



Welcome to 2026-2027 Angel Athletics!

We are proud to offer many sports options to our 5-8th grade students throughout the year. Everything is in place for the Fall sports and we are ready to roll!

Fall Sports Registration

- Tackle Football - 7/8th boys
- Flag Football - 5/6 coed
- Volleyball - 5-8th girls
- Cheerleading - 5-8th girls (REGISTRATION CLOSED)
- Cross Country (XC) - 5-8th coed

Registration Deadline is July 1st for VB and Flag!

KEY REQUIRED TRAINING ITEMS:

Current Physical - is required to be on file before students may participate in practices and/or games. Our specific school physical form must be used. **Physical Forms** can be found on the HF website, parents section.

EIM Training - is required to coach or help out with our young athletics. Please contact Danna Kelemen with any questions or help with scheduling a class. **<https://www.austindiocese.org/eim-instructions>**

PLACT Parent Training - (Play Like a Champion Today) required for every family prior to participation in athletics. This PLACT training is only required one time, not annually. Play Like a Champion is offering. Register for your **[online training here](#)**. (There is a \$15 fee)

ATHLETICS OVERVIEW

Athletics Communications - Thursday Newsletter - Athletics Section/Website

Team Communications - SportsYou

- XC - 4WXU32YU
- Cheer Blue - C632WS9X, Cheer White - YVEUCHYC
- Tackle - VP9SG9ZC

VB and Flag FB will get their SportsYou Codes once team selection is finalized.

ATHLETIC HANDBOOK LINK - I am working on updating it as we speak.

ANGELS TACKLE FOOTBALL - (7/8th grade boys)

6-Man is a great introduction to tackle football and the boys will learn all aspects of the game. There are still spots open for the Fall of 2026.

Tackle Registration - <https://students.arbitersports.com/programs/2026-tackle-football-6-man>

Tackle Summer Training Opportunities

1UP Sports Camp - MS or Youth Tackle Camps

https://clients.mindbodyonline.com/asp/main_enroll.asp?fl=true&tabID=8

MS Strength and Conditioning (@ Savio) - Coach Ligon

https://holyfamilycatholicschool-6.factsmgmtadmin.com/form/YjXSsTbQ2?authToken=__token__

Equipment Pick Up for Summer 1Up Camps

- Monday 6/22 (11-1 in the Holy Family Gym)

Practices

* Mon - Thurs (4:00-5:30pm) - First Practice - (Monday 8/11/26) - Savio Field

Coaches - Head Coach TBD, we are actively interviewing for the MS Head Coach position. We are working closely with the Savio Coaching Staff to ensure alignment and possible shared resources.

Game Schedule - 7 games schedule see SportsYou Calendar

Equipment Needed:

Football Cleats (no metal), Mouth guard, water jug, shorts (no pockets)
Practice uniform, game uniform, helmet and pads provided.

FLAG FOOTBALL (5-8th coed)

Assessments - Thursday 8/13 and Friday 8/14 (4:00-5:30)

Attendance is required at both sessions.

Assessments determine team placement based on skill level

Practices

Tues/Thurs - 4:00-5:30 (Location Holy Family Back Field)

First Practice - Tuesday 8/18

Coaches - 2 EIM adults are required at every practice.

- A Team - George Tunnell - ggtenergy22@gmail.com
- B Team - Luke Allard - easyhoops5@gmail.com

Equipment Needed

All players must have flat sole or soft soled soccer/football type cleats, no metal cleats.

All cleats must be less than 1/2". Shorts - NO POCKETS.

Players must have a personal water bottle, mouth guards are strongly suggested.

Uniforms (tops and shorts) will be provided for the season.

Games - There will be 8 games total and an end of season CAPPS tournament. Home games are played at Westwood HS grass fields. Schedule will be available after 8/20.

CHEERLEADING (5-8th coed) - Cheerleading registration is closed

Assessments have been completed and team placements made.

We have an amazing cheer program at Holy Family and they are already working hard. There are 2 teams this year a "Blue" competitive team and a "White" spirit team. Please contact Coach Caity or Coach Shauna, if you have any questions about this program or scheduling.

Coach Caity O'Connor - ccoconnor0303@gmail.com

Coach Shauna Klaus - shaunaklaus@gmail.com

ANGELS VOLLEYBALL

Preseason

CBVB Camp (7/27-7/29) - [Register Here](#)

3 day preseason clinic @ Holy Family (\$125) - Coach Bohling
5/6 Grade - 5:00-6:30, 7/8 Grade - 6:30-8:00

Angels Volleyball Skills Clinics (Aug 4–6) - [Register here](#)

Coach Laurie and Abby will be hosting some skills clinics to give the girls more time to get back in the swing of things and for our new players to get up to speed.

August 4, 5 and 6th (6-8pm) - \$20 per session - players registered on Arbiter Sports only
These are optional sessions for some added practice. Come to one or come to all.

Savio MS Volleyball Camp -

https://stdominicsaviocatholichighschool.factsmgtadmin.com/form/h3VyK8Egp?authToken=__token__

Assessments

Wednesday 8/12 and Thursday 8/14. (5/6th 4:00-5:30, 7/8th 5:30-7:00)

Attendance is required at both sessions.

Assessments determine team placement based on skill level

Coaches

7/8 A - Valerie Simon - valeriedianesimon@gmail.com

7/8 B - Lauren Manhke - manymissions@gmail.com

5/6 A - Cindy Paonessa - cpaonessa@sbcglobal.net

5/6 B - Krista Nally - kristanally@gmail.com

Coach Abby Teicher

Equipment Needed:

For all volleyball sessions, girls should have court shoes (no running shoes, they don't have the proper side to side support), knee pads and water bottle. (White knee pads for games). Uniform jerseys will be provided. We will have matching team bottoms this year as well. 5/6 will wear shorts and the 7/8 will wear 4" min spandex.

Practices - First Practices week of 8/17

5/6 A Team - Mon & Wedn (4:00-5:30)

7/8 B Team - Mon & Ween (5:30-7:00)

7/8 A Team - Tues & Thurs (4:00-5:30)

5/6 B Team - Tues & Thurs (5:30-7:00)

If there are any "C" teams those days and times will be determined once registrations are closed and additional coaches are in place.

CROSS COUNTRY (5-8th coed)

Calling all runners! Cross country involves running a 2 miles over varied terrain. It is a great sport for conditioning and cross training as well.

Summer Fun Runs

Wednesdays, starting in July at Brushy Creek lake Park @ 7pm.

For more information contact Nathan Foyt @ nathanwfoyt@gmail.com.

This is only for registered XC runners, Parents are required to stay during this time.

Summer Running with Coach Sharon

<https://www.ambermoonstudio.com/2026/04/28/summer-running/>

Practices

- Tues, August 4th and Wedn, August 6th (6:30am-8:00am)
- No Practice 8/11, then practice 8/13 (6:30-7:30am)
- Then practice Tues/Thurs (6:30am to 7:30am) until temperatures cool. Practices are on the Halo Trail at Holy Family.
- Optional Saturday practices, Champion Park 7-8:30am on non-meet weekends

Meets

ANGEL INVITATIONAL - SAVE THE DATE 9/19

This is a Holy Family Community Hosted event, can't wait to see everyone there.

Most meets are on Saturday mornings and we will be participating in 6 meets again this year. Participation in each meet is optional.

Coaches

Nathan Foyt - nathan2foyt@gmail.com

Sharon Boon - sharon@ambermoonstudio.com

Eric Wernicke - ericandelenor@gmail.com

Equipment Needed:

Comfortable running shoes (Trail shoes preferred but not required), water bottle, shorts and shirt. Towel. Uniforms will be provided for the season and are to be returned.