: J.V. Soccer Game

Date: October 26

Time: 3:15 P.M.

Location: Away game at GFA

Approximate Pick-up Time at the Field: 4:15 P.M.

Approximate Pick-up Time at Eagle Hill-Southport: 5:00 P.M.

Transportation: Alternative transportation is required
 Regular transportation is provided

In the event of inclement weather, please call the information line (254-3262), or check the website (www.eaglehill-southport.org) after 1:00 p.m. To find out if the event has been cancelled. Please do not call the school office unless it is absolutely necessary.

the form below must be returned to school as soon as possible regardless of whether or not your child is to participate in this event

Student's Name: JOSEPH SMITH

Event: J.V. SOCCER GAME - GFA

Please return to: COACH PEETS

I will be able to pick up my child at game ___ at school

I am unable to provide transportation - my child will not participate in this game.

My child will be going home after the game with:
FRANK JONES

Evelyn Smith
(Signature)

*Directions to events are in the back of this handbook.
Please keep the top portion of this slip for your reference.*

Athletic and Gym Clothes

Since changes often take place due to weather or schedule changes, it is **mandatory** that the following items are brought to school Monday through Thursday without exception: Sneakers, shorts/sweat pants, warmup pants, T-shirt/sweat shirt, athletic socks (no jeans or long pants).

Students participating on team sports will be issued uniforms. These should be brought to school on game days, along with regular gym clothes. These are to be laundered after each competition. Each child is responsible for returning uniforms at the end of the season.

PLEASE BE MINDFUL OF THE WEATHER - IF IT IS CHILLY, SEND A SWEATSHIRT AND PERHAPS SWEATPANTS WITH YOUR CHILD FOR GAMES AND PRACTICES.

Transportation

The sports program is an integral part of your child's Eagle Hill experience. When your child has opted to play (or it has been determined that it is mandatory) on an interscholastic team, a complete commitment is required of the student. Along with this is a family commitment for transportation. It is fully understood that with working parents, this can be a difficult situation. However, we feel strongly about your child attending all games. We will work with you in helping you make travel arrangements.

Come Support the Team!!

Parental presence at games is important to the children and we welcome parents to attend and cheer for the team. Parental enthusiasm provides team support and helps children feel good about themselves. Good sportsmanship is a top priority in all of our competitions and is expected of our students. **It is therefore crucial that parents observe the same code while attending, playing the role of supportive cheerleaders with praise and encouragement for all team members. Coaching (instruction, advice, direction) must be left to the staff.** The competitive nature of these games is viewed as secondary and as exciting as they can be, it must be remembered that their primary value for our students is as a learning experience. As such, instruction continues throughout. **Visiting with children during a sporting event in which they are participating is often distracting to the children on the team. Please wait until the contest is over before engaging in such interaction.**

The coaches work hard to establish a sense of the team as a unit; it is therefore requested that the students remain seated and with their

team while not in play rather than visiting with parents. **We ask that family and friends observe the game from an area separate from the team and encourage their children to return to the team should they come to join you.**

A Few Requests from the Coaches...

1. If you tell your child that you will be attending the game, please be sure to come. The students eagerly anticipate their parents' attendance and their spirits, attitude and performance are markedly affected when they are disappointed.
2. If you would like to bring food and drinks to the game, please try to bring enough for all of the players and offer them only after the game has concluded.
3. Most Fields have spectator areas separate from the players' bench. Please view games from these areas or those designated by the coaches.
4. For families attending cross country meets - Your children have trained enthusiastically for these events and they are a special moment for them. Siblings should not be permitted to participate "for fun" because it does diminish the experience for the students who are officially involved.
5. When picking up your child after a game, please check with coaches before you leave.
6. Please do your best to not keep coaches waiting after games for students to be picked up.

Game Cancellations

If the weather appears threatening, please call the information line - 254-3262 - after 1:00 p.m. As we will have determined whether to hold the game or not by that time.

The coaches have pointed out that it would be wise for parents to check in on days following a lot of rainy weather as well. Even if the sun is shining on a game day in such cases, the fields may be too wet to play.

Athletic Recognition Ceremonies

A special, schoolwide program is each fall. On this night we highlight the individual achievements of the players on and off the field. We ask that all families be represented at this important celebration and finale to the season.



DIRECTIONS FOR EAGLE HILL-SOUTHPORT SPORTING EVENTS Home Playing Fields

GOULD MANOR FIELD

**Holland Hill Road
Fairfield, CT 06824**

From I-95 Northbound

Take exit 23. Go straight at light. At bottom of hill take a left onto Grasmere Avenue leaving Sunoco station to the immediate right. Go under I-95 to stop sign. Take right onto Holland Hill Road. Parking is on right. Field is on left

From I-95 Southbound

Take exit 24. At bottom of ramp go right. At light go left onto Kings Highway East. Get in left lane. Bear left onto Kings Highway Cutoff. Go to third right. Take a right onto Grasmere Avenue, under I-95 to stop sign. Go right onto Holland Hill Road. Parking on right. Field on left.

HAYDON FIELD

**Old Dam Rd.
Fairfield, CT 06824**

From I-95

Exit 21 (Mill Plain Road). From north go left at the bottom of the ramp, from south, go right. Follow under overpass to stop light, take a right on Post Rd. Get into left lane and take a left at the traffic light on South Pine Creek Rd. Follow through intersection

at Oldfield Rd. Continue straight, Old Dam Rd. is on left at Par 3 golf course. Take a left, field is on the left after tennis courts.

PENFIELD BEACH
Fairfield Beach Road
Fairfield, CT 06824

Take exit 21. From northbound go right, from southbound left. Follow under overpass to light. Go left onto Post Road. Go to third light and take a right onto Reef Road. Follow through intersection at Oldfield Road. Go up two stop signs. Take a left onto Fairfield Beach Road (the Seagrape Café is on the right). Go approximately ½ mile Pavilion is on right.

SHERWOOD ISLAND
Westport, CT

From I-95 north and south

take Exit 18 to access the Sherwood Island Connector. Follow the Connector directly into the park.

From Route 1 north and south

take the Sherwood Island Connector in Westport. Proceed past the I-95 entrance/exit ramps directly into the park.

From Route 15 northbound

take Exit 41 and proceed south on Route 33 to Route 1. Follow Route 1 north to the Sherwood Island Connector in Westport.

From Route 15 southbound

take Exit 42 and follow Route 57 south. Go left onto Route 33. Proceed south on Route 33 to Route 1. Follow Route 1 north to the Sherwood Island Connector in Westport.

VERES STREET FIELD
Veres Street
Fairfield, CT 06824

From I-95

Take exit 21. From northbound go right, from southbound go left. Follow under overpass to light. Go left onto Post Road. Go to third light and take right onto Reef Road. Follow through intersection at Oldfield Road (7-Eleven on left). Veres Street is third street on right. Follow to field.

VETERANS FIELD
Reef Rd.
Fairfield, CT 06824

From I-95

Exit 21 (Mill Plain Road). From north go left at the bottom of the ramp, from south go right. Follow under the overpass to stop light, take a left on Post Rd. Get into right lane and take a right at the second traffic light onto Reef Rd. Follow through intersection at Oldfield Rd. (7 Eleven on left) Continue straight, field is on the left at stop sign of One Rod Highway.

WAKEMAN BOYS/GIRLS CLUB
Center Street
Southport, CT 06890
Phone: 203-259-4805

From I-95 Southbound:

Exit 19. Go through stop sign at end of ramp, out to light at Post Road. Go through light, crossing Post Road (Route 1). At second stop sign, go left on Center Street, under I-95, through next stop sign. Wakeman is on right.

From I-95 Northbound:

Exit 19. At end of ramp, turn right onto Center Street. Wakeman is on your right.

Away Playing Fields

ALL SAINTS CATHOLIC SCHOOL
139 West Rocks Road
Norwalk, CT 06851
Phone: 203-847-3881
Fax: 203-847-3884

From I-95

Exit 16. From north go right on East Avenue, from south go left. Stay in right lane. At 5th traffic light turn left onto Route 1. At bottom of hill (one block) turn right onto France Street which turns into West Rocks Road. School is on left.

From Merritt Parkway

Exit 40A. From north go left at bottom of ramp onto Main Avenue, from south go right. At second traffic light (2.2 miles) turn left onto Linden Street. At end of Linden (.7 miles) turn right onto West Rocks Road. School is .3 mile on right.

BRUCE PARK
Greenwich, CT

From I-95

From I-95: Take CT Turnpike to Exit 3. At the end of the ramp, take a right and follow Arch Street. Cross over Steamboat Road to Museum Drive which runs into Davis Avenue and tennis courts

BRUNSWICK SCHOOL

100 Maher Avenue
Greenwich, CT 06830
Phone: 203-625-5800
Fax: 203-625-5889

Edwards Campus - Middle School - 1252 King Street

From 1-95

Northbound – Take 287 West to Exit 9N (Hutchinson River Parkway/Merritt Parkway). Take Hutchinson River Parkway to Exit 30 (Route 120A, King Street). Turn left. Follow 120A North. School is approximately 3 miles on the left (second entrance).

Southbound – Take 287 West to Exit 9N (Hutchinson River Parkway/Merritt Parkway). Take Hutchinson River Parkway to Exit 30 (Route 120A, King Street). Turn left. Follow 120A North. School is approximately 3 miles on the left (second entrance).

From Merritt Parkway

Exit 27 (Route 120A, King Street). Turn right. Follow 120A North. School is approximately 3 miles on the left (second entrance).

From Hutchinson River Parkway

(Route 15) – Exit 30 (Route 120A, King Street). Turn left. Follow 120A North. School is approximately 3 miles on the left (second entrance).

From 684

Northbound – Exit 2. Turn right. Go through first light and

around Westchester County Airport. Take first left onto Rye Lake Road. At first light, take right onto King Street. School is on right (second entrance).

Southbound – Exit 2. Turn left. Go through first light and around Westchester County Airport. Take first left onto Rye Lake Road. At first light, take right onto King Street. School is on right (second entrance.)

BYRAM PARK
Greenwich, CT

From I-95

Exit 2, Delavan Avenue. From north go straight on Frontage Road to Delavan Avenue, turn left and go under Thruway, from south take right at end of ramp. Park is on left.

CHRISTIAN HERITAGE SCHOOL

575 White Plains Road
Trumbull, CT 06611
Phone: 203-261-6230

From I-95

From NY (White Plains), Stamford, and due East of Stamford: Take 95 north to Exit 27A (Trumbull). Take Route 8 - 25 connector. Follow for about three miles. Highway divides - stay to left (Route 25, Merritt Parkway). Take Exit 7 (M.P., Trumbull). When road splits, stay to the right (Route 127, White Plains Road). At the end of ramp, make a right at traffic light on to White Plains Road.



To Twin Brooks Fields:

On your left there is a Texaco station. Turn left before the Texaco station. Follow the road into the park going around the round about. Field is on the left. There is ample parking by the field.

To Nichols Field:

Follow White Plains Road for approximately one mile. Go under overpass to traffic light (there is a Lutheran Church on corner). At traffic light, make a left turn on to Unity Road. Go to stop sign and continue straight. Field is on your left. Parking is just beyond field.

From Merritt Parkway:

From NY (White Plains), Stamford, and due east of Stamford: Take MP north to Exit 51 (Trumbull). Take a left off the ramp. Get back on the MP going south. Take first Exit 50.

To Twin Brooks Field: off Exit bear right onto White Plains Road. On the right there is a Texaco station, make the right hand turn after the Texaco station. Follow road into the park going around the round about. Field is on the left. There is ample parking by the field.

To Nichols Field: off Exit bear left onto White Planes Road under overpass to traffic light (there is a Lutheran Church on corner). At traffic light make a left hand turn onto Unity Road. Go to stop sign continue straight; field is on the left. Parking is just beyond field.

From Merritt Parkway for Basketball:

Take MP North to Exit 51 (Trumble). Turn left off the ramp. Get back on MP going south. Take first Exit 50. Bear right off the ramp onto White Plains Road and get into left lane. Turn left into the driveway just after the blue house.



EAGLE HILL-GREENWICH

45 Glenville Road

Greenwich, CT 06831

Phone: 203-622-9240

Fax: 203-622-8668

From I-95

From Connecticut - Take Route 95 South. Take Exit 3 (Arch Street/Greenwich Hospital). Turn right off the ramp and go under a railroad bridge and up to a traffic light. Go straight through the intersection and take the first left up a steep hill (Soundview). Go to the end and turn right on to Field Point Road, then take the first left onto Brookside Drive. Continue on Brookside Drive through on traffic light, for about a mile, to a stop sign. The entrance to Eagle Hill School is diagonally across the street.

From New York - Take Route 95 North to Connecticut Turnpike North. Take Exit 3 (Arch Street/Greenwich Hospital). Turn left off the ramp, go under a railroad bridge to a traffic light. Continue straight through the intersection and take the first left up a steep hill (Soundview). Go to the end and turn right onto Field Point Road. Take the first left onto Brookside Drive. Continue on Brookside Drive through one traffic light and continue until you come to a stop sign. The entrance to Eagle Hill is diagonally across the street.

From Merritt Parkway

From Connecticut - Take the Merritt Parkway West. Take the Lake Avenue Exit; turn right off exit and right again following sign pointing to Greenwich. Continue on Lake Avenue for about 5 miles. At the second rotary (large) follow around to the right and straight ahead will be Glenville Road. Continue on Glenville Road for about 1/2 mile. Eagle Hill School is on the right at the bottom of the hill.

From New York - Take the Hutchinson River Parkway to the Merritt Parkway. Take the King Street (Port Chester) Exit. Take a right turn off the ramp onto King Street. Continue to the traffic light and turn left onto Glenville Street. Follow Glenville Street through two stoplights in the village of Glenville. Continue on Glenville; pass a blinking yellow light. School entrance is approximately 100 yards on the left.

EASTON COUNTRY DAY SCHOOL

**660 Morehouse Rd.
Easton, CT 06612**

From Merritt Parkway

Merritt Parkway Northbound: Take Exit 44, the Fairfield exit. At the light at the end of the ramp, go left. Go about 100 feet to next light and turn left. Go under the highway. At the light just on the other side, turn right onto Congress (street is unmarked). Follow Congress for approximately ¾ mile to 2nd left, and turn left onto Morehouse. Drive north for 3.2 miles. The school is on the right across from Notre Dame Catholic Church. Inside the driveway, turn left towards the visitors' entrance.

Merritt Parkway Southbound: Take Exit 46. At the stop sign at end of the ramp, turn right. Go to the light, and turn left onto Route 59, Sport Hill Road. Go approximately 3 miles to Center Road, which is across from the Village Store. Turn left onto Center Road, where you will pass the fire station. Go approximately one mile to the 4 way stop (the police station is on the left). Turn left in front of the police station. Go about ¼ of a mile up the hill and turn left into the school driveway across from Notre Dame Catholic Church. Inside the driveway, turn left towards the visitors' entrance.

FAIRFIELD COUNTRY DAY SCHOOL

**2970 Bronson Road
Fairfield, CT 06824
Phone: 203-259-2723
Fax: 203-259-3249**

From I-95

From North, Exit 20, Bronson Road. Go right at end of ramp. Continue on Bronson through three stop signs. Keep stores on your right, go up hill. School is on right, across from wooden windmill

From South, Exit 21, Mill Plain Road. Go left at end of ramp, under I-95. At stop sign, go left onto Sturges Road. At fork, bear right (there is a sign that points to "Greenfield Hill"), over stone bridge, right at stop sign. Sturges blends into Bronson. Continue on Bronson through one stop sign. Keep stores on your right, go up hill. School is on right, across from wooden windmill.

From Merritt Parkway

Exit 44. From north, left at light at end of ramp, left at next light onto Black Rock Turnpike, under Parkway, right at next light onto Congress Street. From south turn right at end of ramp onto Congress Street. Continue on Congress. At second stop sign, go left on Hillside Road. At stop sign, bear right onto Bronson Road, go right at next stop sign, passing in front of church and take an immediate left (around the "green"). School is on left, across from wooden windmill.

THE FRASER-WOODS SCHOOL

**173 South Main Street
Newtown, CT 06470
Phone: 203-426-3390**

From I-95

From south towards New Haven - Take the CT-25/CT-8 exit towards Trumbull/Waterbury, exit #27A. Continue on Route 25 North towards Danbury. Go 13.7 miles. Fraser-Woods is on the right at 173 S. Main St.

From Merritt Parkway

From south towards New Haven - Take exit #49, Route 25 North towards Danbury. Go 13.7 miles. Fraser-Woods is on the right at 173 S. Main St.



GREENS FARMS ACADEMY

35 Beachside Avenue

Greens Farms, CT 06838

Phone: 203-256-0717

Fax: 203-256-7501

From I-95

Exit 18 (Sherwood Island). From north go right, from south go left on Connector. At second light, turn right onto Greens Farms Road. At fork, continue straight onto Beachside Avenue, over thruway bridge and railroad tracks, down a hill and across a small stone bridge. The school is on the left immediately after the bridge. Follow the driveway, bearing right, until it ends in the courtyard of the main entrance.

GREENWICH CATHOLIC SCHOOL

471 North Street, Greenwich, CT 06830-3997

Phone: 203-869-4000

Fax: 203-869-3405

From I-95

Exit 4. From north go right onto Indian Field Road, from south go left. Continue to light at Route 1, cross over Route 1, following curve in road and take first left onto Stanwich Road. Take left onto Fairfield Avenue, pass Greenwich Country Day School and bear right past intersection onto North Street. School is approximately 1 1/2 miles on left after football field. Take second entrance by St. Michael's Church.

From Merritt Parkway

Exit 31. From north turn right onto North Street, from south turn left. School is on right behind St. Michael's Church in approximately 2 miles. Take first entrance.

GREENWICH COUNTRY DAY SCHOOL

Old Church Road, P.O. Box 623

Greenwich, CT 06836-0623

Phone: 203-622-8500

Fax: 203-622-6046

From I-95

Exit 4. From north turn right onto Indian Field Road, from south turn left. At traffic light, turn left onto Route 1. At 4th traffic light

turn right onto Old Church Road. School is .9 mile on right.

Boys' Playing Fields

After entering Route 1, take second right onto Hillside Road. At end turn left onto Fairfield Road, then quick right onto Cardinal Lane (no street sign). Field parking is 100 feet ahead on left.

From Merritt Parkway

Exit 31. From north turn right onto North Street, from south turn left. Go 3.3 miles to traffic light and turn left onto Fairfield Road. Take next right onto Old Church Road. School is on left.

Boys' Playing Fields

Stay on Fairfield Road. Fields are at bottom of hill on left. Turn left onto Cardinal Lane (no street sign). Field parking is 100 feet ahead on left.

HACKLEY SCHOOL

293 Benedict Avenue

Tarrytown, NY 10591

From the South, Southeast, East and Northeast

From the Sprain Brook Parkway, Bronx River Parkway, Connecticut Thruway/Interstate 95, the Merritt or Hutchinson River Parkways, Interstate 684 or the Saw Mill River Parkway: Take Route 287 Westbound. Turn off at Exit 1 for Tarrytown 119 and turn right (west) on 119. Approximately one-half mile down the road, turn right on Benedict Avenue, a road which forks up the hill. The school gate and sign are on the immediate right at the crest of the hill at the traffic light. Turn right and follow the campus map.

THE HARVEY SCHOOL

260 Jay Street

Katonah, NY 10536

Phone: 914-232-3161

Fax: 914-232-2986

From Merritt Parkway

Exit 34. From north go right on Long Ridge Road, from south go left. Turn left at light onto Route 172 West, then right onto Route 22 North at Bedford Village. School is 7 miles north of Bedford Village on the right.

**KING & LOW-HEYWOOD
THOMAS SCHOOL**
1450 Newfield Avenue
Stamford, CT 06905
Phone: 203-322-3496
Fax: 203-329-0291

From I-95

Exit 8. From north go right at end of ramp on Elm Street, from south continue straight and turn left on Elm Street at third traffic light. Elm Street becomes Grove Street, then Strawberry Hill, then Newfield Avenue. School is on left 4.2 miles from turnpike.

From Merritt Parkway

Exit 35 (High Ridge Road). From north take left at end of ramp on High Ridge, go under Parkway, take first left (Buxton Farm Road), from south, take small road opposite ramp (Buxton Farm Road). At stop sign go right onto Turn of River Road, then left onto Intervale Road. Continue to end and stop light. Go left on Newfield Avenue. School is 1/8 mile on left.

MEAD SCHOOL

1095 Riverbank Road
Stamford, CT 06903
Phone: 203-595-9500
Fax: 203-595-0735

From I-95

Exit 8. From north take right on Elm Street, from south take left on Elm. Straight through intersection onto Grove Street, turn left on Hoyt Street, bear right on Bedford Street. Bedford changes into Long Ridge Road (Route 104). Go under Parkway, take a left at the blinking light onto Wildwood Road. At end of Wildwood, go left onto Riverbank. School is a few hundred yards on the left.

From Merritt Parkway

Exit 34. From north right on Long Ridge Road, from south left on Long Ridge. Turn left at the blinking light onto Wildwood Road. At end of Wildwood, go left onto Riverbank. School is a few hundred yards on the left.

THE MONTESSORI SCHOOL
24 Lois Street
Norwalk, CT 06851
Phone: 203-840-1850

From Merritt Parkway southbound.

Take exit 41. At end of ramp go left onto rte 33. Go 1.2 miles to second traffic light. * Take left onto rte 53 south. Take first right onto Grumman Hill Road. At second stop sign bear right at the abrupt turn. After starting down a long you will see the small round Montessori School sign. Take a left onto Whipple Road. School is on left.

From Merritt Parkway Northbound.

Take exit 39B (rte 7 north). Go 2.5 miles. Take right at traffic light onto Grumman Hill Road. Go .2 mile and turn right onto Whipple Road. School is on left.

I-95 southbound.

Take exit 17. Take left at bottom of ramp onto rte 33. Go 3.4 miles under Merritt Parkway to first light. Follow directions at * in first paragraph above.

I-95 northbound. Take exit 17.

Go left at bottom of ramp onto rte 33. Go 3.4 miles under Merritt Parkway to first light. Follow directions at * in first paragraph above.

NEW CANAAN COUNTRY SCHOOL

545 Ponus Ridge, P.O. Box 997
New Canaan, CT 06840
Phone: 203-972-0771
Fax: 203-966-5924

From I-95

Exit 15 (Route 7 North) to Exit 3 (Merritt Parkway, Route 15, South to NYC). Take Exit 36 from Parkway (Route 106). Turn left at end of ramp, take first left onto Jeliff Mill Road. At end of road, turn right on Ponus Ridge. Take fourth right onto Frogtown Road. School is on left.



From Merritt Parkway

Exit 36. From north take left onto Route 106, from south take right. Take first left onto Jeliff Mill Road. At end of road, turn right on Ponus Ridge. Take fourth right onto Frogtown Road. School is on left.

NEW HAVEN HEBREW SCHOOL

**261 Derby Avenue
Orange, CT**

From I-95

Get off exit 41 (Marsh Hill Road). Turn left at end of ramp. Follow to 4th traffic light. Go right onto Rte (Post Road). Take left onto Racebrook Road (rte 114). Follow to traffic light and take right onto Derby Avenue (Route 34). Go approximately 2 blocks. At Mobil gas station on left make a U-turn. New Haven Hebrew Day School is 4th driveway on right.

From Merritt Parkway northbound and southbound. Take exit 57. Follow approximately 1.5 miles. At Mobil gas station on left, make a U-turn. New Haven Hebrew School is 4th driveway on right.

RIDGEFIELD ACADEMY

**223A West Mountain Road
Ridgefield, CT 06877
Phone: 203-894-1800
Fax: 203-894-1810**

From 1-95

Route 1-95 to Exit 15, the Route 7 Connector. The connector will end, turn left at the end. At the stop sign, turn right onto Belden Hill Road. Follow until a traffic light, which is at the intersection with Route 33. Take a left onto Route 33 North. Follow 33N into Ridgefield, where it will become Main Street. At the second traffic light, turn left onto Catoonah Street. At stop sign turn right onto High Ridge Avenue. At stop sign turn left onto Barry Avenue. Follow Barry Avenue 2.3 miles (Barry Avenue turns into West Mountain Road). Ridgefield Academy is on the left. Follow drive to the upper parking lot.

RYE COUNTRY DAY SCHOOL

**Cedar Street
Rye, NY 10580
Phone: 914-967-1417**

From I-95

Take Exit 21. As you enter Exit ramp, bear right onto Midland Avenue Exit. Turn left onto Midland, right onto Peck Avenue and another right onto the Post Road. After bridge, turn left onto Cedar Street, right onto Grandview Avenue and left into parking lot.

RIPPOWAM CISQUA SCHOOL

**439 Cantitoe Street
Bedford, NY 10506
Phone: 914-234-3674
Fax: 914-234-4140**

From 1-95

Take 95S to 287W to 684N. Take Exit 4 off Route 684. Turn right at bottom of ramp onto Route 172. At flashing light, turn left onto Route 22 and follow through Bedford Village.

**As you come out of Bedford Village you will pass Bedford Golf and Tennis on your left. School is 1/2 mile past golf course on left.

To fields – turn left just before school onto Clinton Road. Parking/fields will be on your right about 200 yards down.

From Merritt Parkway

Take Merritt to Long Ridge Road (Route 104) Exit/Stamford. Turn right at bottom of ramp and follow for several miles to T intersection light. Turn left on Route 172. Bear right onto Route 22 and go through Bedford Village and follow from ** above.

ST. ALOYSIUS SCHOOL

**33 South Avenue
New Canaan, CT 06840
Phone: 203-966-0786
Fax: 203-972-6960**

From I-95

Exit 11. From north to right on Route 1, from south turn left. Pass Railroad station and tracks and turn left at Route 124 (Mansfield

Avenue - becomes South Avenue in New Canaan). Proceed 1.9 miles, turn left onto Maple Street. School is immediately on right.

From Merritt Parkway

Go to Exit 37. Go down ramp, take a left onto Route 124, which becomes South Avenue. Go 1.9 miles on South Avenue. St. Aloysius is on the left side, opposite a Gulf station. Go left on Maple Avenue for parking.

THE STANWICH SCHOOL

**257 Stanwich Road
Greenwich, CT 06830**

I-95 Northbound

Take Exit 4 (Indian Field Road). Turn left at the top of the exit ramp onto Indian Field Road. Follow Indian Field Road through a traffic light, stop sign and second light (two gas stations on either side of road). Cross over Route 1 (Putnam Avenue). The road will run parallel to Route 1 for 100 yards. Turn left onto Stanwich Road. Follow Stanwich Road for approximately 2.5 miles. The Stanwich School driveway is located on the right side of the road, immediately past the driveway for St. Agnes Church.

I-95 Southbound

Take Exit 4 (Indian Field Road). Turn right at the top of the exit ramp onto Indian Field Road. Follow the above directions from I-95 Northbound to The Stanwich School.

From the Merritt Parkway Northbound

Take Exit 31 (North Street). At the end of the ramp, turn left onto North Street toward the Greenwich Business District. Follow North Street for approximately 1.5 miles. Turn left onto Dingleton Road. Follow Dingleton Road to Stanwich Road. Turn right onto Stanwich Road. The Stanwich School driveway is located immediately on the left after Cat Rock Road.

From the Merritt Parkway Southbound

Take Exit 31 (North Street). At the end of the ramp, turn right onto North Street toward the Greenwich Business District. Follow the above directions from the Merritt Parkway Northbound.

ST. LUKE'S SCHOOL

**377 North Wilton Road
New Canaan, CT 06840
Phone: 203-966-5612
Fax: 203-972-3450**

From I-95

Exit 15 (Route 7 North). Take exit for Route 15 South, then Exit 38 (Route 123) from that. From north turn left at end of ramp onto Route 123 North, from south turn right at end of ramp. Continue approximately 6 miles past golf course on left to a fork in the road. Bear right on North Wilton Road. At stop sign turn left. School is .2 mile on right.

From Merritt Parkway

Exit 38. From north go left at end of ramp onto Route 123 North, from south turn right at end of ramp. Continue approximately 6 miles past golf course on left to a fork in the road. Bear right on North Wilton Road. At stop sign turn left. School is .2 mile on right.

THE UNQUOWA SCHOOL

**981 Stratfield Road
Fairfield, CT 06825
Phone: 203-336-3801
Fax: 203-336-3479**

From I-95

Exit 25. From north go right at end of ramp on Fairfield Avenue, under railroad bridge, first left around fountain onto State Street, and right onto Dewey Street, from south go left at end of ramp on State Street Extension, under Thruway and left onto Dewey Street. Follow signs for Route 59 North (Brooklawn Avenue). School is approximately 3 1/2 miles on left (look for the white fence).

From Merritt Parkway

Exit 46. From north go at end of ramp out to at light at Route 59 South, right at light, from south turn right at light at end of ramp, then left at next light onto Route 59. Continue approximately 2 1/2 miles south through intersection of Fairfield Woods Road. School is on right (look for the white fence).

WAVENY PARK
New Canaan, CT

From the Merritt Parkway

take exit 37 and go north on CT Route 124. In approximately one-half mile the entrance to the park is on your left, marked by two stone pillars. Follow the road about a quarter mile, up a small hill to the main house. Places can usually be found in the western parking lot.

WINDWARD SCHOOL
Windward Avenue
White Plains, NY 10605
Phone: 914-949-6968
Fax: 914-949-8220

Eastview Middle School – Home Field

From 1-95 or Hutchinson River Parkway

Take 287 to Exit 8. Go straight following Route 119 West. Make a right at the light onto South Kensico Avenue. The field is on South Kensico (on your left) between the 1st and 2nd traffic light.

The Olympic Creed

The important thing in the Olympic Games is not winning, but taking part. The essential thing in life is not conquering, but fighting well.

“Success isn’t permanent and failure isn’t fatal.”
- Mike Ditka

