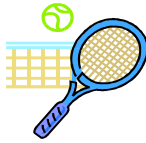


# BELLARMINE PREP



## INFORMATION ON THE OPENING OF FALL SPORTS AND SUMMER SPORTS CAMPS/CLINICS

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 23rd** opening of fall sports (**August 18th for Varsity/JV Football**). Also, 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 basketball, football, soccer, volleyball and baseball camps at [www.bellarmineprep.org](http://www.bellarmineprep.org).

### GENERAL INFORMATION

The first day of fall practice is **August 23rd (except for Varsity & JV Football which begins on August 18<sup>th</sup>)**. All sports will conduct practices throughout the week.

**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 webpage at [www.bellarmineprep.org](http://www.bellarmineprep.org)) when you get your physical this summer. This form was developed by our sports medicine staff and requires specific information which 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 13<sup>th</sup>**. 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 camps or travel throughout the year.**

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.

### STARTING TIMES FOR SPECIFIC SPORTS

#### BOYS TENNIS

**Freshmen – Seniors:** will meet on the Bellarmine courts at **2:30 p.m. on August 23rd**. Players should be dressed and ready to play.

#### GIRLS SOCCER

**Freshmen – Seniors:** will meet on Memorial Field at **10:00 – 12:00 Noon on August 23rd**. Players should be dressed and ready to play. Please bring running shoes as well as cleats or playing shoes. Players are encouraged to bring a water bottle. The team will practice once daily from **10:00 – 1:00 for the remainder of the week**. Beginning with the start of school there will be one practice a day (**2:50 - 5:00 p.m.**).

## **VOLLEYBALL**

**Freshmen – Seniors:** Tryouts begin **Thursday, August 26th**; meet in Names Gym at **9:00 a.m.** We will practice twice daily Monday through Wednesday from 9:00 – 11:00 a.m. and from 1:00 – 3:00 p.m. Thursday and Friday practice schedule will be determined by what team your daughter makes. We will schedule around orientation on Thursday, August 26<sup>th</sup>. Come dressed to play; bring a plastic 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 locker room for orientation into the program at **2:30 p.m. on August 23rd**. If you did not participate in the spring 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. *Spring camp is not a requirement for trying out in the fall.*

**VARSITY/JV FOOTBALL** - Varsity football practice begins the morning of **August 18<sup>th</sup>**. Athletes should plan on being available for two-a-day practices until school starts. (See Spring Newsletter on Bellarmine webpage under camps.) **Parent meeting is August 17<sup>th</sup>, 7:00 p.m. in the Theater.**

## **GIRLS & BOYS CROSS COUNTRY**

**Freshmen-Seniors: Fall practice** begins **Monday, Aug. 23rd at 3:00 p.m.** next to the baseball fields, and is held Monday through Friday, and Saturday. The fall racing schedule can be found at [www.athletic.net](http://www.athletic.net).

For interested runners, our summer conditioning sessions begin on **Monday, June 28th**, and will continue throughout the summer. We will meet **Monday, Wednesday, and Friday mornings from 9:00 -10:30 a.m.**, and park in front of the tennis courts inside the entrance of *Point Defiance Park*.

Parent meeting will be held on **Tuesday, August 31st at 5:30 p.m.** in classroom A-20 (upstairs in the main academic building).

Any questions contact Girl's Head Coach Matt Ellis at (253) 820-1567, or [ellism@bellarmineprep.org](mailto:ellism@bellarmineprep.org).

### **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 webpage at [www.Bellarminerep.org](http://www.Bellarminerep.org)) and discuss it with your son/daughter to ensure he/she understands the need to commit to a healthy lifestyle.

Sincerely,

Ed Ploof  
Athletic Director