



## FROM ATHLETICS

Dear Saint Mary's Families,

The Athletics Department has been busy this summer preparing for the return of our students. From new staff members to campus enhancements, there is much to look forward to in the coming school year.

We are excited to announce some additions to the Athletics staff for 2019-2020. Margaret Geiger joins us in a new role as Assistant to the Director of Athletics. Margaret has been with Saint Mary's for several years in the positions of Head Varsity Swim Coach and Triangle Fitness instructor. We are also excited to welcome the following new coaches to our staff:

- Sarah Johnson, Head Varsity Volleyball Coach
- Colin Murasko, Head JV Volleyball Coach
- Riann Daziel, Head JV Field Hockey and Head JV Lacrosse Coach

On the facilities front, we are pleased to share news of several enhancements and upgrades to our athletic facilities:

- The Wellness Center: renovations and the addition of new equipment to enhance strength building and conditioning for our athletes.
- Nimocks Field: renovated to provide a smooth and even playing surface.
- Livestreaming: currently installing camera systems in Bacon Gym and on Nimocks Field to livestream games for families not on campus.
- Bacon Gym: refinishing of the gym floor with our new athletics logo has been completed.
- Bacon Natatorium: fan installation is currently underway.

### Fall Sports Updates

- **Please note: if you have NOT yet signed up for fall sports, please do so by Thursday, August 8.** [Click here](#) for information about tryouts and the link to register.
- **Start of season schedule**
  - Tryouts:
    - Thursday, August 22 | 3-6 p.m.
    - Friday, August 23 | 3:30-6 p.m.
  - Optional pre-season workouts\*
    - August 12-14 | 4-6 p.m.
    - August 19-20 | 4-6 p.m.
  - New student concussion-impact testing\*\*
    - Saturday, August 24 | 3 p.m. Ragland Auditorium
  - First day of practice
    - Saturday, August 24 | 3:30-6 p.m.
  - Practice and uniforms
    - Sunday, August 25 | 3:30-5:30 p.m.
  - Practice
    - Saturday, September 7 | 10 a.m.-12 p.m.

*Please reach out to the Varsity Head Coach in your particular sport if you have additional questions:*

**Cross Country:** Kayla Wyscarver [kwyscarver@sms.edu](mailto:kwyscarver@sms.edu)

**Field Hockey:** William Lehrmann [wlehrmann@sms.edu](mailto:wlehrmann@sms.edu)

**Golf:** Robert Guzzo [rguzzo@sms.edu](mailto:rguzzo@sms.edu)

**Tennis:** Gina Minton [gminton@sms.edu](mailto:gminton@sms.edu)

**Volleyball:** Sarah Johnson [sjohnson@sms.edu](mailto:sjohnson@sms.edu)

**\*Optional pre-season workouts:** we are offering optional pre-season workouts for all student-athletes who are local and want to work on skill development, speed/agility, and strength and conditioning. Our fall coaches will be available during these times to work interested students.

**\*\*Concussion-Impact Testing:** There will be concussion-impact testing for those students new to Saint Mary's who are trying out for a fall sport. This baseline testing is required.

### **Saint Mary's Triangle Fitness**

Designed to exercise the body, mind, and spirit, Triangle Fitness is a co-curricular program providing students with a broad range of interscholastic activities from which to choose. Each student must complete 10 seasons of a Triangle Fitness activity. Activities are scheduled in conjunction with sports seasons and the performing arts calendar and students may choose to participate on an athletic team, in after-school dance classes, in the school's theatre and/or musical performances, or any combination of these, to meet their Triangle Fitness requirement. Examples of Triangle Fitness options include training in the school's weight room to build strength and endurance in combination with activities like yoga, barre, and agility training as well as cardio activities like spinning and running.

### **Independent Credit**

Students who participate in athletics at an elite level may be eligible to receive athletic credit for their independent activities. Students interested in applying for independent activity credit may pick up an application from the Director of Athletics Office. The application process will be reviewed by the Director of Athletics and Dean of Students.

As the school year gets underway, please visit [www.sms.edu](http://www.sms.edu) for athletic calendars, news, and more. We look forward to an exciting 2019-2020 year in Athletics.

***Go Saints!***

Sincerely,  
Robert A. Weltz, CMAA  
Director of Athletics