

## ***St. Ignatius Fall Sports - 2013***

**\*\*Mandatory Parents Meeting for ALL 5<sup>th</sup> grade parents and any NEW 5<sup>th</sup>-8<sup>th</sup> grade families Thursday, 8/22 5:30-6:30pm in the Garden Room\*\***

### **Girls Volleyball**

Varsity: (7<sup>th</sup>/8<sup>th</sup> graders)

Coaches contact: Trevor Meyer [cableguys01@hotmail.com](mailto:cableguys01@hotmail.com)

"Preseason" practice:

- Tuesday 8/13, Thursday 8/15, Friday 8/19: 5-7pm

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

- Monday, 8/19 and Tuesday, 8/20: 3-5pm

JV: (5<sup>th</sup>/6<sup>th</sup> graders)

Coaches contact: Cathy Edwards [cedwards@stignatiussac.org](mailto:cedwards@stignatiussac.org)

"Preseason" practice:

- Monday 8/12 & Wednesday 8/14: 5-6:30pm

Tryouts: (season practice schedules will be handed out after tryouts)

- Monday, 8/19 and Tuesday, 8/20: 5-6:30pm

### **Cross Country Boys & Girls (5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> graders)**

**\*\*Please contact Coach Prestwich if you're interested in running**

Coaches contact: Mark Prestwich 248-1192 [theorganicrunner@gmail.com](mailto:theorganicrunner@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 21: 5:30-6:15pm
- **Summer "On Your Own" Practice:** 15-30 minutes 3 days per week (every other day)
- **PLEASE NOTE:** We will try to work around Football, Volleyball and Soccer schedules to accommodate multi-sport athletes. We anticipate a 2 day per week practice schedule from 5:30-6:15pm.

### **Boys Flag Football (7<sup>th</sup>/8<sup>th</sup> graders)**

Coaches contact: Greg Vlasek 838-0872 [gregvlasek@clear.net](mailto:gregvlasek@clear.net)

Practice (SI soccer field): Monday 8/12, Wednesday 8/14 & Friday 8/16 3-5pm

Once school starts: Monday, Wednesday & Fridays 3:15-5pm

\*Friday practices will continue until Friday U-6 soccer games begin