



## FROM SAINT MARY'S SCHOOL ATHLETICS May 2021

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 2021-2022 school year.

### FALL SPORTS TRYOUTS

If you are interested in playing a fall sport, you **MUST** be at fall sports tryouts on Monday, August 23 and Tuesday, August 24.

- [Click here](#) to sign-up by June 18 for fall sport tryouts

#### Schedule for fall sports tryouts, workouts, and practices:

- Monday-Friday, August 9-13 | OPTIONAL workouts\*
- Monday-Friday, August 16-20 | OPTIONAL workouts\*
- Monday, August 23 | 3:30-6:00p.m. TRYOUTS
- Tuesday, August 24 | 3:30-6:00p.m. | TRYOUTS
- Wednesday, August 25 | 3:30-6:00 p.m. | PRACTICE

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

Ways to prepare for fall sports tryouts:

Varsity is competitive, so 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, November 1 | 3:30-6:30 p.m. AND Tuesday, November 2 | 3:30-6:30 p.m.

*We will have Saturday practice for basketball on November 6 AND 13*

### SPRING SPORTS TRYOUTS:

Monday, February 21 AND Tuesday, February 22 | 3:30-6:30 p.m.

*We will have practices on the first two (2) Saturdays February 26 AND March 5*

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 (5) days a week as well as an occasional Saturday.

We look forward to an exciting 2021-2022 year in athletics. Go Saints!

Sincerely,

Robert A. Weltz, CMAA

Director of Athletics

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