



St. Vincent Ferrer Athletics

Dear Parents and Student Athletes,

August, 2011

We are excited to begin the 2011-2012 School Year in sports. The St. Vincent Ferrer Athletic program is comprised of five sports played interscholastically with other area Catholic grade schools:

FALL SEASON

SOCCER

Late August — October

4th, 5th, 6th 7th and 8th grade coed

Practice: After school weekdays and weekends

Games: After school weekdays and Sundays

CROSS COUNTRY

Mid-September — October

5th, 6th, 7th, and 8th grade coed

Practice: After school weekdays

Meets: After school weekdays and weekends

FALL & WINTER

GIRLS BASKETBALL

October — January

5th, 6th, 7th and 8th grade girls

Practice: After school weekdays and weekends

Games: After school weekdays and weekends

WINTER

BOYS BASKETBALL

November — March

5th, 6th, 7th and 8th grade boys

Practice: After school weekdays and weekends

Games: After school weekdays and weekends

SPRING

GIRLS VOLLEYBALL

February — April

5th, 6th, 7th, and 8th grade girls

Practice: After school weekdays and weekends

Games: After school weekdays and weekends

BOYS VOLLEYBALL

Mid April — May

5th, 6th, 7th and 8th grade boys

Practice: After school weekdays

Games: After school weekdays

TRACK

April — May

4th, 5th, 6th, 7th and 8th grade coed

Practice: After school weekdays

Meets: Weekends (5 meets)

(4th grade participation in any sport is dependent on size of team at the 5th grade level)

St. Vincent Ferrer Athletics (*cont'd*)

Jr. Friars Athletic Program

Designed for students in Kindergarten through 4th Grades, this program keeps our youngest students active while teaching them the fundamentals of various sports. It also promotes teamwork and socialization with fellow students and parents in a safe, non-competitive environment outside of the classroom.

Cost \$25 per family per session. 2 sessions offered per year.

- K-4th Graders have the opportunity to participate in soccer, basketball, and volleyball.
- Age-appropriate activities and “just for fun”.
- Two 10 week sessions are held during the school year (Fall and Winter/Spring).
- Sessions end with celebrations such as Basketball-Viewing parties and the Junior Olympics.

Co-ed Soccer Fee: \$ 75 due by the first practice.

SVF is a member of the Classic League and SVF Soccer is played by co-ed teams. The league is broken up into two divisions: Junior Varsity (which consists of 5th and 6th grade teams and sometimes a combination of both 5th & 6th grade students), and Varsity (which consists of 7th and 8th grade teams, and sometimes a combination of 7th / 8th grade students). The Soccer season usually begins at the end of August and ends 3rd or 4th week of October. The final schedule of games will not be available until late August, when the Athletic Directors or program coordinators meet. Typically, practices are held twice a week with a starting time between 3:45 pm and 5:30 pm. Practices usually last for one hour. Coaches will distribute practice and game schedules as soon as the information is available. Practices are held at either on the SVF Playground or at the Fenwick Soccer Field (Division and Harlem).

Our home field for games is The Fenwick Soccer Field (Division and Harlem) Games can be held any weekday between 4:00 and 7:00pm. Saturday games are held between 9 a.m. and late afternoon. SVF has two teams: One for JV and one for Varsity. Teams may have large rosters since there are NO tryouts; all eligible SVF students may participate (see the SVF Athletics Handbook on the school website for eligibility requirements). We play four 12 minute quarters. Each team plays up to 18 games plus playoffs. Children who need to wear glasses **MUST HAVE SPORTS GOGGLES**. Glasses are not allowed, not even with a strap. **NO JEWELRY is allowed to be worn during any sporting event.**

Playing Soccer requires that each student turn in a Registration Form, Medical Form and the \$ 75 fee before the first practice.

SVF School supplies the uniform that must be purchased and retained for subsequent seasons.

Cross Country – Fee TBD due by the first practice.

Calling all runners!! Whether you are a veteran runner looking to increase your endurance and speed or if you are a beginner, the St. Vincent Ferrer Cross Country team is the place for you. Cross Country is for any 5th through 8th grade student who would like to increase their fitness level. All are welcome to come join us. No tryouts or basic requirements. We will run 3 days a week after school which will include speed drills, hill work, and long runs of 2-3 miles. Practice will be at SVF most days directly after school with a couple of co-practices possibly at EPHS. The season starts in September and ends in October. Come out and let's run together!

St. Vincent Ferrer Athletics (*cont'd*)

Girls Basketball – Fee: TBD due by the first practice.

The Girls' Basketball season begins immediately following Soccer Season and runs from November through January of the school year. SVF is a member of the Classic League for basketball.

Boys Basketball – Fee TBD due by the first practice.

The Boys' Basketball teams begin practices in November when gym space is available. The Boys' Classic League Season runs from December through March of the school year.

Basketball in the Classic League is broken down into Grade levels depending on the size of grades. Some may be combined to form a JV or Varsity team. Practices are held in the SVF gym, the first practice beginning at 4:15 pm and the last practice beginning at 8:00 pm. Practice schedules are determined on the individual coach's schedule and availability of the gym. Each team determines their practice schedule considering the Coaches' schedules and availability of gym time for practices. Weekday Classic League games are played on the hour, 5th grade at 5:00, 6th grade at 6:00, 7th grade at 7:00, and 8th grade at 8:00. There may be some Saturday morning or afternoon games. We play each league team once in our gym and once at their gym. However, there are occasional time changes made to accommodate needs of the students, coaches or schools. Monthly schedules listing practices and games for all grade levels for both boys and girls are distributed to students. Some coaches may vary from that schedule and will inform their team members. There are NO

tryouts; all eligible SVF students may participate (see the SVF Athletic Handbook on the school website for eligibility requirements - available after 09/06/2011).

Various Boys Teams and Grade Levels compete in the Northwest Parish League

Various Boys and Girls Teams and Grade Levels also compete in the St. John Vianney League.

The St. John Vianney league breaks their teams into Jr. Varsity and Varsity Divisions. Jr. Varsity consists of 5th and 6th grade students and/or a combination of 5th & 6th grade teams. The Varsity Division consists of 7th and 8th graders and/or combination 7th & 8th grade teams. All St. John Vianney league games are all played at their gym. Game times and days vary.

The Registration Form, Medical Form, and sport fee must be turned in before the first practice. Fifth and Seventh grade students will purchase personalized uniforms at the beginning of the season. They will wear these uniforms for at least two seasons.

NO JEWELRY is allowed to be worn during any sporting event.

Girls Volleyball – Fee TBD due by the first practice.

The Girls' volleyball season runs February through April. SVF is a member of the Classic League.

The Volleyball League is broken up into two divisions Jr. Varsity (which consists of 5th grade teams, 6th grade teams, and combination 5th/6th grade teams) and Varsity (which consists of 7th grade teams, 8th grade teams, and combination 7th/8th grade teams). Practices are held in the SVF gym, starting at 4:15 pm running through 8 p.m. The Coaches' schedules and availability of practice times will be used to determine practice schedules for each team. Classic League games are usually played weekdays between 5:00 and 9:00pm. Some games are held on Saturday mornings or afternoons. **However, there are occasional schedule changes made to accommodate students and schools' needs.** Coaches will distribute monthly schedules with practices and games listed for all levels. At SVF we field at least two teams 5th and 6th for JV and 7th and 8th for Varsity. There are NO tryouts; all eligible SVF students may

St. Vincent Ferrer Athletics (*cont'd*)

participate (see SVF Athletic Handbook on the school website for eligibility requirements - available after 09/06/2011). Girls have uniforms for volleyball which will need to be purchased and retained by the athlete. ***NO JEWELRY is allowed to be worn during any sporting event.*** The registration fee, the Registration Form, and Medical Form fee must be turned in before the first practice.

Boys Volleyball – Fee TBD due by the first practice.

Boys' volleyball has a VERY short season, usually 3 to 4 weeks. Each year the schedule is determined by the number of teams participating in the league. The season usually runs from the end of April thru the 3rd week of May (approx.). The number of teams SVF will field will be determined by the number of students interested in participating in the sport. More information will follow as we get closer to the season. Boys wear basketball uniforms or gym uniforms. T-Shirts may be purchased for the season if the coach determines to do so and the additional cost, although minimal, would apply.

Track and Field – TBD due by the first practice.

Track and field is a relatively short season. St. Vincent students will compete in (5) meets total. The first four meets are in the St. Mary & St. Leonard Program (mid-April – mid-May) in Brookfield, IL. These meets are held on Saturdays; we will be competing in following running events: 100m, 1600m, 4x100 relay, 400m, 100m, 800m 200m & 4x400m relay. In addition to these running events, we will also be competing in the shot put, long jump and turbo javelin. The fifth and final meet of the season is the city-wide competition CYO Catholic Youth Offices Track & Field meet held on a Sunday toward the end of May @ Hanson stadium in Chicago.

Practices are generally held on SVF campus immediately after school, three days/week based on coaches and parent-volunteer availability. All students in grades 4-8th are encouraged to join track and field. These events and team dynamic allow each student athlete to find their individual skills and improve upon them throughout the season. Although points, ribbons and medals are awarded at each meet, we do not use these markers to measure our success. As a team, we focus on achieving measurable daily improvement on technique, speed, strength, living within a positive attitude and supporting fellow teammates. In 2012 we look forward to continuing the incredible success we had in our 2010-11 season.

If you have any questions please contact any one of the Athletic Board Members as listed on the SVF Athletics Website www.svfschool.org under "Athletics".

Please note all sports forms can be found on the school web site under "Athletics." www.svfschool.org