

St. Francis Xavier
2019/2020 Athletics
Registration Information
Registration Deadline:
Friday, May 3, 2019

Registrants must return completed forms in this packet, along with payment:

REQUIRED FORMS:

ACTIVITY FEES SCHEDULE & PAYMENT Indicate all sports activities your child(ren) would like to compete in for the coming school year including uniform size and submit with payment. (checks payable to SFX). A \$20 late fee will be assessed on late registrations and on any missing/incomplete forms. Any registration requests made after the deadline will be determined on a case-by-case basis.

FAMILY INFO/ WAIVER & RELEASE FORM Please provide all information requested on the family information form. Signatures required for the waiver portion at the bottom of the page by both a parent/guardian and athletes.

SPORTS PHYSICAL FORM Annual physicals are mandatory for all athletes participating in SFX sports. Medical history portion to be completed by a parent/guardian and a physical form for your physician/PA to sign/complete. *The Sports Physical Forms are not due with the registration information; however, no student athlete may participate in evaluations or any practices until a form is on file with the Athletic Department.* For students entering 6th grade, a copy of the school required health form is acceptable. Return completed physical forms to the school office to the attention of "Athletics."

PRE-SEASON CONCUSSION FORM State mandate requires all parents and athletes competing in youth sports acknowledge by signature they have received information regarding concussions. A separate form is required for each athlete

NOTE

Parents and Athletes ARE REQUIRED TO READ the SFX Student-Athlete & Parent Handbook posted on the athletics website under 'Resources'. By signing the family information form, Parents and Athletes are acknowledging that they are familiar with the contents of the document. A hard copy of the handbook may be requested by emailing: sfxad@sfxlg.org

All completed forms should be returned to the St. Francis Xavier School Office, Attn: Athletics

The Complete Registration Packet including individual sports information and the Student-Athlete & Parent Handbook can be found online at

www.school.sfxlg.org (under 'Student Life/Athletics')

or at <https://il.8to18.com/sfxlg/> (under 'resources')

All forms and Athletic Schedules may be found on the athletics website:

<https://il.8to18.com/sfxlg/>

This year SFX Athletics will again be offering a full range of athletic opportunities for students in grades 5 through 8.

Fall: Football, Cross Country, Cheerleading, Girls' Volleyball (5th & 6th grade), & Girls' Basketball (7th & 8th grade)

Winter: Boys' Basketball, Girls' Volleyball (7th & 8th grade), Girls' Basketball (5th & 6th grade)

Spring: Track & Field, Boys' Volleyball

Students are able to participate in two sports at St. Francis Xavier during the same season. For example: football and cross country run concurrent seasons during the fall, so students can play both sports for that season. Keep in mind that participating in two sports during one season and fulfilling academic requirements can be demanding. St. Francis Xavier expects all parents to consider the individual needs of each child when making this decision.

REQUIRED YEARLY SPORTS PHYSICALS:

Yearly sports physicals are mandatory for all athletes participating in SFX sports. A medical history form to be completed by a parent/guardian and a physical form for your physician/PA to complete is included in the packet. The Sports Physical Forms are not due with the registration information; however, no student athlete may participate in evaluations or any practices until a form is on file with the Athletic Department. For students entering 6th grade, a copy of the school required health form is acceptable. Return completed physical forms to the school office to the attention of "Athletics."

PARENT/PLAYER INFORMATION:

- **ATHLETES ARE EXPECTED TO ATTEND ALL PRACTICES AND GAMES** except in the instance of injury, schoolwork or a significant event. Playing time will reflect practice and game attendance. **PLEASE TAKE INTO CONSIDERATION YOUR CHILD'S OTHER ACTIVITIES WHEN SIGNING THEM UP FOR TEAM SPORTS.** Part-time players may hinder team sports.
- Players are expected to arrive on time for practice. Three or more late arrivals/unexcused absences will result in a one game suspension
- NO jewelry may be worn during any contest. This includes "hard" barrettes, earrings (EARS MAY NOT BE TAPED) and necklaces. Exception: Medical Alert notices may be worn but must be taped to the athlete to prevent injuries.
- A volunteer program, especially, is dependent upon everyone's help and support to maintain a high level of quality and success. Parents should expect to be assigned to volunteer at the admissions table or concession stand during games/meets hosted by SFX. (You may be scheduled during contests in which SFX teams are not playing.) Parents may also be scheduled to serve as a "back-up" parent at practices.
- Parents should be prepared to be head coach. According to Chicago Archdiocesan policy, all head coaches must be at least 21 years of age and ALL coaches must have completed the 4-step Protecting God's Children program in addition to the state mandated concussion training. All teams must meet these coaching requirements or the team will not be allowed into the league.
- Parents should realize that they can and may be asked to leave a game or tournament if they are not able to maintain a standard of acceptable behavior. Any parent asked to leave a contest will serve a one-game suspension.

- SFX is not responsible for student-athletes before or after practices. If your child arrives early to a practice, they may be unsupervised until the start of the practice and/or until a coach arrives. Coaches may be required to leave immediately after a practice; therefore if your child is being picked up, please be on time.

24 HOUR RULE:

There are situations that may require a conference between the coach and the parent. It is important that both parties involved have a clear understanding of the other's position. When a conference is necessary, the following procedure should be followed to help promote a resolution of the issue:

***Wait 24 hours.** Please do not attempt to approach a coach before or after a game or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution. Call or email the coach to set up a meeting. If the meeting with the coach does not provide a satisfactory resolution, contact the Sport Coordinator to discuss the situation.*

ATHLETIC FEES:

Payment of all activity fees is due at the time of registration. If full payment represents a hardship for your family, please contact the Athletic Director to make alternate payment arrangements.

REFUND POLICY:

Any requests for refunds must be submitted to the Athletic Director in writing, stating the reason for the request. The Athletic Committee will take the request under advisement at the next monthly meeting. Full refunds will only be given in the case of student transfers or medical reasons.

EQUIPMENT AND UNIFORM RETURN POLICY:

To help control the cost of our athletic programs at St. Francis Xavier, all equipment and uniforms that are property of the SFX sports program and lent to St. Francis Xavier students must be cared for, kept track of, and then returned on the date set by each sports coordinator. If the equipment/uniform is not returned, these steps will be followed:

- A bill will be mailed to the families for the cost of replacing the equipment that has not been returned.
- If we do not receive payment for the equipment, students will not be allowed to participate in any upcoming sports seasons at SFX and 8th grade students will forfeit participation in graduation activities.

We thank you in advance for your cooperation and compliance with this policy, which will benefit everyone participating in our sports programs.

REGISTRATION DEADLINE: FRIDAY, MAY 3rd, 2019

A \$20 late fee will be assessed on late registrations and on any missing/incomplete forms. If **ALL** forms are not completed and returned by the registration deadline (Activity Fees Schedule and **SIGNED** Family Information/Waiver and Release Form), your place on a team may be forfeit. A registration deadline is required because the number of teams at each grade level must be determined and submitted to the Suburban Parochial

League in the spring. Any registration requests made after the deadline will be brought before the Athletic Committee to be determined on a case-by-case basis.

LEAGUE AFFILIATION:

The SFX Athletics Program is a member of the Suburban Parochial League (SPL) comprised of area Catholic grade schools (Exception: Boys' Volleyball). Sports schedules, directions and other information may be found on each sport's websites (noted below). (Cheerleading is a non-competitive sport.)

BASKETBALL / GIRLS' VOLLEYBALL:

Suburban Parochial League West (SPL) www.splw.8to18.com

FOOTBALL:

Suburban Parochial Football League (SPFL) www.spfl.org

CROSS COUNTY / TRACK & FIELD:

Suburban Parochial League (SPL) www.s-p-l.org

BOYS' VOLLEYBALL

The Classic League www.theclassicleague.com

OPEN POSITIONS:

The Athletic Committee currently has the following open positions that we are looking to fill. Please consider lending your time and talents to the Athletic Committee.

- **Secretary**
- **Sports picture Co-Chair**

Please complete and return the following:

- 1) SFX Athletics Activity Fees Schedule with payment (Checks payable to SFX)**
- 2) Family Information / Waiver and Release Form**
- 3) Sports Physical Form**

All completed forms should be mailed to: **St. Francis Xavier School, Attn: Athletics
145 N. Waiola Avenue
La Grange, IL 60525**

Thank you,
The SFX Athletic Committee

FAMILY INFORMATION / WAIVER AND RELEASE FORM

*** Complete Both Sides of This Form ***

Family Surname: _____ Email: _____

Address: _____ City: _____ Home Phone#: _____

Mother's Name: _____ Cell Phone#: _____

Father's Name: _____ Cell Phone#: _____

Additional emails to send information: _____

1) Child's Name: _____ Date of Birth: _____ Grade next Fall: _____

2) Child's Name: _____ Date of Birth: _____ Grade next Fall: _____

3) Child's Name: _____ Date of Birth: _____ Grade next Fall: _____

4) Child's Name: _____ Date of Birth: _____ Grade next Fall: _____

1. STUDENT-ATHLETE & PARENT HANDBOOK ACKNOWLEDGEMENT

We have read and understand the St. Francis Xavier Athletic Program Student-Athlete & Parent Handbook, paying special attention to Student Eligibility Requirements, the Athlete's Code of Conduct, Expectations of the Parents/Guardians, and the Uniform Return Policy. *Our signatures below confirm we have read and understand the contents of the handbook and signify our agreement to be bound by these requirements.*

2. WAIVER AND RELEASE OF ALL CLAIMS FOR PARTICIPATION IN ATHLETIC PROGRAMS

Please read this information carefully and be aware that by signing this form you will be waiving and releasing all claims for injuries your student might sustain arising from these programs. We hereby certify that the above-named student(s) has/have my/our permission to participate in all activities of the St. Francis Xavier athletic program. I/We hereby, for ourselves, and on behalf of our heirs, executors, administrators and assigns, waive, release and discharge the Catholic Bishop of Chicago, St. Francis Xavier Parish, St. Francis Xavier School, employees, coaches, volunteers and any other persons connected with the athletic program from any responsibility or liability whatsoever for any losses, injury, death or other damage sustained in any activity during or surrounding the athletic program. I/We are signing this waiver of liability of our own free will.

I/WE HAVE READ AND FULLY UNDERSTAND THE NATURE OF THE ABOVE PROGRAMS AND WAIVER AND RELEASE OF ALL CLAIMS.

SIGNATURE OF PARENT/GUARDIAN: _____ DATE: _____

SIGNATURE OF STUDENT: _____

SIGNATURE OF STUDENT: _____

SIGNATURE OF STUDENT: _____

SIGNATURE OF STUDENT: _____

Signatures Required

2019/20 SFX Athletic Activity Fees Schedule

Registration Due Date: Friday, May 3rd, 2019

A \$20 late fee will be assessed for registration materials not returned by the due date

Check # _____

Amount \$ _____

Batch # _____

Family Last Name: _____

Student's Name	Grade 2019	Specify Uniform Size*: YS/YM/YL AS/AM/AL /AXL	Cross Country 5 th - 8 th Aug-Oct Fee \$50	Cheerleading 5 th - 8 th July-Oct Fee \$35	Football 5 th - 8 th Aug-Oct Fee \$175	Girls' Basketball 7 th & 8 th Aug-Oct 5 th & 6 th Jan-Mar Fee \$100	Boys' Basketball 5 th - 8 th Oct-Feb Fee \$155	Girls' Volleyball 5 th & 6 th Aug-Oct 7 th & 8 th Nov-Jan Fee \$75	Boys' Volleyball Mar-May Fee \$95	Track & Field 5 th - 8 th Mar-May Fee \$50	SUB-TOTAL
Gym Falcon Pass	BLUE -- Allows immediate family member admission to all Home Volleyball and Home Basketball Games									Fee \$30 <i>(Optional)</i>	
Football Falcon Pass	GOLD -- Allows immediate family member admission to all Home Football Games									Fee \$10 <i>(Optional)</i>	
<i>Return checks, completed Fees Schedule, Family Information/Waiver and Release forms to St. Francis Xavier, Attn: Athletics</i>										TOTAL	

Checks payable to
St. Francis Xavier

*** Complete Both Sides of This Form ***

SFX FOOTBALL 2019

Thank you for your interest in the SFX Falcon Football Program. Provided here is a brief overview of what your family can expect from your student's participation.

We are very proud of our 2018 season and all the successes and accomplishments made (*both on and off the field*) by all our players. All involved very much look forward to building on these accomplishments and adding even more lessons, opportunities and fun for the this 2019 season. Our Program's philosophies mirror those of the parish and the school's - "Be Prepared, Be Engaged, Be Respectful, Be Inspirational", combined with our strong beliefs that there are many off-the-field and life-long benefits that can be learned through participation with our program and sport, including, but not limited to: teamwork, friendships, school pride, work ethic, discipline, social networking, and many more.

It can be assured, that every participant in the program will be taught, respected and treated equally by all, regardless of age, grade or athletic ability. *We're all one program.* Every player will be coached not only on the "how tos" and "best practices" of the sport, but most importantly the "whys" - and always in the safest manner known.

We would love the opportunity to discuss individually in-person or via phone/email to answer any questions or address concerns you may have about your child participating and will also look to host a parent meeting in the near future. (*For those with dual/multi-sport conflicts, we will make it work!*). Please feel free to reach out at any time. I sincerely look forward to it. Thank you!

Steve Janiszewski, Football Coordinator and Varsity Head Coach
Sjanis1115@yahoo.com / 773-209-9973

"Good Falcons Inspire Themselves, Great Falcons Inspire Others"

2019 Football Program (cont'd)

REGISTRATION FEE

The registration fee now includes all Summer Camp dates and an Annual Custom Tee Shirt for each player. Please note that Summer Camp *is not mandatory*, however it is encouraged. Even a few dates in attendance would be very beneficial for all. Family and/or sport conflicts are fully expected and completely understood.

EQUIPMENT DISTRIBUTION

Saturday, July 27th (10:00am – after final Summer Camp) *We will also have an “unofficial” pre-season weigh-in at this time (players should wear shorts and T-shirt).*

Important: Please make sure to have completed the following prior to this date: 1. paid the activity fee 2. submitted the signed Family Information/ Waiver and Consent Forms 3. submitted the signed pre-season concussion information sheet

SUMMER CAMP (tentative dates)

Dates: Saturdays June 29th, July 6th, July 13th, July 20th, July 27th
Wednesdays July 10th, 17th, 24th

Time: Saturdays 8:30am – 10:00am, Wednesdays 5:30pm – 7:00pm

Location: LTHS South Campus

T-shirts will be handed out at the first camp date and thereafter. Please have the players wear spikes, shorts and the T-shirt.

PRE-SEASON (MANDATORY) PRACTICES

Monday, August 5th, 2019

- First practice: 5:30 pm – 7:30 pm Lyons Township H.S. South Campus
- Shorts and helmets only for the first 3 practices

Thursday, August 8th, 2019

- First practice in full equipment

IHSA/SPFL rule – MANDATORY; every player must complete 3 practices in shorts and helmet before they are allowed to participate in full pads/ contact drills

IHSA/SPFL rule – MANDATORY; every player must also complete a minimum of 12 Pre-Season practices, including shorts and helmet practices, before they are eligible to participate in a game. If a player does not participate in the required 12 practices, he will not be eligible for the first game on August 25th.

SFX CHEERLEADING 2019

Cheerleading at St Francis Xavier is a non-competitive sport. The intention of our program is to promote school spirit and to provide girls in grades 5-8 an opportunity to learn skills in cheering and pom/dance in a uniquely co-operative atmosphere. For many girls, this is a great opportunity to display their athletic talents in a different way.

Depending on registration numbers, squads may be divided by grade or combined into Junior Varsity (5th/6th) and/ or Varsity (7th/ 8th) squads.

The 5th & 6th or combined Junior Varsity cheerleaders will cheer at the home games of the Junior Varsity football team. Games take place on Sundays in the fall at Nazareth Academy. Cheering at away games will be at the discretion of the coaches and coordinator. This usually only happens if the football schedule does not include enough home games.

The 7th & 8th or combined Varsity cheerleaders will cheer at the home AND away games of the Varsity football team, also on Sundays in the fall. Parents should expect to be asked to help with driving to away games. (Note: Coaches cannot arrange carpools. Parents must arrange their own carpools.)

Each squad will perform sideline cheers and a half-time dance. If squads are separated by grade (dependent on registration numbers), sideline cheers may be alternated by quarters by squads. (i.e. 5th grade squad performs sideline cheers during the 1st/ 3rd quarters and 6th grade squad perform during the 2nd/ 4th quarters of the JV game.)

Practices for both levels of cheerleading are held primarily in the summer to prepare for the fall season. (Individual coaches will determine exact scheduling.) Squads typically practice once or twice a week throughout the summer. While missing a few practices for vacation or camp is understandable, however, anyone who is unavailable for the majority of the summer would not be an appropriate prospect for cheerleading. Once the school year begins (with the exception of the week before Homecoming Pep Rally), practices are generally only held on Sundays prior to game time.

Uniforms (including “lollies”) are provided by the SFX Athletic Committee. Girls may, however, be asked to purchase shoes/bows to match the rest of the squad. All attempts are made to keep these costs at a minimum.

Finally, all cheerleaders are expected to adhere to an Honor Code of Conduct in addition to the Student Athlete Eligibility Requirements and Regulations, which are found in the Student-Athlete and Parent Handbook.

Please let me know if you have any further questions about the SFX Cheerleading program.

Go Falcons!

Sarah Martin
SFX Cheerleading Coordinator
rstllo.martin@gmail.com
708-826-0631



SFX CROSS COUNTRY 2019

PROGRAM OVERVIEW:

St. Francis Xavier's state championship caliber Cross Country program is open to all 5th – 8th grade students and offers the student-athlete an opportunity to join a team where everyone races and contributes to the team's success!

As a member of the 30-team Suburban Parochial League Cross Country (SPLCC) conference, the SFX Cross Country Team competes in five conference meets held on consecutive Saturday mornings starting in September. SPLCC meets start at 8:30 a.m. and are typically completed by noon, allowing for participation in other activities. Each meet consists of eight races split by grade and gender: 5th grade – 1.0 mile; 6th grade – 1.5 miles and 7th & 8th grades 2.0 miles.

The full team also competes in the preseason Fenwick Invitational and end of the season Catholic Youth Organization (CYO) Invitational meets, while the 7th and 8th grade Varsity squad competes in the mid-week Nazareth Academy Jr. High Invitational Meet.

Since joining the Illinois Elementary School Association (IESA) in 2013 St. Francis Xavier boys' and girls' squads have competed in the state meet series yearly, racing against middle school / junior high parochial and public school teams. Both SFX boys' and girls' squads have performed well against the best in Illinois and look forward to returning to the state meet in 2019, looking to improve on their 2018 2nd place sectional meet finishes and boys' and girls' respective state meet 7th and 14th place finishes!

PHILOSOPHY:

The Cross Country program embraces the mission of the *SFX Team Sports Program* through its philosophy of **working hard, having fun, and succeeding together** – which is the foundation on which both the team's and individual student-athletes' successes are built. As a result of this mutually shared philosophy, all 5th through 8th grade team members practice and compete together in a supportive and encouraging environment. Everyone who *actively* participates in Cross Country is considered a starter; no one sits on the bench!

SUMMER RUNNING:

All new and returning members of the team are eligible for membership in the Team's 100 Mile Club, which is an unsupervised, off-season summer running program. Those who complete the qualifying summertime miles (50 miles for 5th graders or 100 miles for 6th / 7th / 8th graders) are acknowledged for their effort with a special t-shirt that identifies them as having gone the "extra mile" for their team and themselves.

PRACTICES:

The Team practices at Western Springs' Spring Rock Park, where the varied terrain provides an optimal venue for building strength and endurance, and LT's Bennett Field for speed work on the track. Team members are expected to attend a minimum of two practices a week, with a practice schedule that is designed to accommodate those student-athletes who participate in more than one Fall sport or activity.

COACHING STAFF:

SFX Cross Country coaches have a shared passion for the sport and strive to instill in the student-athlete a love of running and conditioning that will last for a lifetime and compliments many other sports and activities. Many of the volunteers who have successfully coached during previous championship seasons will return for 2019 and we welcome and encourage anyone who wishes to coach our young athletes ... the rewards are many!

John Mulholland
Head Coach and Cross Country Coordinator



SFX GIRLS' VOLLEYBALL 2019/20

VOLLEYBALL PROGRAM OVERVIEW:

SFX volleyball participates in the Suburban Parochial League West (SPLW). The 5th and 6th grade season runs from the second week in August through October. The 7th and 8th grade season runs from late October through January. If tournaments are available for 7th and 8th grade teams, the season may continue into March. You can expect volleyball practice about 3 times per week before games start. Then, depending on game schedule, practice may change to 2 times per week with games 2 times per week. Practices and games may also be scheduled on weekends. The majority of practices take place in the school gym. All registered volleyball players will need to take part in scheduled evaluations to ensure proper placement on teams.

EVALUATIONS

5th & 6th Grade evaluation take place late May but selected teams and coaches will not be emailed until early August because of SPL Rules.

5th GRADE	Evaluations late May
6th GRADE	Evaluations late May
7th GRADE	Evaluations in late October
8th GRADE	Evaluations in late October

The 5th grade evaluation will provide teams of equal skill.

Depending on the number of participants, the 6th through 8th grade teams will have an "A" team and "B" teams as necessary to keep team size manageable. The evaluations consist of four equally weighted drills (serving, passing, setting, and hitting) and game play for the top 12 players who need a second look by the evaluation team. Each grade will have outside experienced volleyball coaches evaluating the play using a point system. The girls are then ranked in order and assigned to A or B.

ADDITIONAL INFORMATION

*The SFX Volleyball Program is managed and coached by volunteers. If you or anyone you know is interested please reach out.

*Uniforms will be supplied by SFX. These uniforms will be used for several years, so please treat them gently. If uniforms are not returned in the same condition given to you, or if a uniform is not returned, a fee will be charged for the replacement of that uniform.

*Knee Pads and appropriate shoes are required (Player's responsibility)

*Jewelry (this includes earrings -- pierced earrings cannot be taped -- and hair clips) must always be removed before players can compete.

*Parents will be required to work the door and concessions for each home game. The volleyball coordinator will make the schedule.

Thank you in advance for all of your help with the SFX Volleyball Program!

Becca Merchant, SFX Volleyball Coordinator
merchant@sbcglobal.net
(708) 354-7725



SFX GIRLS' BASKETBALL 2019/20

I would like to thank all the girls and their families who have been a part of our program. Without all of you, the program would not be a success. I would also like to thank all of the coaches who have donated so much of their time to girls' basketball.

I also want to welcome all of the 2019-2020 5th graders. It is our hope that you consider playing basketball next year. Besides having the opportunity to have fun with your classmates, it is a great chance to learn about teamwork and good sportsmanship.

EVALUATIONS:

7th & 8th grade girls' basketball evaluations will be held at the end of May, before the current school year ends.

TEAM ASSIGNMENTS WILL BE EMAILED IN EARLY AUGUST.

Evaluations for 5th and 6th grade girls will be held before Christmas break. You will be notified by email of the dates/times as the season gets closer.

******The required Sports Physical forms must be on file with the athletics department in order to participate in preseason August practices.***

ADDITIONAL INFORMATION:

Please note contact may occur during a basketball game/practice. Jewelry--this includes earrings (pierced earrings cannot be taped) and hair clips--must always be removed before players can compete. A mouth guard for kids with braces is highly recommended.

You will receive information prior to the start of your child's season, about schedules, team parent expectations, and parent schedules for working the concession stand and the door.

In order to continue the success of our program we need your help. We are always in need of coaches. Please contact me if you are interested in being part of the girls' basketball program. I can be reached either by email jtmevady@gmail.com or by phone [708-227-3755](tel:708-227-3755) (cell).

Thanks for your support!

Jim McVady
Girls' Basketball Coordinator



SFX BOYS' BASKETBALL 2019/20

The SFX boys Basketball season will begin late October and will continue through late January. All registered Basketball players are expected to attend scheduled pre-season evaluations to ensure proper placement on teams. Missing evaluation dates may adversely affect an athlete's placement and therefore ultimately team divisions.

The team selection process for the 2019-20 season will remain largely the same as previous years. The evaluations and team selections will be conducted by independent evaluators. Young athletes develop at different rates; therefore having independent evaluators safeguards proper placement from year to year. While we cannot guarantee everyone will agree with team divisions, we ask that you respect the process.

5th grade boys will be divided into equal teams and play in an instructional league. The 6th – 8th graders play in a more competitive league and are divided into one "A" team, and equally skilled "B" teams as registration numbers allow.

All players are given the opportunity to learn team concepts, sportsmanship and basketball fundamentals. To take advantage of this opportunity, all players are required to attend scheduled practices (1-3 per week) and scheduled games and tournaments. We will continue to utilize offsite facilities such as the Park District of LaGrange and Congress Park School. Over the next several months the Athletic Committee will be working on securing court time again this year so our Basketball & Volleyball players can enjoy the same (or more) practice time as last year.

To continue the success of our program we need your help. We are in need of coaches and other helpers; please contact me if you are interested in being part of the boys' basketball program. You may contact me by email Bblyth@sbcglobal.net or phone 708-579-3842 (home) / 708-340-9338 (cell).

We are required to submit the number of teams competing at each grade level at the June league meeting. The number of teams is based on the number of players that sign up during the registration process, therefore, we may not be able to accommodate late signups for boys' basketball. Please return your registration on time.

Please contact me with any questions you have regarding boys' basketball.
Have a great summer!

Bill Blyth
Boys' Basketball Coordinator



SFX TRACK & FIELD (T&F) 2020

PROGRAM OVERVIEW:

SFX's T&F program comprises the largest team sport for the school with over 100 student-athletes of all levels competing for Saint Francis in the Suburban Parochial League (SPL) Conference. Pre-season training starts in early March with practices followed by meets starting in mid/late April. Track events include sprints, hurdles, relays and middle distance races. Field events are long, high, and triple jump, shot put, javelin for Junior Varsity (5th & 6th grade) and discus for Varsity (7th & 8th grade).

PRACTICES & MEETS:

Most practices are held at Lyons Township (LT) High School South Campus Bennett Field where we have access to the track and areas to safely practice our field events. When Bennett Field is unavailable, we use either LT's West Field practice area (Cossitt & Gilbert Ave) or the practice fields at LT South. Practices are typically offered 4 evenings per week (Sunday, Monday, Wednesday & Thursday) with meets on Saturdays (mornings JV competition; afternoons Varsity competition). We encourage athletes to attend all practices, but realize there are other commitments for the students and their families. Once meets begin, athletes are limited to 3 practices a week and in order to compete safely and with confidence, we expect athletes to attend at least 2 practices per week. There are usually 5 meets scheduled per season with the 1st usually in mid/late April, then each week thereafter for the next 4 Saturdays.

COACHING STAFF:

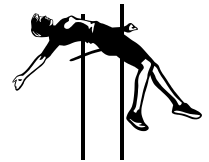
With a large team and many events, we count on a large coaching staff to instruct our student athletes and prepare them for the Saturday meets. Parents not coaching can expect to be assigned a meet date to help with the activities for that day. We are always in need of coaches for both track & field events. No experience necessary, training is provided for new and existing coaches.

PHILOSOPHY:

The SFX Track & Field program values its philosophy of working hard, having fun, and succeeding together – which is the foundation on which both the team's and individual athletes' successes are built. There are no 'A' or 'B' teams, instead we compete and practice as one team, with individuals competing in different events based on their skill level, interest, and the needs of the team. Our goal is to improve with each practice and meet, allowing our athletes to gain confidence in their skills, all the while stressing the importance of doing your best.

GO FALCONS!

Mary McGovern
Track & Field Coordinator



SFX BOYS' VOLLEYBALL 2020

BOYS' VOLLEYBALL OVERVIEW: SFX boys' volleyball competes in the Classic League comprised of schools from Oak Park, River Forest, Riverside, Westchester and LaGrange Park. The 5th-8th grade season runs from mid-March through mid-May. Teams in the Classic League compete at JV (5th /6th) and Varsity levels (7th/8th). It should be expected that teams of all 5th graders will play against teams of either all 6th graders or 5th/6th combined. Same for varsity; an all 7th grade team should expect to play against teams of all 8th graders or 7th/8th combined. Depending on registration numbers, SFX teams may be divided by grade or into JV and Varsity teams and/ or A & B teams (exception: No A and B teams for 5th grade). All registered volleyball players are required to take part in scheduled evaluations to ensure proper placement on teams.

EVALUATIONS!!!! *Evaluations for 5th-8th grade takes place in March. Evaluation dates will be announced by email to registered players. Selected teams and coaches will be sent to each participant within the week following evaluations.*

Expect about 3 practices per week before games start. Then, depending on game schedule, practice may change to 2x per week with games 2x per week. Practices and games may also be scheduled on weekends.

SFX VOLLEYBALL COACHES: The SFX Volleyball Program is managed and coached by volunteers. We are in need of volunteer volleyball coaches at all levels. If you or anyone you know is interested in coaching, please have him or her contact me. If you think that you may have the time, but not necessarily the qualifications, consider the following:

1. I will help develop a lesson plan for each practice with you.
3. There will be a coaches meeting in April before games start.
4. When you are asked to be the second adult at a practice, get involved with the drills.
5. We always try to have two parents coach together, so you would have someone to bounce ideas and questions off of.

Head Coaches must be 21+ years of age, completed the Protecting God's Children Program as well as a Concussion training course. We may use High School students to do the "coaching," however, the official Head Coach must be an adult and will be responsible for managing the team, for ensuring that the sports physical/emergency consent forms are available at every game and practice, arranging for 2 non-related, Virtus trained adults to be present at all practices and be on the bench for all games. In the event, that we do not find a Head Coach for a specific team, a parent from that team will be assigned to the position.

UNIFORMS: Uniforms consist of team t-shirt with number and gym shorts. The t-shirts will be ordered by the VB Coordinator. The t-shirt fee is included in registration fees. Knee Pads and appropriate shoes are required. (Player's responsibility)

PARENT PARTICIPATION: Parents will be required to work concessions for each home game!!! The Athletic Director will make the schedule. Parents may also be asked to assist the coach at practices when the Virtus trained coach is coaching alone.

Thank you in advance for all of your help with the SFX Boys' Volleyball Program, and thank you for the opportunity to teach and coach your boys this GREAT GAME!

Katie Stritch, SFX Boys' Volleyball Coordinator

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