



# CRUSADERS

## Important Athletic Information:

- **Overview of joining sports** – Prior to a sport starting, an announcement will be made on the school website, as well as at school, that students may sign up. A sign-up sheet will be posted in the middle school wing and near Mrs. Hillman’s room for each sport. 8<sup>th</sup> graders are typically on Varsity, 7<sup>th</sup> graders on JV, and 6<sup>th</sup> and 5<sup>th</sup> graders on B-squad, but only if the number of students allows for this. If this is not possible, a tryout may be held.
- **Teams have been formed.** This year there will be:
  - B-squad Volleyball coached by Ali Mendenhall
  - Varsity Volleyball coached by Amy Techam and Jill Ondrey
  - Boys/Co-Ed Soccer coached by Armando Duran and Maximo Cendejas
  - Cross Country coached by Troy Misko
  - Dance coached by Mrs. Hillman

Thank you to all those who volunteered to coach! The kids would not have a team without you!

- **Volunteer Opportunities**- Athletic programs at St. Alphonsus are dependent on many hours of service time from parents. EVERY family is required to complete twenty service hours for the school each year. Students in 5<sup>th</sup> grade and older can perform service hours to help fulfill this requirement. Adult volunteers must have completed Virtus and the Essential Three to volunteer. Please visit the Sycamore website today to sign up for service hours in Athletics!

Activities in Athletics that will help fulfill family service hours:

- Score-keeping (adults only)
- Clock (adults only)
- Concession stand- 5<sup>th</sup> grade or older must be accompanied by an adult, and only two people are allowed in concession stand per game.
- Line Judge (volleyball)
- Door Monitor (adults only)
- Sideline Judge (soccer)
- Pre-game set-up
- Post-game clean-up
- Field clean-up
- Field maintenance and upkeep (mowing, weeding, raking, etc.)
- Admissions table (during tournaments)
- Head Coach (must be an adult)
- Assistant Coach (one per team)

\*\* This is not an exhaustive list. Other activities must be approved through the Athletic Directors.

## Volleyball Schedule:

● <b><u>Thursday 9/20</u></b>	6:00 P.M.	B Squad	St. Vincent	at	St. Alphonsus
	7:15 P.M.	Varsity	Epiphany	at	St. Alphonsus
● <b><u>Monday 9/24</u></b>	6:00 P.M.	B Squad	Providence	at	St. Alphonsus
	7:15 P.M.	Varsity	Sacred Heart	at	St. Alphonsus
● <b><u>Thursday 9/27</u></b>	7:15 P.M.	Varsity	St. Alphonsus	at	Ave Maria
● <b><u>Monday 10/1</u></b>	7:15 P.M.	Varsity	St. Alphonsus	at	Ave Maria
● <b><u>Wednesday 10/3</u></b>	6:00 P.M.	B Squad	Sacred Heart	at	St. Alphonsus
	7:15 P.M.	Varsity	St. Vincent	at	St. Alphonsus



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- **Thursday 10/4** 6:00 P.M. B Squad **St. Alphonus** at Legacy
- **Monday 10/8** 6:30 P.M. Varsity Avail Academy at **St. Alphonus**
- **Thursday 10/11** 6:00 P.M. B Squad **St. Alphonus** at Avail Academy  
6:30 P.M. Varsity Maranatha at **St. Alphonus**
- **Friday 10/12** 6:00 P.M. B Squad **St. Alphonus** at Ave Maria
- **Monday 10/15** 7:15 P.M. Varsity **St. Alphonus** at Sacred Heart
- **Tuesday 10/23** 6:00 P.M. B Squad **St. Alphonus** at Epiphany  
7:15 P.M. Varsity **St. Alphonus** at Epiphany
- **Thursday 10/25** 6:30 P.M. Varsity **St. Alphonus** at St. Stephen
- Volleyball Tournament B Squad 10/25-10/27 at St. Raphael  
Varsity 11/1-11/3 at St. Alphonus

## Soccer Schedule:

- **Monday 9/17** 4:15 P.M. JV St. Vincent at **St. Alphonus**
- **Monday 9/24** 4:15 P.M. JV Sacred Heart at **St. Alphonus**
- **Tuesday 9/25** 4:30 P.M. JV **St. Alphonus** at Avail Academy
- **Monday 10/1** 4:15 P.M. JV **St. Alphonus** at Providence
- **Thursday 10/4** 4:30 P.M. JV Legacy at **St. Alphonus**
- **Tuesday 10/9** 4:15 P.M. JV **St. Alphonus** at St. Stephen
- Soccer Tournament 10/15, 10/23, and 10/25 TBA

## Cross Country Schedule:

- **Tuesday 9/11** Avail Academy
- **Tuesday 9/18** Providence Academy
- **Thursday 9/27** St. Raphael
- **Tuesday 10/2** St. Vincent de Paul - Fish Lake Park
- **Wednesday 10/10** NSPSL Championship - Epiphany

## Athletic Contact Information:

Please feel free to contact us with any questions or comments:

### **St. Alphonus Athletic Directors**

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