

Dear 5th-8th Grade Families,

I hope you are all enjoying your summer! As we gear up for the upcoming school year we wanted to give you some important information about PAL Fall Sports for boys and girls. Attached is a flyer with pre-season and tryout dates/time for each of the Fall Sports that are offered at St. Ignatius. Contact information is listed for each coach so if you have any questions please feel free to contact the individual coach. *****We are still in need of 2 coaches: JV (5th/6th grade Girls Competitive Volleyball Coach and JV Girls Rec Volleyball Coach.**

Even though school doesn't start until Tuesday, August 19, PAL rules allow us to start Fall sports the week of August 11. Please note that each sport has its own practice location, dates, and times. Once all tryouts have been completed the coaches will distribute practice/game schedules for the entire season.

We want to remind all parents that even though there are multiple sports offered during the Fall season, whatever sport/s your child chooses to participate in they need to make sure that they are able to attend practice and games/meets. If they aren't able to attend practice and games/meets they will need to make a choice.

Another reminder to Save The Date...Thursday, August 21 is "Back to School Night" and the Mandatory Sports meeting. ****This is a mandatory meeting for all 5th grade parents and any new parents of 5th-8th graders.** If your child is going into 5th grade (or you're new to St. Ignatius) and is interested in participating in any athletic team (except soccer and Little Dribblers) during the school year (fall, winter or spring) it is **mandatory** for you to attend the Sports meeting from 5:30-6:30pm in the Garden Room. Back to School Night will follow from 6:30-8:00pm.

Please note that in order for your child to participate in Athletics they have to have a completed Medical Release Form (signed by their Physician) on file in the office PRIOR TO PRACTICE STARTING. For Fall sports this means the forms need to be in the office by August 11! This form is on the school website under the Athletics tab. *Athletes will not be allowed to practice/compete without the form on file in the office.**

If you have any questions please feel free to contact me at cedwards@stignatiussac.org

Wishing you and your family a very happy and healthy summer!

Cathy Edwards
Athletic Director