



# SAINT MARY'S SCHOOL

## FROM ATHLETICS

May 2018

Dear Parents and Student-Athletes,

The Saints spring regular season is coming to close and we are enjoying some great North Carolina weather. As the season and school year wind down, we are beginning to look ahead to the coming year. With that in mind, Athletic Department would like to share some important dates with you for the 2018-2019 school year.

### **FALL SPORTS TRYOUTS:**

Thursday, August 23 from 3:30-6 p.m.

Friday, August 24 from 3:30-6 p.m.

- We will have practices on the first two (2) available Saturdays (Aug. 25 and Sept. 1)

### **WINTER SPORTS TRYOUTS:**

Monday, October 29 from 3:30-6:30 p.m.

Tuesday, October 30 from 3:30-6:30 p.m.

- We will have Saturday practices for Basketball on Nov. 3 and Nov. 10.

### **SPRING SPORTS TRYOUTS:**

- Monday, February 18 from 3:30-6 p.m. Tuesday, February 19 from 3:30-6 p.m. We will have Saturday practices the first two (2) Saturdays (Feb. 23 and Mar. 2)

Saint Mary's is committed to offering competitive athletics to our students as they champion our school's mission on the court and on the playing field. 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 on an occasional Saturday.

### **Logistics for Fall Sports Tryouts:**

- If you are interested in playing a fall sport, you **MUST** be at fall sports tryouts on August 23 and 24.
- [Click here](#) to sign-up by **AUGUST 10** for fall sports tryouts.

### **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!

We look forward to an exciting 2018-2019 year in athletics. Go Saints!

Sincerely

Robert Weltz, CMAA  
Director of Athletics