



CRUSADERS

October 17, 2018

Game Results:

The B-Squad volleyball team lost their match against Ave Maria on Friday, October 12. Hang in there, Crusaders!

The Varsity volleyball team won their match against Sacred Heart on Monday, October 15. Yay, Crusaders!

Important Athletic Information:

We have enough boys for a JV basketball team this year! Sean Armendariz will be the coach. Thanks so much for making boys basketball possible!

Pictures for the cross country team, the soccer team, and both volleyball teams are scheduled for Wednesday, October 24, beginning at 2:00 P.M. Members of all teams need to bring uniforms that day!

The JV Soccer Tournament update- St. Al's will be playing St. Vincent at home on Tuesday, October 23 at 4:30 P.M. in the semi-final round.

The Varsity Volleyball Tournament will be at St. Al's on November 1, 2, and 3. Volunteer positions are posted on Sycamore. Please consider signing up to help because we will need it!

Overview of joining sports- Prior to a sport starting, an announcement will be made on the school website under News and Events, 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.

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



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- 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:

Tuesday 10/23	6:00 P.M.	B Squad	St. Alphonsus	at	Epiphany
	7:15 P.M.	Varsity	St. Alphonsus	at	Epiphany
Thursday 10/25	6:30 P.M.	Varsity	St. Alphonsus	at	St. Stephen
Volleyball Tournament		B Squad	10/25-10/27	at	St. Raphael
		Varsity	11/1-11/3	at	St. Alphonsus

Soccer Schedule:

JV Soccer Tournament	10/15, 10/23, and 10/25				
	10/23- 4:30 P.M.	St Vincent	at	St. Alphonsus	

Athletic Contact Information:

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

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