FROM ATHLETICS

June 2016

Dear Saint Mary’s Families,

We hope that your summer is off to a great start and that this time will allow for some rest and relaxation for you and yours.

Saint Mary’s continues to promote competitive athletics and we are committed to our students as they champion our school’s mission on the court and on the field. To that end, again this year, we will be providing our prospective fall athletes with virtual training workouts for the summer months. Summer training schedules for specific sports will be emailed on July 11 to those who have signed up for fall sports. The schedules will also be posted on the Athletics page of Saint Mary’s website. The training schedules are designed to help athletes prepare for fall sports tryouts.

This year, fall athletics tryouts will happen once all students are back on campus on Saturday, August 27. Our coaches and athletics department are very intentional about providing opportunities for skill development, fitness training, and camaraderie before games begin and throughout the season.

Logistics for summer training:

- Click here to sign up for Fall Sports Tryouts by July 11.
- All athletes who sign up for tryouts will receive an email with virtual workouts from sport-specific coaches on August 8.
- Tryouts will begin on the afternoon of Saturday, August 27, and athletic contests will start on September 1.

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.
- Strongly recommend following the summer training guide for all athletes. Click here for that guide.
- Be sure to engage in cardio and strength training!

Sincerely,

Dean Monroe
Director of Athletics