

Dear 5<sup>th</sup> – 8<sup>th</sup> grade Families,

I hope you are all enjoying your summer! As we gear up for the upcoming school year I wanted to give you some important information about PAL Fall Sports for boys and girls.

In order for your child to participate in SI Athletics they must have a completed St. Ignatius Medical Release Form (signed by their Physician after June 15, 2016) and the PAL Athletics Medical and Emergency form on file in the office PRIOR TO PRACTICE STARTING. For Fall sports this means the forms need to be in the office by August 8<sup>th</sup> (cross country due by August 29<sup>th</sup>). These forms are on the school website under the Athletics tab and attached to this email. Athletes will not be allowed to practice/compete without the form on file in the office.

Listed below are the pre-season and tryout dates and times for the Fall Sports 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.

*\*\*\*Please note: We are seeking two more Girls Volleyball coaches- one for our JV Rec team and one for our Varsity Rec team.\*\*\**

Save the date...**Thursday, August 18<sup>th</sup>** is Back to School Night and the Mandatory Sports meeting. If your child is entering 5<sup>th</sup> grade or you are a new family 5<sup>th</sup> – 8<sup>th</sup> grade and they are interested in participating in any athletic team (except soccer and Little Dribblers) you must attend the sports meeting. The Sports meeting is **5:30 – 6:00 in the Garden Room** and Back to School Night will follow from 6:00 – 8 p.m.

For more information about the Athletics programs at SI visit the school's website. There is an Athletics tab at the top of the home page and detailed eligibility information listed in the SI handbook which can be accessed at the bottom of the homepage.

If you have any questions about our Athletics programs at SI please feel free to contact me at [lschneider@stignatiussacschool.org](mailto:lschneider@stignatiussacschool.org)

Looking forward to a great year at SI! Go Tigers!

Lisa Schneider  
Athletic Director

## St. Ignatius Fall Sports – 2016

### Girls Volleyball

Varsity (7<sup>th</sup>/8<sup>th</sup> grade)

Coach contact: Kit Coyle Cancilla

[kcancilla@stignatiussacschool.org](mailto:kcancilla@stignatiussacschool.org)

Preseason practice: August 10<sup>th</sup> 5-6 p.m.

Tryouts: Monday August 15 and Tuesday August 16 12:30 -2p.m.

JV (5<sup>th</sup>/6<sup>th</sup> grade)

Coach contact: Angela Dusel [kdusel@winfirst.com](mailto:kdusel@winfirst.com)

Tryouts: Monday August 15 and Tuesday August 16 2:30 -4 p.m.

*\*\*\*We are seeking two more Girls Volleyball coaches – JV Rec and Varsity Rec\*\*\**

### Cross Country Boys and Girls (5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> grade)

Coaches: Carrie Young and Mark Prestwich

Contact: Carrie Young [fourtheyoungs@gmail.com](mailto:fourtheyoungs@gmail.com)

Summer "On Your Own" practice: 15-30 minutes 3 days per week (every other day). First organized school practice will be Thursday, September 8<sup>th</sup>. Practices will be on Mondays and Thursdays.

Please note...Cross Country is great training for other sports. The coaches will try to work around Football, Volleyball and Soccer schedules to accommodate multi-sport athletes.

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

Coach contact: Rich Romo [romo@stignatiussacschool.org](mailto:romo@stignatiussacschool.org)

Practice schedule once school starts: Monday, Tuesday, and

Thursday 3:15 – 5 p.m. on full school days and 12:30 – 2:30 on

minimum school days. Once league play begins the Tuesday

practice will be dropped. Football is a no cut sport. Attendance at practice is required to play on game days.