



CRUSADERS

September 28, 2018

Game Results:

The B-Squad volleyball team won their match against St. Vincent on Thursday, September 20 and lost against Providence on Monday, September 24.

The Varsity volleyball team won their match against Epiphany on Thursday, September 20, won against Sacred Heart on Monday, September 24, and lost against Ave Maria on Thursday, September 27.

The JV soccer team won their game against Sacred Heart on Monday, September 24 and tied against Avail Academy on Tuesday, September 25. Go Crusaders!

Important Athletic Information:

Boys Basketball sign-up lists are now posted! All boys interested in playing basketball need to sign up by Friday, October 5.

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 JV 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



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- 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:

Monday 10/1	7:15 P.M.	Varsity	St. Alphonsus	at	Ave Maria
Wednesday 10/3	6:00 P.M.	B Squad	Sacred Heart	at	St. Alphonsus
	7:15 P.M.	Varsity	St. Vincent	at	St. Alphonsus
Thursday 10/4	6:00 P.M.	B Squad	St. Alphonsus	at	Legacy
Monday 10/8	6:30 P.M.	Varsity	Avail Academy	at	St. Alphonsus
Thursday 10/11	6:00 P.M.	B Squad	St. Alphonsus	at	Avail Academy
	6:30 P.M.	Varsity	Maranatha	at	St. Alphonsus
Friday 10/12	6:00 P.M.	B Squad	St. Alphonsus	at	Ave Maria
Monday 10/15	7:15 P.M.	Varsity	St. Alphonsus	at	Sacred Heart
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:

Monday 10/1	4:15 P.M.	JV	St. Alphonsus	at	Providence
Thursday 10/4	4:30 P.M.	JV	Legacy	at	St. Alphonsus
Tuesday 10/9	4:15 P.M.	JV	St. Alphonsus	at	St. Stephen

Soccer Tournament	10/15, 10/23, and 10/25	TBA
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Cross Country Schedule:

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. Alphonsus Athletic Directors

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