

# St. Matthew Athletics

## 2019-2020 Fall Season Sports

### Football

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- Jul 22<sup>th</sup> – 26<sup>th</sup>      **First week of tryouts / Camp (7<sup>th</sup> & 8<sup>th</sup> Grade)**
- Very Important that if you intend to play FB, you attend this week
  - Mon – Fri / 6:30pm – 8:30pm (subject to change)
  - Conditioning – No Helmets
- Jul 29<sup>th</sup> – Aug 2<sup>nd</sup>      **No Workouts / Practice**
- Aug 5<sup>th</sup> – 8<sup>th</sup>      **Second week**
- Mon – Thu / 6:30pm – 8:30pm (subject to change)
  - Conditioning – with Helmets
- Aug 9<sup>th</sup>      **Friday**
- First Day of Full Pads
  - Try-Out Meeting – Jul 22<sup>nd</sup> 6:00pm / Sports Complex
  - Must have valid Physical on file with AD Office on Jul 22<sup>nd</sup>
  - St. Matthew Sports Complex – Football Field
  - Please review Athletic Manual for further information

### Volleyball

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- Aug 13<sup>th</sup> – 15<sup>th</sup>      **Tryouts (6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Grade)**
- **5:00PM – 7:30PM**
  - **Aug 7<sup>th</sup> – 9<sup>th</sup> Mini Camp / 5:00-7:30**
    - **Mini Camp is not a prerequisite to make team**
  - **Try-Out Meeting – Aug 7<sup>th</sup> 5PM / School Gym**
  - **Tryouts @ St. Matthew GYM**
  - Must have valid Physical on file with AD office on Aug 7<sup>th</sup>
  - Tryouts will be closed to the public
  - Please review Athletic Manual for further information

### Cross Country

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- Aug 12<sup>th</sup>      **Tryouts (6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Grade)**
- **Parent Meeting – Aug 5<sup>th</sup> / 5:30pm @ Sports Complex Field**
  - **Aug 6<sup>th</sup> – 8<sup>th</sup> Running Camp / 5:30pm – 6:30pm / Sports Complex Field**
  - Must have valid Physical on file with AD office
  - Please review Athletic Manual for further information

### IMPORTANT INFORMATION

All participating in the tryout have an equal chance to make the team. Available slots will be filled with any combination of 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> graders. **(6<sup>th</sup> graders are not allowed to tryout for Football)**

AIAL regulations stipulate that 8<sup>th</sup> grade students may only participate on “A” teams. Clarification: A 6<sup>th</sup> or 7<sup>th</sup> grade athlete can be selected over an 8<sup>th</sup> grade athlete for a roster spot.

**Physicals** must be in the possession of the Head Coach or Athletic Director prior to any athlete stepping on the field / court to participate in tryouts or practice. **No exceptions will be allowed.**

Please contact the Athletic Office with any questions / Chris Juarez - Athletic Director 210-478-5027