*For more team information see “Team Pages” on the Barstow Athletic website.

**FALL SEASON: Practices begin August 12**

**First Practice Times & Locations:**

- **Cross Country:** Monday, August 12 from 3:30 to 5:00 pm - Meet in the Hall of Champions.
- **Girls Golf:** Monday, August 12 – Location and Time TBA
- **Boys Soccer:** Monday, August 12 at 4:00 pm on the Varsity Soccer Field.
- **Girls Tennis:** Monday, August 12 from 3:30 to 5:30 pm on the Barstow Tennis Courts
- **Volleyball:** Monday, August 12 from 3:30 pm to 5:00 pm in the Varsity Gym.

**WINTER SEASON: Practices begin November 4**

- **Girls Basketball:** Monday, November 4 from 3:30 pm to 6:00 pm in the Brookfield Gym
- **Boys Basketball:** Monday, November 4 from 3:30 pm to 6:00 pm in the Varsity Gym

*Dance Team and Cheerleading practices will be announced at a later date.

**SPRING SEASON: Practices begin March 2**

- **Baseball:** Monday, March 2 from 3:30 pm to 5:30 pm on Joe LeBlanc Field
- **Boys Golf:** Monday, March 2 at 4:00 pm - Location to be determined
- **Girls Soccer:** Monday, March 2 from 3:30 pm to 5:30 pm on the Varsity Soccer Field
- **Boys Tennis:** Monday, March 2 from 3:30 pm to 5:30 pm on the Barstow Tennis Courts
- **Track:** Monday, March 2 from 3:30 pm to 5:30 pm on the Varsity Track

**NOTICE:** The MSHSAA has recently passed a by-law allowing student-athlete Pre-Participation Physical Forms to be valid for two years. **If you turned in a form last year, you DO NOT need a new Physical Form in order to participate during the 2019-20 school year.**

**Pre-Participation Physical Forms**

ALL student-athletes MUST have a Pre-Participation Physical Form within the last two years turned in before they may participate in any sports practice. Any student who does not have this form turned in will not be allowed to attend practices. Pre-Participation Physical Forms can be found on the Barstow Website by going to the STUDENT LIFE section and selecting ATHLETICS. The form is located under the Participation Resources tab. **This form MUST be turned in to the school Nurse or Athletic Office before your child may participate in practices.**

**For More Information, Contact:** Don Stelting - Upper School Athletic Director
@ 816.277.0331 or don.stelting@barstowschool.org
Candice Baldwin will take over as head coach of the Cross-Country and Track teams this school year. Candice comes to The Barstow School after serving as an Assistant Coach for the Cross-Country team at St. Teresa’s Academy. Candice’s passion for running and athletics is embedded in her personal running experiences, completing 13 marathons, including Boston. Additionally, Candice is active within the local running community, having been competitive, as well as acting as a pacer for various distances including 5ks, 10ks, half marathons, and marathons. A graduate of Dartmouth College, Candice has a Bachelor’s degree in Government and Economics. While at Dartmouth, Candice played soccer throughout her entire college career, while also achieving the honor roll. Candice is very excited to become part of The Barstow Athletics department, and looks forward to coaching for the upcoming 2019-2020 school year.

Liz Monahan enters her first year as the head girl’s varsity basketball coach at The Barstow School. She has previously been involved with the Barstow School serving as the varsity assistant girls basketball coach for the past two seasons. In 2017-2018 she helped lead the team to a school best 24-3 record winning their Conference and District championships. Before Barstow, Coach Monahan coached at Olathe North for six years - the last four serving as the head coach. Her final season the program had its best record in over a decade ending the season with a winning record for the first time in 12 years. A graduate of Missouri Southern State University, Liz holds a bachelors degree in health science and an associates degree in dental hygiene. Liz is currently a practicing dental hygienist. She also enjoys coaching youth girls basketball with The Shock program and You Hoop. Coach Monahan resides in Overland Park Kansas with her husband Jack and two kids - daughter Blake (5) and son Wes (3).