



CRUSADERS

September 21, 2018

Game Results:

The JV soccer team won their game against St. Vincent on Wednesday, September 19. This was a make-up game from Monday, September 17. Congratulations!

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. 8th graders are typically on Varsity, 7th graders on JV, and 6th and 5th 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 5th 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- 5th 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:

Thursday 9/20 6:00 P.M. B Squad St. Vincent at **St.Alphonsus**

