

Important 2018 Fall Sports Information for Players and Parents

<u>Sport</u>	<u>Tryout</u>	<u>Time</u>
HS Varsity Volleyball	7/30 & 7/31	4pm-6pm
Coach, Kim Scott – kscott275@hotmail.com		

Season Information: Varsity level volleyball is for girls (8th-12th) who are ready to compete at a high skill level and are competitive in nature. After the tryouts conclude, the team will be selected and the first official team practice will be on 8/3 from 4pm-6pm in the gym. Practices throughout the season are normally held Monday-Friday from 5pm-7pm (Wednesdays 4pm-6pm), however, once the season begins, this may change. There are normally 2-3 matches per week from August 22 - November 12 based upon how far the team advances in the state playoffs.

HS JV Volleyball	7/30 & 7/31	4pm-6pm
Coach, Millie LaVassaur – byhisgrace289@gmail.com		

Season Information: JV level volleyball is for girls (8th-11th) who are not quite ready for the highly competitive nature or skill level of the varsity team. The JV level serves as an opportunity to develop the necessary skills to play at the varsity level in the future. After the tryouts conclude, the first official team practice will be on 8/3 from 4pm-6pm in the gym. Practices are held Monday-Friday from 5pm-7pm (Wednesdays 4pm-6pm), however, once the season begins, this may change. There are normally 2-3 matches per week from August 22-October 16. There are no post season tournaments at this level.

Note: High School Volleyball tryouts are primarily for any 8th-12th grade girls who feel they are ready to compete at this higher skill level. However, if a highly skilled 6th or 7th grade girl wishes to tryout, she may attend as well. If a middle school level girl attends the high school tryouts and does not make a high school team, they still may attend the middle school tryouts.

MS Varsity Volleyball	8/13 & 8/14	3pm-5pm
Coach, TBA		

Season Information: Middle school varsity level volleyball is for girls (6th-8th) who are still learning and developing the basics of the game. The middle school level serves as an opportunity to develop the necessary skills to play at the high school JV/V levels in the future. After the tryouts conclude, the first official team practice will be on 8/17 from 3pm-5pm in the gym. Practices are held Monday-Friday from 3pm-5pm (Wednesdays 3pm-4pm), however, once the season begins, this may change. There are normally 2-3 matches per week from August 22-October 6. There are no post season tournaments at this level.

MS JV Volleyball	8/13 & 8/14	3pm-5pm
Coach, TBA		

Season Information: Middle school JV level volleyball is for girls (6th-8th) who are still learning and developing the basics of the game. The middle school JV level serves as an opportunity to develop the necessary skills to play at the middle school varsity level in the future. After the tryouts conclude, the first official team practice will be on 8/17 from 3pm-5pm in the gym. Practices are held Monday-Friday from 3pm-5pm (Wednesdays 3pm-4pm), however, once the season begins, this may change. There are normally 2 matches per week from August 22-October 6. There are no post season tournaments at this level.

Note: Middle School Volleyball tryouts are primarily for any 6th-8th grade girls. However, if a highly skilled middle school 6th-8th grade girl wishes to tryout for the high school JV or V team, they may attend that tryout first. If a middle school girl attends the high school tryouts and does not make a high school team, she still may attend the middle school tryouts.

HS Varsity Golf**8/12****3:15pm****Coach, TBA**

Season Information: High school varsity level golf is for boys/girls (6th-12th) who are ready to compete at a high skill level and are ready to be competitive in nature on the high school level. After the tryouts conclude, the team will be selected and the first official team practice will be on 8/16 from 3pm-5pm at a local golf course TBD. Practices throughout the season are normally held Monday-Friday from 3pm-5pm, however, once the season begins, this may change. There are normally 2-3 matches per week from August 22-November 2 based upon how far the team advances in the state playoffs.

HS Cross Country**8/13****3:15pm****Coach, Brett Mitchell – bmitchell@sarasotachristian.org**

Season Information: High school cross country is for boys/girls (6th-12th) who are willing to train hard in preparation to compete in high school level competition. After the tryouts conclude (those who sign up make the team), the first official team practice will be on 8/16 from 3pm-5pm meeting on the outdoor basketball courts. Practices throughout the season are normally held Monday-Friday from 3pm-4pm, however, once the season begins, this may change. There are normally 1-2 matches per week from August 22-November 5 based upon how far the team advances in the state playoffs.

HS Swimming**8/13****3:30pm****Coach, Lisa Repassy – lnrepas@aol.com**

Season Information: High school varsity swimming is for boys/girls (6th-12th) who wish to compete at the high school level and are ready to be dedicated to improving the necessary skills to advance in the sport. After the tryouts conclude, the team will be selected and the first official team practice will be on 8/16 from 3pm-5pm at the Arlington Park Pool. Practices throughout the season are normally held Monday-Friday from 3:30pm-5:30pm, however, once the season begins, this may change. There are normally 1-2 matches per week from August 22-November 12 based upon how far the team advances in the state playoffs.

Online Team Store and Uniform Information:

Once each team is selected, uniforms will be handed out to each participating player. Some portions of the uniform will be returned to the school at the end of the season, while other portions are purchased and kept by the player. Each team, player and parent will also have access to the online store to purchase related spirit apparel items to show your support etc. More details will be shared at the beginning of each season.

Required Sports Forms for Participation are found at www.sarasotachristian.org

EL2-Physical Form; EL3-Liability Form; EL3H-Concussion Form (due before 1st official practice)

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