2021-2022 Middle School Athletic Guide

Enclosed is important information regarding eligibility requirements, try-out dates, contact information, Dead Period, and summer training schedules. If you are interested in trying out for a team, please register online at https://www.stmarysschool.org/athletics/registration. All athletes must register by ***May 15th*** to ensure you are on the distribution list for future information or schedule changes. Registration will be for all sports for the upcoming 2021-2022 school year.

If you have an unavoidable conflict with any practice dates listed, inform the appropriate coach.

Eligibility Requirements

- Athletes must be enrolled as a rising student in Grades 6-8.
- Athletes must have a physical completed **on or after April 15th, 2021.**
- **NEW!** Athletes must submit all required health forms before first practice using the new app/web browser, Dragonfly Max. Forms can be filled out and signed electronically through the app or on a web browser.
- Please follow the instructions below for setting up a profile and submitting the forms.
  Mobile App - Step-by-Step Directions
  Web Browser - Step-by-Step Directions
- Please reach out to Coach Claire Betti with any questions.

Summer Training Sessions

- Middle School Fall Athletes are strongly encouraged to attend all summer workouts. If you will be out of town, have a family obligation, or have any questions regarding summer workouts, please notify your coach.

Middle School Philosophy

- Our Middle School athletic teams compete in various leagues including the Shelby League, PAA, MYA, and TISCA
- St. Mary's MS athletic programs are a balance between continued development of the fundamentals and increased emphasis on competition.
- Blue Team - Competitive Team
- White Team - Developmental Team

Parent Guide for SMS Athletics

Name	Title	Contact
John Bartholomew	Athletic Director	jbartholomew@stmarysschool.org
Casey Crenny	Assistant Athletic Director	ccrenny@stmarysschool.org
Holly Hensarling	Sports Information Specialist	hhensarling@stmarysschool.org
Claire Betti	Strength & Conditioning Coach	cbetti@stmarysschool.org
Bob Dunaway	Athletic Trainer	bdunaway@stmarysschool.org

Important Dates to Remember

TBD	**Sports Physicals** **Sports Physical Day ($20)**	**Sports physicals for students who will participate on a St. Mary's athletic team. Physicals will take place in the Athletic and Wellness Center. Fees will be charged to your tuition statement.** **12:00 pm – 2:30 pm**
Sunday, June 28 – Sunday, July 11th	**TSSAA Dead Period**	**No practices, open facilities, or summer workouts.**
Monday, July 12	**Golf First Practice Date**	**TSSAA official practice start date for girl's golf. Team coaches will communicate their own practice schedules.**
Monday, July 26	**Fall sports begin**	**TSSAA official practice start date for cross country, soccer, and volleyball. Team coaches will communicate their own practice schedules.**
Monday, July 26th	**Health Forms Due**	**All required health forms are due. Please email Coach Claire Betti (cbetti@stmarysschool.org) regarding all health form questions.**
Week of October 18th	**Fall Sports Award Assembly**	**We will celebrate our Volleyball, Soccer, Golf, and Cross Country Teams.**
Week of February 14th	**Winter Sports Award Assembly**	**We will celebrate our Basketball and Swim Teams**
Week of May 9th	**Spring Sports Award Assembly**	**We will celebrate our Track, Lacrosse, and Tennis Teams.**

Fall Athletic Teams

Team	Coach	Dates
Cross Country	Coach Holly Hensarling (hhensarling@stmarysschool.org)	Summer Training: June and July Meets begin in September Season Concludes in early October Team will run four days a week. Meets will be on Wednesdays.
Golf	John Batholoew (jbartholomew@stmarysschool.org)	First Practice Date: Mid August First allowed competition date: Mid August Season Concludes in late September Team will practice 3-4 days a week Matches will be every Tuesday and Thursday during the season
Soccer	6-8 Combo- Blue Team - Maddy Stolnicki (Mstolnick@stmarysschool.org) 6-8 Combo-White Team- Rachel Giampapa (rgiampapa@stmarysschool.org)	Tentative tryout dates: Last week of May Summer Training: July Season Concludes in early October Teams will practice four days a week after school. Game days will vary during the season.
Volleyball	6th Grade - Sarah Cox Combo 7/8 Blue- Kari Duncan (kduncan@stmarysschool.org) Combo 7/8 White - Sydney Watson (swatson@stmarysschool.org)	Tentative tryout dates: Last week of May Summer Training: July Season Concludes in early October Teams will practice 4 ways a week. Game days will vary during the season

Winter Athletic Teams

Team	Coach	Dates
Basketball	6th Grade- TBD (Jbartholomew@stmarysschool.org) Combo 7/8 Blue - Mike McCullough (mmccullough@stmarysschool.org) Combo 7/8 White- TBD (Jbartholomew@stmarysschool.org)	Preseason: September and October Season Concluded Teams will practice over Holiday Break.
Swimming	Coach Collin Dowling (cdowling@stmarysschool.org)	First official practice will take place in Mid October Practices will be at the Ric Nuber YMCA, times and days will vary. Meets will be on Saturday mornings at St. George's Independent school.

Spring Athletic Teams

Team	Coach	Dates
Lacrosse	6-8 Combo Blue Team- Coach Lyle Davis (lhdavis@stmarysschool.org) 6-8 Combo White Team- Casey Crenny (ccrenny@stmarysschool.org)	Off Season Training: October, November, December First tentative competition date: End of February Season Concludes early May
Tennis	Coach Matt Fuery (mfuery@stmarysschool.org)	Off Season Training: October, November, and January Regular season is February to April Season Concludes end of April
Track & Field	Coach Mickey Pitts (mpitts@stmarysschool.org)	Off Season Training: October, November, January Regular season is February to April Season Concludes end of April

Organizational Structure

FAQ
Who to ask?

Athletic Director:	Assistant Athletic Director:	Sports Information Specialist
● Coaching Agreements ● Stipend Questions ● Uniform updates ● Coaches gear and equipment ● Budgetary inquires ● Student Eligibility ● Professional Development ● NCAA Questions ● NCAA Clearinghouse	● Scheduling facilities ● Ticket Information ● Transportation ● Out of town travel ● Change in games/practice times ● Senior Day planning ● NLI Signing Day planning ● Team fees ● AfterCare or Masterminds ● Early Dismissals ● Rosters ● Uniform distribution and collection ● Private Lessons during off season	● Updates scores ● Exciting team news ● Team photos ● Social Media Updates

Strength & Conditioning Coach:	Athletic Trainer:
● Scheduling team assessments ● Scheduling workout regimens ● Creating post/pre/during season workouts ● Questions regarding DragonFly and SuperSaas	● Emergency Action Plans ● Physicals ● Impact Testing ● Return to play forms ● First Aid Kits