# BELLARMINE PREP

## INFORMATION ON THE OPENING OF 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 20th** opening of fall sports **(August 15th for Varsity/JV Football)**.

**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 (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 10th.** 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 20th.** Players should be dressed and ready to play.

**GIRLS SOCCER**

**Freshmen – Seniors**: will meet on Memorial Field at **10:00 – 12:30 p.m. on August 20th.** 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 – 12:30 p.m. 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 **Monday, August 20th;** meet in Booster Gym at **9:00 a.m.** We will practice twice daily Monday through Wednesday. We will meet on Monday from 9:00 – 11:00 a.m. and from 1:00 – 3:00 p.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. We will schedule around orientation on Thursday, August 23rd. 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 20th.** If you did not participate in the spring camp, please arrive at 1:30 p.m. for equipment issue (there is a $100.00 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 15th.** 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 14th, 7:00 p.m. in the Theater.**

**BOYS & GIRLS CROSS COUNTRY -** For all interested runners, *optional* summer training sessions begin on **Monday, June 18th**, and continue throughout the summer. We meet **Monday and Friday at 9 am at Point Defiance**, in front of the tennis courts inside the entrance of the park, and **Wednesday at 6 pm at the Bellarmine track**. Any questions, please contact Coach Matt Ellis at 253-820-1567 or ellism@bellarmineprep.org.

**Fall practices** begin Monday, Aug. 20th at 3:00 pm next to the baseball fields above the track. Practice will be held **Monday through Friday from 3-5 pm**, and **Saturday at 9-11 am**. 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 Tuesday, August 28th at 5:30 pm in classroom #1 of the new Booster Gym.

**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.Bellarmineprep.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