



CRUSADERS

November 16, 2018

Game Results:

The JV basketball team lost their first non-conference game on Tuesday, November 13 against Providence. Hang in there, Crusaders!

Important Athletic Information:

All soccer and volleyball players need to turn in their clean uniforms! Uniform deposit checks will be cashed on Monday, November 19 if they are not returned.

The Mini Matmen tournament will be Saturday, December 8 at St. Alphonsus for all boys in grades K-3. Practices will begin on Monday, November 26. Please see the Mini Matmen flyer at the bottom of this newsletter.

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:

- 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)
- 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.

Boys Basketball Schedule- Coached by Sean Armendariz

Monday 11/19	6:30 P.M.	JV	St. Alphonsus	at	Legacy Orange
Tuesday 11/27	7:00 P.M.	JV	St. Alphonsus	at	St. Vincent
Monday 12/3	6:30 P.M.	JV	Providence	at	St. Alphonsus
Thursday 12/6	6:30 P.M.	JV	Maranatha	at	St. Alphonsus
Monday 12/10	6:30 P.M.	JV	Legacy Grey	at	St. Alphonsus



CRUSADERS

<u>Wednesday 12/19</u>	6:30 P.M.	JV	St. Alphonsus	at	St. Stephen
<u>Monday 1/7</u>	6:00 P.M.	JV	St. Alphonsus	at	Avail Academy
<u>Monday 1/14</u>	6:30 P.M.	JV	Ave Maria	at	St. Alphonsus

JV Basketball Tournament 1/17-1/19 at St. Vincent

Athletic Contact Information:

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

St. Alphonsus Athletic Directors

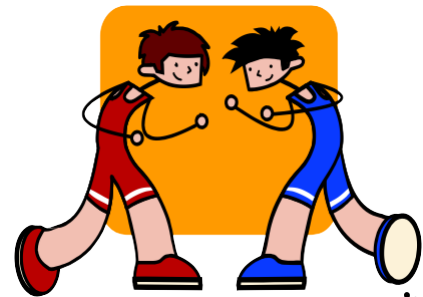
Tina Bania

763-503-3364

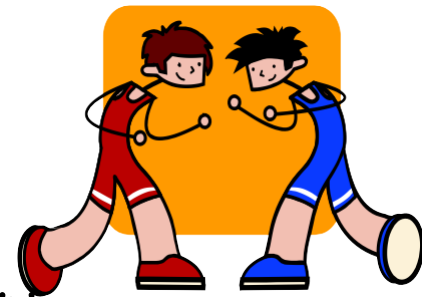
Darcie White

763-503-3377

stalsathleticdirectors@yahoo.com



“Mini Matmen” Wrestling Tournament



This program is offered to new and experienced wrestlers from Kindergarten to third grade. It emphasizes the development of wrestling techniques, sportsmanship and athletic agility/coordination for novice and seasoned wrestlers. The program is led by experienced youth wrestling coaches and consists of practices designed for different skill levels.

All Boys Grades K through 3rd

“Mini Matmen” practice dates/times:

Beginning November 26th (6:30 – 7:30 PM)
November, 28th, (6:30 – 7:30 PM)
November, 30th, (6:30 – 7:30 PM)
December 5th, (6:30 – 7:30 PM)
December 7th (6:30 – 7:30 PM)

2018 “Mini Matmen” Tournament

Saturday, December 8th

Featuring student athletes from:
St. Alphonsus, Epiphany, St. Agnes, St. Stephens, St. Raphael, Ave Maria, Holy Family, and St. Vincent de Paul.

Site: St. Alphonsus Gym

Participants should wear gym shoes, shorts or sweats, and t-shirt.

FEE: \$20.⁰⁰

Fee along with registration & emergency forms are due 2nd practice day.
(Fee includes T-shirt and tournament awards)

Questions:

Contact David Brust Wrestling Coach (St. Alphonsus) @ 612-685-3180

Instructors are RSC interscholastic program coaches
assisted by RSC 7th & 8th graders & Alumni High School Wrestlers.

**Mini Matmen
Wrestling
Registration Form**

Student Athlete Name _____

Parent/Guardian Signature _____

Phone # _____

Participation Fee:

Student participation fee is \$20.00 for each child.

_____ \$20.00 per student.

_____ Total Enclosed

*make checks out to St. Alphonsus Parish School

Emergency Contact Information

Student's Name _____
Date of Birth _____ Home Phone _____
Address _____

Parent / Guardian _____
Phone Number _____

Parent / Guardian _____
Phone Number _____

Primary Care Clinic _____
Phone Number _____

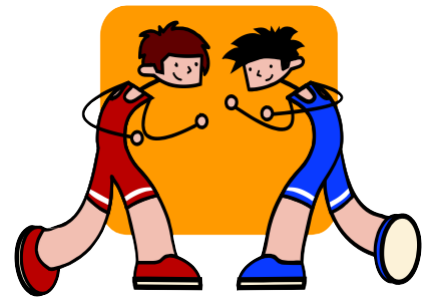
Email Address _____

Secondary Contact if parent/guardian cannot be reached

Name _____ Phone _____
Name _____ Phone _____

In case of a serious medical emergency or illness, the school representative will attempt to notify you immediately. If they deem necessary, they will call 911. Your name, as well as that of your physician, will be given to the emergency response team.

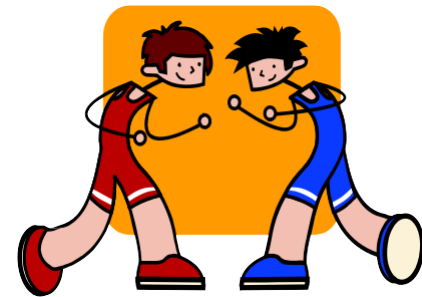
Signed _____ Date _____



“Mini Matmen”

Torneos

De Lucha



Este programa se ofrece a nuevos y experimentados luchadores de K-3 grado. Enfatiza el desarrollo de tecnicas de lucha, espiritu deportivo y atlético agilidad/coordinación para novatos y luchadores de temporada. El programa es guiado por entrenadores de lucha experimentados y consiste de prácticas diseñadas para diferentes niveles de habilidad.

Los niños de K-3 grado

“Mini Matmen” fechas y horario de prácticas:

26 de Noviembre (6:30 – 7:30 PM)

28 de Noviembre (6:30 – 7:30 PM)

30 de Noviembre (6:30 – 7:30 PM)

5 de Diciembre (6:30 – 7:30 PM)

7 de Diciembre (6:30 – 7:30 PM)

2018 “Mini Matmen” Torneo

Sabado 8 de Diciembre

Presentando estudiantes atletas de:

San Alfonso, Epifanía, Santa Inés, San Esteban, San Rafael, Ave María, La Sagrada Familia Y San Vicente de Pablo

Lugar: El gimnasio de San Alfonso

Participantes deben traer tenis, shorts o pants y playera

Costo: \$20.⁰⁰

Debe traer el costo y la registración junto con la forma de contactos el segundo dia de práctica.
(El costo incluye playera y premios del torneo)

Los instructores son entrenadores del programa interscolástico RSC
Asistidos por alumnos de los grados 7 y 8 de luchadores del RSC

Preguntas:

Contacte a David Brust entrenador de lucha (San Alfonso) @ 612-685-3180

**Mini Matmen
Lucha
Forma de registraci3n**

Nombre del atleta estudiante_____

Firma del Padre/Guardian_____

Tel3fono_____

Costo de participaci3n:

El costo de participaci3n es de \$20.00 por ni1o.

_____ \$20.00 por ni1o

_____ Total adjunto

*haga cheques a St Alphonsus Parish School

Información de Contáctos de Emergencia

Nombre del estudiante _____

Fecha de nacimiento _____ Teléfono _____

Domicilio _____

Padre/Guardian _____

Teléfono _____

Madre/Guardian _____

Teléfono _____

Clínica principal de Cuidado _____

Teléfono _____

Correo electrónico _____

Contacto secundario si no se localizan a los padres/guardianes

Nombre _____ Teléfono _____

Nombre _____ Teléfono _____

En caso de emergencia o enfermedad serias, el representante de la escuela, tratará de notificarle inmediatamente. Si ellos lo consideran necesario, llamarán al 911. Su nombre así como el de su médico serán dados al equipo que responde a la emergencia.

Firma _____ Fecha _____