

# Athletics

Summer 2018

Dear Athletes and Parents,

I pray that you are off to a great summer and that you will be blessed with an awesome break. With the start of school still a couple of months away, I hope that you will use this time to condition your bodies to be ready for the upcoming fall season. A true athlete never takes time off. The off-season is the time to prepare for the regular season.

If you are interested in playing fall sports, there are some important dates in August that I want to make you aware of. **Tryouts for cross-country, girls volleyball, and boys soccer will be on Monday, August 13 and Tuesday, August 14 from 3:00-5:00 pm.** To try out, you must have properly completed the following forms: **Pre-Participation Evaluation Form (both pages) dated June 1, 2018 or later and the Release of Liability Form.** These forms are found on the school website on our 'Athletics' tab, then the Forms drop down menu. **If you do not have these forms, or if they are not filled out properly, you are not eligible to tryout. Please check that the form is dated by the physician's office when your child has their physical.** Students must tryout to be considered for a team.

Once teams are made, the first practices will be on Thursday, August 16 and Friday, August 17 from 3:00-5:00 pm. Once school begins, practices will take place every Monday, Tuesday, Thursday, and Friday from 3:00-5:00 pm.

If you make the team, you will be required to pay the athletic fee and turn in a signed Athletic Handbook Form before you will be allowed to play or run in any game or meet. The athletic fee for soccer and volleyball is \$100 and for cross-country is \$75.

I am looking forward to seeing you in August. Be safe and enjoy your summer! I am praying that God will work in and through you in a mighty way this coming year.

In Christ,

Coach Mark Martin