



# St. Francis Xavier - 2021/2022 Athletics

## Registration Packet

**Registration Deadline: Friday, May 21, 2021**

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Due to the on-going Coronavirus Pandemic, public health regulations and guidance from the Archdiocese of Chicago, SFX sports may be limited in offerings per season and/ or suspended in their entirety during the 2021/22 season. Updates will be provided as available. Sport registration fees will be collected prior to the start of each season as approval is secured. We require registration information at this time in order to determine team numbers per sport for league scheduling along with securing necessary venues.

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# 1. Requirements to complete registration

## 1.1 Google Form

Registrants must complete the online Google Form titled 'SFX Athletic Registration 2021/22.' This was sent in an email from Family Communications on May 7th 2021. A link to this form can be found on the school webpage at:

<https://www.sfxlg.org/vnews/display.v/SEC/School%7CStudent%20Life%3E%3EAthletics>

This Google Form must be completed by Friday, May 21st 2021.

## 1.2 Hard Copy Forms

Registrants must return the forms listed below, in hardcopy, two weeks before the student-athlete attends their first practice/game for any sport. A link to these forms can be found on the school webpage at:

<https://www.sfxlg.org/vnews/display.v/SEC/School%7CStudent%20Life%3E%3EAthletics>

### Family Information / Waiver & Release Form

Signatures required for the waiver portion at the bottom of the page by both a parent/guardian and athlete.

### Covid Waiver

Document for signature will be distributed prior to the start of the school year.

### Pre-season Concussion Form

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

### 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. For students entering 6<sup>th</sup> grade, a copy of the school required health form is acceptable.

The forms listed above must be returned, fully completed, in hardcopy to:

*St. Francis Xavier School Office, Attn: Athletics*

Two weeks before the student-athlete's first practice/ game of any sport.

## 2. Location of on-line information

A copy of this Complete Registration Packet including the forms and the individual sports information, the Coaches handbook and the Student-Athlete & Parent Handbook can be found online at:

- [www.school.sfxlg.org](http://www.school.sfxlg.org) (under 'Student Life/Athletics')

Or at:

- HYPERLINK "https://il.8to18.com/sfxlg/" <https://il.8to18.com/sfxlg/> (under 'resources').

The Athletic game schedules can also be found at <https://il.8to18.com/sfxlg/>  
(To be posted once provided by the leagues)

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## 3. Sports offered at SFX

SFX Athletics offers a full range of athletic opportunities for students in grades 5 through 8.

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

**Winter:** Boys' Basketball, Girls' Volleyball (7<sup>th</sup> & 8<sup>th</sup> grade), Girls' Basketball (5<sup>th</sup> & 6<sup>th</sup> grade)

**Spring:** Track & Field, Boys' Volleyball

Students are able to participate in multiple 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 multiple 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.

Further information about each sport can be found in Section 8.

## 4. Parent & Player Information

### 4.1 Required yearly school physicals

Yearly sports physicals are mandatory for all athletes participating in SFX sports.

### 4.2 Attendance

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.

### 4.3 Tardiness

Players are expected to arrive on time for practice. Three or more late arrivals/unexcused absences will result in a one game suspension.

### 4.4 Jewelry

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.

### 4.5 Volunteer requirements

All Sports offered at SFX are operated by volunteers. 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.

### 4.6 Coaching requirements

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 Virtus, 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.

### 4.7 Spectator Conduct

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.

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 relevant Sport Coordinator to discuss the situation.

#### **4.8 Drop off/pick up**

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.

## **5. Payment of fees**

### **5.1 Athletic Fees**

Payment of all activity fees will be processed through FACTS, approximately one month before the commencement of each season. If full payment represents a hardship for your family, please contact the Athletic Director to make alternate payment arrangements.

### **5.2 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 for medical reasons.

### **5.2 Late Registration**

**REGISTRATION DEADLINE: FRIDAY, MAY 21<sup>st</sup>, 2021**

If the Google Registration Form (See section 2.1) is not completed and returned by the registration deadline, a team place may not be available. 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 order to set the timeline for games. Any registration requests made after the deadline will be brought before the Athletic Committee to be determined on a case-by-case basis.

## 6. Equipment and Uniforms

### 6.1 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 8<sup>th</sup> 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.

## 7. League Affiliation

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

### Basketball /Volleyball (Boys & Girls)

Suburban Parochial League West (SPL) [www.splw.8to18.com](http://www.splw.8to18.com)

### Football

Suburban Parochial Football League (SPFL) [HYPERLINK "http://www.spfl.org" www.spfl.org](http://www.spfl.org)

### Cross Country and Track & Field

Suburban Parochial League (SPL) [HYPERLINK "http://www.s-p-l.org" www.s-p-l.org](http://www.s-p-l.org)

## 8. Further Information on Each Sport

### 8.1 Football

We cannot thank you enough for your interest in the SFX Falcon Football Program. We cannot wait for the opportunity to get the kids back on the field together, coach them, teach them and most importantly afford them the opportunity to be a part of a great sport that verbally, physically and subconsciously provides them so many great life lessons, in a true team atmosphere. We work diligently to make the experience as great and enjoyable as can be, no matter athletic ability, size, experience, etc. We are one team and one program, all equal. Following is a brief overview of what your family and can expect from your student's participation.

We have been extremely proud over the past few years of both the outcomes of the seasons and all the successes and accomplishments made (*both on and off the field*) by all of our players. During the time we coach your players, we are very fortunate to see many great things transpire athletically, knowledgeably and personally as they mature and prepare to enter High School. Our Program's philosophies and strategies directly mirror those of the parish and the school's - "Be Prepared, Be Engaged, Be Respectful, Be Inspirational", combined with our extremely strong beliefs that there are many off-the-field and life-long benefits that can and will be learned through participation with our program and sport, including, but not limited to: teamwork, friendships, school pride, work ethic, respect, discipline, social networking (knowing, enjoying and sharing time with older and younger players can help the High School transition alone) and so many more. These are the truly enjoyable results that make all of the coaching staff so proud and so engaged. Nothing makes us happier or prouder than to hear and/or see former players excelling at one or many aspects of their lives as they move on to the next stages and levels, and very satisfying to hear these stories from former players themselves.

To emphasize again, it can be assured, that every participant/player in this program will be taught, respected and treated equally by all, regardless of age, grade or athletic ability. Again *We are 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.

#### Program Mottos/Quotes

2018 ***"Let's Make Some Memories"***

2019 ***"Your Destiny is Written By You"***

2020/2021 *Coming soon*

At any point we would welcome and 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 hopefully 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. We sincerely look forward to it. Thank you!



Steve Janiszewski, Football Coordinator and Varsity Head Coach  
[Sjanis1115@yahoo.com](mailto:Sjanis1115@yahoo.com) / 773-209-9973

*"Good Falcons Inspire Themselves, Great Falcons Inspire Others"*

#### 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

TBD

#### SUMMER CAMP

TBD

*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

TBD

## 8.2 Cheerleading

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 (5<sup>th</sup>/6<sup>th</sup>) and/ or Varsity (7<sup>th</sup>/ 8<sup>th</sup>) squads.

The 5<sup>th</sup> & 6<sup>th</sup> 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 7<sup>th</sup> & 8<sup>th</sup> or combined Varsity cheerleaders will cheer at the home AND away games of the Varsity football team, also on Sundays in the Fall. (Note: Coaches cannot arrange carpools. Parents are responsible for arranging transportation to and from contests.)

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. 5<sup>th</sup> grade squad performs sideline cheers during the 1<sup>st</sup>/ 3<sup>rd</sup> quarters and 6<sup>th</sup> grade squad perform during the 2<sup>nd</sup>/ 4<sup>th</sup> 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, 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 to 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 [rstllo.martin@gmail.com](mailto:rstllo.martin@gmail.com) 708-826-0631  
SFX Cheerleading Coordinator

## 8.3 Cross Country

### PROGRAM OVERVIEW:

St. Francis Xavier's state championship caliber Cross Country program is open to all 5<sup>th</sup> – 8<sup>th</sup> 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-school 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: 5<sup>th</sup> grade – 1.0 mile; 6<sup>th</sup> grade – 1.5 miles and 7<sup>th</sup> & 8<sup>th</sup> grades 2.0 miles.

The full team also competes in preseason and postseason invitational meets to include the Catholic Youth Organization (CYO) Invitational Meet. The Team's coaching staff is always looking for other opportunities to race during the mid-week and at other invitational meets.

Since joining the Illinois Elementary School Association (IESA) in 2013, St. Francis Xavier's Falcon boys' and girls' squads have competed every year in the state meet series, racing against Illinois' best parochial and public middle / junior high school teams. Both SFX boys' and girls' squads have consistently performed at a high level and look forward to returning to

the state meet in 2021, retaining their 2019 dual 1<sup>st</sup> place sectional meet finishes, and striving to better the boys' 2019 state meet runner-up and the girls' 5<sup>th</sup> place team finishes!

#### PHILOSOPHY:

The SFX 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 5<sup>th</sup> through 8<sup>th</sup> 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 in Cross Country!

#### SUMMER RUNNING:

All new and returning members of the team are strongly encouraged to join 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 5<sup>th</sup> graders and new team members or 100-miles for 6<sup>th</sup> / 7<sup>th</sup> / 8<sup>th</sup> 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. SFX athletes also have the opportunity to participate in the AAU affiliated West Suburban Harrier's summer running camp that runs from June 15 to July 25 that will feature high school and collegiate coaches. See [www.WestSuburbanXC.com](http://www.WestSuburbanXC.com) for additional information. This is a great way to build your summer base and qualify for SFX's 50 or 100 Mile Club.

#### PRACTICES:

The Team practices primarily at Western Springs' Spring Rock Park, where the varied terrain provides an optimal venue for building strength and endurance and at 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 2021 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  
johnwmulholland@aol.com  
(630) 399-3938

## 8.4 Girls Volleyball

### VOLLEYBALL PROGRAM OVERVIEW:

SFX volleyball participates in the Suburban Parochial League West (SPLW). The 5<sup>th</sup> and 6<sup>th</sup> grade season runs from the second week in August through October. The 7<sup>th</sup> and 8<sup>th</sup> grade season runs from late October through January. If tournaments are available for 7<sup>th</sup> and 8<sup>th</sup> 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 evaluations: Dates to be determined

7th/8th grade evaluations: Held in late October

The 5<sup>th</sup> grade evaluation will provide teams of equal skill.

Depending on the number of participants, the 6<sup>th</sup> through 8<sup>th</sup> 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](mailto:merchant@sbcglobal.net)

(708) 354-7725

## 8.5 Girls Basketball

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 the coaches who have donated so much of their time to girls' basketball.

I also want to welcome the 2021-2022 5<sup>th</sup> & 6<sup>th</sup> 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:**

7<sup>th</sup> & 8<sup>th</sup> grade girls' basketball evaluations will be held at the beginning of August. Traditionally these are held at the end of the preceding school year; however, due to Covid, we will need to push these back until just before the new school year begins.

**TEAM ASSIGNMENTS WILL BE EMAILED SHORTLY AFTER EVALUATIONS.**

Evaluations for 5<sup>th</sup> and 6<sup>th</sup> 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 evaluations and practices.**

### **ADDITIONAL INFORMATION:**

Please note that 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 [mjmullen6@gmail.com](mailto:mjmullen6@gmail.com) or by phone 708-785-1304 (cell). Thanks for your support!

**Mike Mullen**

Girls' Basketball Coordinator

## 8.6 Boys Basketball

SFX boys Basketball season will begin late October and will continue through late January/early February. 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 2021-22 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.

5<sup>th</sup> grade boys will be divided into equal teams and play in an instructional league. The 6<sup>th</sup> – 8<sup>th</sup> 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 [jason.widuch@gmail.com](mailto:jason.widuch@gmail.com) or phone (773) 263-4171.

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 sign ups for boys’ basketball. Please return your registration on time.

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

Jason Widuch  
Boys Basketball Coordinator  
[jason.widuch@gmail.com](mailto:jason.widuch@gmail.com)  
(773) 263-4171

## 8.7 Track & Field

### 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 and javelin for Junior Varsity (5<sup>th</sup> & 6<sup>th</sup> grade) and discus for Varsity (7<sup>th</sup> & 8<sup>th</sup> grade).

#### PRACTICES & MEETS:

Most practices are held at Lyons Township (LT) High School South Campus Bennett Field where we have access to the all weather 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 for flexibility: Sunday, Monday, Wednesday & Thursday (Tuesday practices offered during March only). On Sundays JV & Varsity practice separately and more time is allocated to field events. Weekday practices include the entire team.

Athletes are expected to attend two practices per week, but encouraged to attend as many practices as is reasonable given their other commitments. Once meets begin, athletes are limited to 3 practices a week. The season usually includes five Saturday meets beginning in mid/late April and continuing each week into mid/late May. JV meets are in the morning, Varsity competes in the afternoon. The kids have a blast at meets!

#### COACHING STAFF:

With a large team and many events, we count on a large coaching staff to instruct/support our student athletes, while preparing them for the Saturday meets. We welcome & encourage parents to get involved! There is no experience necessary, great training for both track & field events is provided for new and existing coaches. Parents not coaching can expect to be assigned a meet date to fulfill SFX's volunteer requirement at meets.

#### 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. We compete and practice as one team - girls & boys across 5th-8th - 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.

Any questions please contact me. GO FALCONS!

Angie Fekrat  
Track & Field Coordinator  
[afekrat@gmail.com](mailto:afekrat@gmail.com)

## 8.8 Boys Volleyball

### BOYS' VOLLEYBALL OVERVIEW:

Boys volleyball is an emerging sport within the SPL with a subset of the SPL schools competing. The 5<sup>th</sup>-8<sup>th</sup> grade season runs from mid-March through mid-May. Teams compete at JV (5<sup>th</sup> /6<sup>th</sup>) and Varsity levels (7<sup>th</sup>/8<sup>th</sup>). It should be expected that teams of all 5<sup>th</sup> graders will play against teams of either all 6<sup>th</sup> graders or 5<sup>th</sup>/ 6<sup>th</sup> combined. Same for varsity; an all 7<sup>th</sup> grade team should expect to play against teams of all 8<sup>th</sup> graders or 7<sup>th</sup>/8<sup>th</sup> 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 5<sup>th</sup> grade). All registered volleyball players are required to take part in scheduled evaluations to ensure proper placement on teams.

### EVALUATIONS!!!!

*Evaluations for 5<sup>th</sup>-8<sup>th</sup> grade take 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 a 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  
[mstritch@att.net](mailto:mstritch@att.net)

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](mailto:sfxad@sfxlg.org)

