

Athletic Forms & Requirements

1. 1st-8th Grade Medical Release to Participate in PAL Sports 2022-23

All students who are interested in playing Little Dribblers basketball (1st-4th) or in grades 5th-8th (volleyball, football, basketball, etc.) need to have a medical release form on file in the school office signed by their physician after June 15. A new form is required each school year. Children will not be allowed to practice or play on any team without this release on file prior to any particular sport season. The American Academy of Pediatrics recommends routine physicals for all children every two to three years through their teen years. If you maintain routine health care for your child, most doctors will sign a sports release without the inconvenience or fee of an exam each year.

2. 1st-8th Grade Athletics Medical Emergency Form 2022-23

All students who are interested in playing Little Dribblers basketball (1st-4th) or in grades 5th-8th (volleyball, football, basketball, etc.) need to have this Medical Emergency Form on file. Children will not be allowed to practice or play on any team without this release on file prior to any particular sport season. Complete this online form on Schoolspeak. Please remember to hit the final submit button after you have entered all your information.

3. 5th-8th Grade Athletics Parent Agreement Form 2022-23

All students in grades 5th-8th who are interested in playing in any sport (volleyball, football, basketball, etc.) need to have a Parent Agreement Form on file. Children will not be allowed to practice or play on any team without this release on file prior to any particular sport season. Complete this online form on Schoolspeak. Please remember to hit the final submit button after you have entered all your information.

Sports Offered at St. Ignatius School

Sport	Months Played	Participants
Varsity Volleyball	August-Early November	7th and 8th Grade Girls
Flag Football	August-Early November	7th and 8th Grade Boys
J.V. Volleyball	August-Early November	5th and 6th Grade Girls
Cross Country	August-Early November	5th-8th Grade Girls and Boys
Varsity Basketball	Mid November- Early March	7th and 8th Grade Girls and Boys
J.V. Basketball	Mid November- Early March	5th and 6th Grade Girls and Boys
Little Dribblers	Mid November- Early March	1st-4th Grade Girls and Boys
Golf	Mid March-Mid May	5th-8th Grade Girls and Boys
Track and Field	Mid March-Mid May	5th-8th Grade Girls and Boys
Varsity Volleyball	Mid March-Mid May	7th and 8th Grade Boys
Flag Football	Mid March-Mid May	7th and 8th Grade Girls

In keeping with the PAL structure, teams will be formed for JV and Varsity:

- Junior Varsity–Students in the 5th and 6th grades
- Varsity–Students in the 7th and 8th grades.

There are no tryouts for Flag Football, Little Dribblers, Track & Field or Cross Country. No cuts are made for these sports. Tryouts are held for Volleyball, Basketball and Golf. Recreational teams may also be formed. St. Ignatius has a “No Cut, No Quit Policy” once team rosters are released. Team formation factors include the nature of the sport, the availability of facilities, volunteers, and coaches. Teams are allowed to practice a maximum of two times a week after league games begin.

Athletics needs parent volunteers to help at all our events. It is because of parent involvement and support that we are able to run an effective and competitive athletic program at St. Ignatius. For each athletic season a child participates in, the family owes 4 hours of volunteer service not to exceed 12 hours in a year.

Soccer is not part of the St. Ignatius School Athletics Program. However, as a member of the California Youth Soccer Association the St. Ignatius Soccer Club provides an opportunity for classmates to play soccer together. Signups are taken in April for the September-November playing season.

If you have questions, please contact Lisa Schneider at lschneider@stignatiussacschool.org or call the school office at 488-3907.

Go Tigers! Go Tigers! Go Tigers! Go Tigers! Go Tigers! Go Tigers! Go Tigers! Go Tigers!