



FROM SAINT MARY'S SCHOOL ATHLETICS May 2019

Dear Parents and Student-Athletes,

As we celebrate an exciting spring sports season and another fantastic year at Saint Mary's, we begin to look ahead to the coming year. With that in mind, the Athletic Department would like to share some important dates with you for the 2019-2020 school year.

FALL SPORTS TRYOUTS

If you are interested in playing a fall sport, you **MUST** be at fall sports tryouts on August 22 and 23.

- [Click here](#) to sign-up by Friday, June 14 for fall sports tryouts.

Schedule for fall sports tryouts, workouts, and practices:

- Monday-Friday, August 12-16 | OPTIONAL workouts*
- Monday-Wednesday, August 19-21 | OPTIONAL workouts*
- Thursday, August 22 | 3:30-6 p.m. | TRYOUTS
- Friday, August 23 | 3:30-6 p.m. | TRYOUTS
- Saturday, August 24 | 3:30-6 p.m. | PRACTICE
- Sunday, August 25 | 3:30-6 p.m. | TRYOUTS
- Saturday, September 7 | 3:30-6 p.m. | PRACTICE

**Stay tuned later this summer for more details about optional workouts.*

Ways to prepare for fall sports tryouts:

Varsity is competitive, and here are some ways to prepare yourself for tryouts:

- Play in the summer, take instruction, sign-up for a sport-specific camp in your area.
- Be sure to engage in cardio and strength training!

WINTER SPORTS TRYOUTS

Monday, October 28 | 3:30-6:30 p.m. AND Tuesday, October 29 | 3:30-6:30 p.m.

We will have Saturday practices for basketball on November 2 and 9.

SPRING SPORTS TRYOUTS:

Monday, February 17 3:30-6 p.m. AND Tuesday, February 18 3:30-6 p.m.

We will have Saturday practices the first two (2) Saturdays (February 22 and 29)

Saint Mary's is committed to offering competitive athletics to our students as they champion our school's mission on the court, the playing field, and the pool. In order to compete at the conference and state levels, our athletic programs **MUST** practice/play at least five days a week as well as an occasional Saturday.

We look forward to an exciting 2019-2020 year in athletics. Go Saints!

Sincerely,
Robert A. Weltz, CMAA
Director of Athletics