



SJCPS SPOTLIGHT ON SPORTS

JUNE, 2009

TRACK & FIELD:

The SJC Track & Field Team concluded its 2009 season with record-breaking performances at the Suburban Parochial League Championship. Over 60 students from SJCPs qualified for the Conference meet held on May 16th and all team members performed impressively. New school records were set in the 8th Grade Boys 400 meter dash, the 6th Grade Girls 400 meter dash, the 6th Grade Boys Shot Put and the 5th Grade Girls 800 Meter Medley Relay. Two 6th grade girls finished in first place in their particular events (400 m and 800 m)! Three relay teams came out on top as well (5th Grade Girls 800m Medley, 7th Grade Girls 400m Relay, and 7th Grade Girls 800m Relay). To top off the day, an eighth grade girl took first place in the 100m Open!

Congratulations to the almost 100 student athletes who participated in all five meets this year – they proudly represented St. John of the Cross School as they brought home numerous ribbons from each meet. Special thanks to the coaches for their dedication and hard work.

To ensure the continued success of St. John's Cross Country and Track & Field programs, we are in need of a new coordinator(s) to replace Margie Connelly beginning with the 2010-2011 school year. If you love to run and enjoy working with students across multiple grades, think about volunteering to be the new coordinator for either cross country or track & field. To provide a smooth transition, the new Coordinator(s) will have the opportunity to "shadow" Margie during the 2009-2010 school year. Please contact Mrs. Connelly for more information (708-246-4454).

MARK YOUR CALENDAR . . . the 2nd Annual St. John of the Cross Athletic Association **Golf Outing** will be held on September 25th at Oakbrook Hills Resort.

ALL SPORTS:

NEW FOR THE 2009-2010 SPORTS SEASONS :

Every Family whose child(ren) participate(s) in Basketball and/or Volleyball will be responsible for volunteering during at least two home games per season. Every Family whose child(ren) participate(s) in Cross Country and/or Track & Field will be responsible for at least two volunteering experiences per sport. Details will be provided when each sport begins for the year.

ALSO

Basketball and Volleyball players will be required to pay an additional charge to defray tournament entry fees. The number of tournaments to be played and the total cost will be determined for each team; you will be notified of the required amount at tryouts.

PLEASE NOTE: The required uniform deposit for the 2009-2010 season will be **\$65.**

THANK YOU . . .

to all the parents who volunteered this year in any capacity – coaches, team parents, uniform coordinators, project assistants. We would not be able to provide our children with a quality athletic program without your continued support!

ATHLETIC BOARD SPORT COORDINATOR POSITIONS:

Several **Athletic Association Board positions** AND **individual sport coordinator positions** are open for the 2009-2010 school year. We need volunteer parents to fill these positions so that we can continue to provide the quality Athletic

Program for which we have been known for since 1968. Please contact Therese Craig, Athletic Administrator, at (708) 246-4454, Ext. 208 for details.

SUMMER TRYOUTS AND CROSS COUNTRY:

Girls' 7th and 8th grade Basketball and 5th and 6th grade Volleyball tryouts will be held on the dates and times below:

Grade 7 Girls' Basketball, Thursday and Friday, August 13th and 14th at 4:00PM

Grade 8 Girls' Basketball, Thursday and Friday, August 13th and 14th at 5:00PM

Grade 5 Girls' Volleyball, Thursday, August 20th from 6:00 -7:15PM ONLY

Grade 6 Girls' Volleyball, Thursday and Friday, August 20th AND 21st from 7:30-9:00PM

If you wish to play on a 6th, 7th or 8th grade "A" team, you must attend tryouts on BOTH days. We will base the number of teams on the number of tryout participants. If you do not attend tryouts, placement on a team is based upon available space and the discretion of the Athletic Director. **Cross Country will begin on Tuesday, August 11th.** A detailed flyer will be mailed home in July. Please mark your calendars!

Please check out the **Run for Fun** Cross Country document on the Athletic web site and visit the league site: www.s-p-l.org. Meet dates, practices, and other fun events (pasta parties, ice cream socials) are listed. **7th and 8th Graders** . . . it is never too late to start running! High school Cross Country and Track teams are great extracurricular activities; Cross Country is usually a "no cut" sport and a great way to meet new people while staying in shape.

PARISH SUMMER SPORTS CAMPS:

SJC parish will host a summer basketball camp for boys and girls entering 3rd through 8th grade and a volleyball camp for girls entering 5th and 6th grades. Please visit the SJC Athletic web site (below) for details.

FYI . . . check the Athletic web site (below) for information about the St. Ignatius and the Western Springs sports camps for your younger athletes.

SPIRIT WEAR:

Summer weather is the perfect time to wear running shorts, T-shirts and baseball caps. Don't forget to support our school by displaying a Lawn Sign in your front yard. You may pick one up at the school office for only \$15.00. Orders for all items are accepted at any time. To make a purchase, just send the completed form with your payment to the school office... You can find a link to the order form and sizing chart on the SJCPs web site (www.sjcpsinfo.org) . For more information contact Donna Webster at (708) 246-4454, ext. 215.

SPORTS PHYSICAL POLICY:

Athletes planning to participate in ANY sport during the 2009-10 school year must have a current physical on file with the school office by August 5th, 2009. To be considered "current" **ALL physicals must be administered between May 18th and August 5th, 2009** (during the "OFF SEASON" for SJCPs sports) regardless of when your student will be playing a sport during the next school year. This "current" physical must be administered during the prescribed time frame regardless of when your last sports physical was administered. **No physicals will be accepted after August 5th or at tryouts OR on start dates for any sport; notices of physical exams scheduled after August 5th WILL NOT be accepted.**

THERE ARE NO EXCEPTIONS.

5TH GRADE PARENTS, PLEASE NOTE: Any current 5th grade student who plans to participate in the athletic programs for the 2009-10 school year should have her/his physician mark the "yes box" on the State of Illinois Child Health Examination Form which is required for entrance into 6th grade. **These physicals must also be administered between May 18th and August 5th if your child wishes to participate in any sport during the 2009-10 school year.** (If the physical is performed between May 18th and August 5th AND the "yes" box on the Health Form is marked, a separate "sports physical" will not be required for students entering 6th grade next year.) **We urge you to MAKE AN APPOINTMENT with your child's physician NOW,** so that your student athlete's **current** physical will be on file with the school office by **August 5th** and s(he) will be able to participate in next year's sports program.

PROSPECTIVE COACHES:

If you are interested in **VOLUNTEERING AS A PARENT COACH**, please call Margie Connelly (Track & Field) at (708) 246-4454, Nicole Snyder (Volleyball) at (708) 601-3536 or Carl Rhineberger (Boys' Basketball) at (708) 567-0585. **Coaching is a great way to spend extra time with your children and their friends. An opportunity to teach them a sport while instilling a sense of good sportsmanship and teamwork is priceless.**

COACHING REQUIREMENTS:

ALL COACHES are required to attend the Archdiocese of Chicago Protecting God's Children Workshop and must submit to a criminal background check. These **two requirements are now mandatory** for all adults who work with our school children in any capacity. To submit to a criminal background check, please go on line to www.archchicago.org and go to the section labeled "Keeping Children Safe"; then click on the "eAppsDB" link in that section to move to the login page and complete the application. Information regarding upcoming workshops is also available on the "archchicago" web site. You must pre-register on line at www.virtus.org for the Workshop. For your convenience, workshops are presented on a continuous basis. **No one will be allowed to coach a sport unless (s) he has attended the Workshop and passed the criminal background check.** If you have any questions, please call Mrs. Therese Craig at (708) 246-44.

Please check the web site for updates including both practice and game schedules (www.sjcathletics.com).