

SFC Middle & High School Athletics – Fall 2011

Athletic Physicals

Any 7th – 12th grade students who plan to participate in athletics, cheerleading, or dance team must have the five-page Activities Participant Packet completed (including doctor, parent, and student signatures) and turned in to the office. Students **will not be allowed to practice or compete** until their paperwork is on file. The packet is available on the school website under the *Co-curricular* tab, then *Athletic Forms*.

Open Gym Time

During the months of July and August, the gym and weight room will be open to students on Mondays, Tuesdays, and Thursdays from 7-9 am, and 6-8 pm. Adult supervisors will be on site during these times. *Please note that the gym floor will be refinished from July 21-31; during this time only the weight room will be available for use.*

Fall Sports

Cross Country – Coach Troy Kooima (351-0911) has scheduled the first practice at 8:00 am on Aug. 15 and will hold daily practices at 8 am until school begins; once school is in session, practices will be held after school. This sport is open to 7 – 12 grade boys and girls. There will be a sign-up sheet at registration.



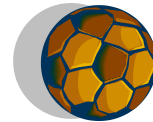
Football – Coach Bob Garry (351-7578) along with assistant coaches Justin Garry and Jason Schramm invite all boys in grades 9-12 to the first practice on Aug. 15. Detailed practice schedules will be posted on the website by the first of August. Boys interested in playing football are strongly encouraged to attend the Charger Football Camp next week, and should also be in the weight room on a regular basis! Middle school football begins Aug. 18. Sign up at registration.



Golf (Boys) – Coach Mike Schouten (339-6443) will begin practice on Aug. 8. Practice locations, dates and times will be posted on the website by Aug. 1. Golf is open to all boys in grades 7-12; there will be a sign-up sheet at registration.



Soccer – Students planning to play Girls Varsity, Boys Varsity or JV Soccer must turn in a signed, state-required Medical Release at registration or to the office by Aug. 1. (The Medical Release is available on the website.) **Players will not be able to participate at practices until this release is received.** Ryan Chase (759-0217) has been hired as the Varsity boys' coach; alumnus, Kendall Velgersdyk (359-9946), is the assistant/JV coach.



Dean Born (334-6761) returns as head coach for the girls' team, and Jina Tinklenberg will be assisting. Boys and girls in grades 8-12 are invited to the first practice on Aug. 8; practice schedules will be posted on the website by Aug. 1. Look for sign-up sheets on the athletic table at registration.



Volleyball – Varsity Coach Darci Wassenaar (321-6331), and assistant, Jena Dorhout, will begin practices on August 15. Practice schedules will be posted on the web site by the first of August. Middle school volleyball begins Aug. 23.

Mandatory High School Athletic Orientation Night – ALL Fall-season athletes who are participating in a high school sport (this includes MS students who are participating in CC, Golf, and Soccer) **and at least one parent** are required to attend their appropriate orientation:

August 9 at 7:00 pm – Soccer, Boys Golf, Cheerleaders (Football sideline)

August 18 at 7:00 pm – Volleyball, Cross Country, and Football

Eligibility rules, codes of conduct, required forms, and an overview of SFC athletics is on the agenda. Athletes and parents will also meet with their specific sport coach(es) to discuss practice and game schedules, team expectations, etc.

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Team Photos – **ALL FALL SPORTS** will have **TEAM PHOTOS** taken on August 18 – head coaches will advise their players the place and time they are to report for those photos.

Dual Sport Policy – Athletes are allowed to “Dual Sport”. If an athlete desires to compete in two sports during the same season, he/she should:

1. Obtain a Dual Sport Policy form (*on the website or athletic registration table*)
2. Fill out the entire form and obtain necessary signatures
3. Return the completed form to the athletic director, Jim Groen

Athletes and parents must understand that competing in two sports is not an easy task. Communication between parents, coaches, and athletes is vital in order for it to succeed.

Concussion Management – As mentioned in the June 16 email, parents of fall sport athletes may contact Athletic Trainer Roxane Fouberg or sign up at registration for the ImPACT baseline concussion testing.