



CRUSADERS

February 1, 2019

Game Results:

The JV basketball team finished their season with the tournament at St. Vincent.

Important Athletic Information:

The basketball coach, Sean Armendariz, will be offering Basketball Open Gym on Tuesdays from 4:30-6:00 P.M. for the remainder of the year, excluding February 12, March 5, March 26, and May 21.

Please turn in your basketball uniforms!

Overview of joining sports- Prior to a sport starting, an announcement will be made at school that students may sign up. It will also be announced in the Athletic Newsletter. 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.

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