



To: Parents of Girls in **Grades 4 through 8**

From: Ms McCool
Director of Athletics

Re: Spring Sports

Although hard to believe, we are about to bid farewell to January. And if the month of February passes at the same rapid rate, will be welcoming the month of March before we know it. ***Lacrosse, Track, and Softball*** seasons, therefore, are just around the corner!

We need to determine the number of girls who are planning to be involved in any of the above-mentioned sports. So that you and your daughters can make informed decisions regarding involvement, I am providing some basic information about these sports.

Varsity Lacrosse

The season begins with tryouts on Monday, March 1. Varsity will be comprised of girls in *Grades 7 and 8*. Anyone wishing to participate must have knowledge of the rules and skills involved in the game. Varsity sports may involve cuts. The season extends through mid-May. Practices are normally held three or four days a week (no Thursday). The game dates will be posted on the school website. Those interested in playing must be able to make the commitment to the practices and games.

Junior Varsity Lacrosse

The season begins at a date yet to be determined. JV Lacrosse will be comprised of girls in *Grades 5 and 6*. The breakdown of teams will depend upon the number of girls who wish to participate. So that we do not have to cut at this level, we will attempt to divide the girls into two teams. One team will be the more skilled players; the second team will be more of an instructional team. Both teams will play games, however the second team will play a fewer number of games. The season extends through mid-May, and does not involve any weekends. Practices will be held two or three times per week. We are presently working to form the coaching staff for these teams.

Track

The season begins on Monday, March 1. Any girl in *Grades 4 through 8* may participate in this sport. The meets begin at the end of March and extend through the end of April. The Regional Championships are held in the beginning of May. All meets are held on Sunday afternoons. Practices are held on M-W-F of each week, from 3:30-4:45. If we are able to get track time at the high school, that may be scheduled at a later time.

Please note that it is possible to participate in softball or lacrosse and also run in the track meets. This will be handled on an individual basis, as there will be some parameters regarding commitment.

Softball

The season is scheduled to begin in early March. Any girl in *Grades 6 through 8* may try out for this sport. This is a Varsity sport, so it is necessary to know the rules and exhibit the skills of the game. There will be cuts at this level.

Obviously, the weather plays a huge role in our scheduling tryout dates.

Practices will generally be held three days a week, and will be scheduled around the games. The first league game will be played after Easter break. Scheduled games will be posted on our school website. There will also be non-league games and scrimmages. The season extends through mid-May.

If your daughter intends to be involved in spring sports, it is necessary to complete and return the accompanying sign-up form. Once we have received the sign-up form, we will be able to forward more detailed information from the coaches.

**Spring Sports sign-up form must be received
on or before Monday, February 8th.**

Thank you for taking the time to review the above information. It is our goal, here at Villa Maria, to provide athletic opportunities that complement our academic ideals. It is our aim to assist the girls in setting goals and working tirelessly to achieve them. Our hope is that, through sports, our girls can experience the tremendous benefits of being part of something bigger than themselves.

Thanks for all that you do to help keep Villa Maria the extraordinary place that it is.

Jane A. McCool
Director of Athletics



2010 Spring Sports Signups

Name _____ Gr/Rm _____

is interested in participating in:

_____ Varsity Lacrosse (Grades 7 & 8)

_____ Junior Varsity Lacrosse (Grades 5 & 6)

_____ Softball (Grades 6, 7, 8)

_____ Track (Grades 4 through 8)

I understand that I must submit the following in order for my daughter to participate:

_____ **Physical Examination Form (if not previously submitted for Grade 6 or a Fall or Winter Sport)**

_____ **Emergency Information Form (if not previously submitted for Winter Sports) This must be received in order to participate in tryouts/practices.**

_____ **Athletic Fee of \$150.00 per sport (This must be received before your daughter may begin to participate in the tryouts/practices.)**