

St. Ignatius Fall Sports - 2015

****Mandatory Parents Meeting for ALL 5th grade parents and any NEW 5th-8th grade families Thursday, 8/20 5:30-6:30pm in the Garden Room****

Girls Volleyball

Varsity: (7th/8th graders)

Coaches contact: Cathy Edwards cedwards@stignatiussac.org

****"Preseason" practice:** Monday 8/17 5:30-7:30 Wednesday 8/19 5:30-7:30pm

Tryouts: Monday August 24 & Tuesday August 25: 5:30-7:30

(season practice dates/times will be handed out after tryouts)

JV: (5th/6th graders)

Coaches contact:

"Preseason" practice:

- Tuesday 8/18: 5:30-7:00pm

Tryouts: Monday, 8/24 and Tuesday, 8/25: 3-5pm

(season practice schedules will be handed out after tryouts)

Cross Country Boys & Girls (5th, 6th, 7th, 8th graders)

****Please contact Coach Young if you're interested in running**

Coaches contact: Carrie Young fourtheyoungs@gmail.com

- Practice: (First practice will be held at William B Pond Park at the end of Arden Way near the first set of restrooms adjacent to the gazebo)
Wednesday, August 26: 5:30-6:15pm
- **Summer "On Your Own" Practice:** 15-30 minutes 3 days per week (every other day)
- **PLEASE NOTE...Cross Country is great training for other sports.** We will try to work around Football, Volleyball and Soccer schedules to accommodate multi-sport athletes. We anticipate a 2 day per week (Mon/Thurs) 5:30-6:15pm.

Boys Flag Football (7th/8th graders)

Coaches contact: Rich Romo rromo@stignatiussac.org

"Pre Season" Practice (SI soccer field): Tuesday 8/18 3-5pm

Once school starts: Monday, Tuesday and Thursday 3:15-5pm