



November 12, 2021: The Season of Sports

Dear CDS Community,

We are well into November, winter is around the corner, and the CDS athletics season is in full swing. Our middle school volleyball and cross-country teams wrapped up this week, and basketball and ultimate frisbee will be starting soon. We speak often about the many ways that *learning is active*, including the importance of physical activity. And, as our learning belief #5 states, *we believe that curiosity, collaboration, and play drive learning*. Being part of a sports team certainly requires collaboration and teamwork, and it allows for play.

When I was in school, I did not have the same opportunities that our students have. My first opportunity to play in a school sport was when I showed up for freshman field hockey tryouts in high school – I figured it was a sport new to all as there were no club teams then, so I had a chance. Well, how wrong I was! There were more than 100 freshman girls trying out for a team of 12 or so... and it was clear that this was not going to be my sport as I tried to learn the game, be competitive, and find shoes that might work in the week of tryouts. I would have benefited greatly if I had been part of a team in middle school where I could grow into my sportiness. Every time I see our teams getting ready to play, I am so appreciative of the dedicated coaching that helps our students reap the benefits of being part of a team, both the skills and community.

I would like to thank the many coaches who have signed on this year to lead our teams: **CJ Logel** and **Yari Mander** (5th/6th Grade Cross Country); **Reggie Foldes** and **Luisa Pinto** (7th/8th Grade Cross Country); **Nick Saunders**, **Jill Rosenberg**, and **Spencer Donaldson** (5th/6th Grade Volleyball); **Lori Roberts** (7th/8th Grade Volleyball and Varsity Boys Basketball); **Nick Saunders** and **Jackie Katz** (5th Grade Basketball); **Alex Miller** and **Jose Olmedo** (6th Grade JV Boys Basketball); **Spencer Donaldson** (7th Grade JV Boys Basketball); **Nick Saunders** and **Caitlyn Connolly** (JV Girls Basketball); and **Matt Goldberg** and **Sadie Renjilian** (Ultimate Frisbee). While team sports at CDS have traditionally been part of our middle school program, this year we are pleased to have introduced after-school sports sessions for 3rd and 4th graders, focused so far on

handball and volleyball, and also coached by Nick, with more planned for the spring season.

Speaking of sports, have your children outgrown some of their soccer cleats or shin guards? Any other sports gear that you might want to keep in circulation? We are planning to hold a sports gear swap and we will have a table outside at an upcoming Friday assembly. Look for more details about this soon.

I am lucky to be attending tonight's Warriors game versus the Chicago Bulls, as my friend is a member of the Bulls coaching staff. The "Dubs" are off to a hot start, and as I walk around campus, I enjoy seeing the many Steph or Draymond jerseys on our students' backs. I'm actually not sure what color I will be wearing at tipoff.

Whatever sport you cheer for or play (I am aware of a competitive CDS parent soccer team that might have space for a few more players!) – I hope you have the chance to play and hopefully explore curiosity as suggested by the Pelicans today at our Friday assembly.

Warmly,
Shelly