



BELLARMINE FALL SPORTS

Dear Parents,

Although summer is just beginning, it is time to start planning for next fall's sports season. Listed below are some dates, times, and general information that will help you plan for the **August 20** opening of fall sports (**August 15 for Varsity, JV and Freshman football only**). In addition, some of our coaches will be conducting summer camps or clinics that your son/daughter might be interested in attending. You can find information about our boys and girls camps at www.bellarminerep.org/lion-summer-camps.

Athletes can expect a strenuous workout on the first day of practice regardless of the sport. They should be working on their general physical fitness throughout the summer in order to be prepared to compete to the best of their abilities.

Fall game, match and meet schedules will be updated during the summer, but are not finalized until August 24th.

STARTING TIMES FOR SPECIFIC SPORTS

BOYS TENNIS

Freshmen – Seniors: will meet on the Bellarmine courts at **2:30 p.m. on August 20**. Players should be dressed and ready to play.

GIRLS SOCCER

Freshmen – Seniors: will meet on Memorial Field at **11:30 am on Monday August 20**. Players should be dressed and ready to play. We will hand out a schedule on the first tryout day for the rest of the week. Players should keep the remainder of the week open for practice. Please bring running shoes as well as cleats or playing shoes. Players are encouraged to bring a water bottle

VOLLEYBALL

Freshmen – Seniors: Tryouts begin **Monday, August 20**; meet in Booster Gym at **9:00 a.m.** We will hand out a schedule on the first tryout day for the rest of the week. Please keep all of Tuesday and Wednesday open. Thursday and Friday practice schedule will be determined by what team your daughter makes. Come dressed to play please; bring a water bottle. Those who make the team will be expected to commit to daily practices from **3:00 – 5:00 p.m.** throughout the season.

FRESHMAN FOOTBALL - All boys turning out for freshman football will meet in the freshman boys locker room for orientation into the program at **2:30 p.m. on August 15**. If you did not participate in the summer camp, please arrive at 1:30 p.m. for equipment issue (there is a \$60.00 equipment fee). Practices will be held

every day from **3:00-5:30 p.m.** Although some of the players who turn out for freshman football have played before, a majority of our freshmen are inexperienced at football. Do not let this stop you from turning out. Our program is based on teaching the fundamentals. We assume that all of our players are novices. **Summer camp is not a requirement for trying out in the fall.**

VARSITY/JV FOOTBALL - Varsity football practice begins the morning of **August 15**. Athletes should plan on being available for two-a-day practices until school starts. (See Spring Newsletter on the Bellarmine football webpage - www.bellarminerep.org/football). **Parent meeting is August 14, 7:00 p.m. in the Booster Gym.**

BOYS & GIRLS CROSS COUNTRY - For all interested runners, summer training sessions begin on **Monday, June 18 at 9:00 am** and continue throughout the summer. To obtain training and season info, please contact Coach Matt Ellis at 253-820-1567 or ellism@bellarmineprep.org or refer to www.athletic.net.

Fall practices begin **Monday, Aug. 20 at 3:00 pm** next to the baseball fields above the track. Practice will be held **Monday through Friday from 3-5:00 p.m.**, and **Saturday at 9-11:00 a.m.** Please come dressed to run, bring a water bottle, and have your sports physical turned in to the main office. **New parent meeting will be held on Monday, August 27th at 6:00 p.m. in classroom 1 of the Booster Gym.**

BOYS AND GIRLS GOLF – All interested players for both girls and boys teams will meet at **12:00 noon Monday, August 20**, in the old pro shop at Fircrest Golf Club. Coaches and returning player will be there to direct you. Players should be dressed in proper golf attire and ready to play that afternoon for tryouts.

PHYSICALS

All athletes must have a physical on file in order to participate. If you already have a physical on file at Bellarmine, you still **must update** the physical every 24 months. Please use the form found on the Bellarmine website at www.bellarminerep.org/sports-physical-form when you get your physical this summer. This form was developed by our sports medicine staff and requires specific information that will aid in the prevention and treatment of athletic injuries. It is extremely helpful if you mail in or deliver your physical **before Friday, August 10**. Please send it to the attention of Ed Ploof, Athletic Director.

PLEASE MAKE A COPY FOR YOUR OWN RECORDS – students often need their physicals for camp or travel throughout the year.

ATHLETIC CODE

I would like to remind all parents and students that the scope of the Athletic Code includes training rules being enforced through the summer months. Please read the Athletic Code (found on Bellarmine's website at www.bellarminerep.org/athletic-code) and discuss it with your son/daughter to ensure he/she understands the need to commit to a healthy lifestyle.

Have a great summer and see you in the fall.

Ed Ploof
Athletic Director