

Sant Bani Sports

Dear Students in Grades 5-12,

July 2011

We hope your summer is going well and that you've been preparing for the upcoming fall sports season. If you have participated in a sport, you know what to expect. If you haven't participated in a sport before, *think about joining a team!* No previous skills are necessary – just cooperation, determination and enthusiasm! It's a great way to get in shape, learn about teamwork and have fun.

Sant Bani Sports are: (JH teams are grades 5-8. HS teams are grades 9-12 unless noted otherwise)

Fall-

JH Cross Country
JH Soccer (6-8) JH
Field Hockey
**HS Cross Country*
HS Soccer
HS Field Hockey

Winter –

JH Girl's Basketball (6-8)
HS Girl's Basketball
HS Alpine Skiing (7-12)*
HS Nordic Skiing (7-12)*
HS Indoor Track (7-12)*

Spring –

JH Track and Field
**HS Track and Field*

**These are NHIAA HS teams.
Students in grades 7 and 8 might
be able to apply to join the winter
teams if there is space*

Fall Sports

HOW TO BE PREPARED FOR THE FIRST PRACTICE:

As most of you know, each year before school begins, the teams start practicing to get ready for the fall season. Everyone should be ready to run and play at the first practice. For that reason, you should begin to train now to prepare for competition and prevent injuries. Most of you know what you need to do over the summer, if you have any questions please contact the coach for advice. Also be sure to break in new athletic shoes.

All Teams – Be sure to bring cleats/running shoes and water to all practices. AND please bring your phone number and email if they are different from last year.

Field Hockey: You also need to bring your stick, mouth guard (required) and shin guards (required). **Eye protection is now required also!** A good pair of running shoes and a pair of cleats is recommended. You may borrow a stick and possibly shin guards. Check with your coach for availability.

Soccer: Please bring water, cleats, shin guards (required) and mouth guards (required).

Mouth guards are required for field hockey and soccer – no exceptions! They act as a shock absorber and help prevent injuries and should not be cut down unless a trimming is necessary to fit. Trimming should be approved by a coach, or Linda Suroweic, Health.

Uniforms will be given out upon receipt of completed sports contract and are expected to be returned in good condition by the due date, usually the banquet date.

Running during free periods (H.S. only) without a coach's supervision is allowed if students have a completed "Running on the Road" permission slip on file with the athletic director. For safety, students must run with someone, not alone, and sign out on the white board near Roxanne's desk.

See the PreSeason Practice Schedule for initial practice times.

Check out the SBS website for and the Calendar and Sports Schedules!

PRE-SEASON PRACTICE SCHEDULE

Summer 2011

- Check our website for game schedules; www.santbani.org -

Cross Country

High School - Scott Clark – Grades 9-12

scott@santbani.org

Mandatory Practice: DONT MISS - Imperative!

Wednesday, 8/31, 3:30-4:30, after H.S. Orientation

Junior High – Jyoti Demian- Grades 5-8 jyoti@santbani.org

Regular Practice Begins: Wednesday, Aug. 31st 3:30-4:30

Field Hockey

High School – Brittney Peterson – Grades 9-12

brittney@santbani.org

Practice: Weds. 8/31, after HS orientation.

Junior High – Andrea Burns – Grades 5-8, 934-3344

Regular Practice Begins: Monday, Sept. 12th 3:30-5:30

Soccer

High School – Todd Schongalla – Grades 9-12

todd@santbani.org

Summer Soccer Scrimmages* – Grades 8-12 and alums. Tuesdays, Thursdays, and Sundays through Aug. 18th, 6:30-8:30 @ Practice Field

Preseason Practice Schedule:

M. 8/22 – Fr. 8/26, 5:30-7:30

M. 8/29, Tue 8/30 & Thur 9/1, 5:30-7:30, Wed. 8/31 after HS Orientation (3:30-5:30)

M. 9/5, W 9/7 & Thur 9/8, 5:30-7:30

Tues. 9/6 & Fri 9/9, 3:30-5:30

M 9/12 is 1st day of regular practice at normal time (3:30-5:30)

Alumni Soccer Game Sat 8/13, 3:00 – mixed teams with pizza after.

Junior High – Jeronimo Garrigues – Grades 6-8

jeronimo@santbani.org

Preseason Practice Schedule:

M. 8/29 & Thurs 9/1 5:00-6:30

Regular Practice: Monday, Sept. 12th 3:30-5 PM

Bring water, mouth guard and shin guards to all practices.

All teams meet for practice on the field at Sant Bani School unless indicated otherwise.

**Pick up Soccer games and Field Hockey Scrimmages provide an optional opportunity for team members and others to keep their skills from rusting over the summer. Please be advised that adult supervision is not always provided, and that parents are responsible for their own child(ren) including transportation to and from these events.*

Check out the SBS website for and the Calendar and Sports Schedules!

www.santbani.org

Summer Information 2011From: Coach Andrea BurnsSant Bani School Middle School Field Hockey

Over the summer you can stay fit by being active in any way you choose: yoga, swimming, dancing, horseback riding, biking, hiking, etc. However, please try to run series of short (50-100 yards) sprints at least twice each week. The game of field hockey requires sprinting. Every team member needs to be in shape by the end of August to sprint off and on for a 40 minute game. You'll feel much better in September if you practice hitting and dribbling the ball over the summer. Even just 30 minutes each week will make a big difference. Your team will thank you!

To prepare for the upcoming season, please buy and mold –one good mouth guard (Can No Longer Be Clear) and one back up mouth guard (not clear). Please do bring a back-up mouth guard to the 1st practice. We'll keep it in the equipment bag, since almost everyone needs hers at one time or another. You must have a colored mouth guard to practice or play in games.

Shin Guards are required for games. The school has a few pair. You may be able to borrow a pair, or borrow a Stick. Call Andrea if you are interested. If you want to borrow a stick and ball for the summer, please call Andrea.

Cleats work much better than sneakers during scrimmages & games, especially if the grass is wet. Running shoes are required for practices.

Water bottles are necessary at every practice & game. You need to bring at least one.

Eye protection goggles are now *required* for all members of the team.

If you have any questions, please call Andrea Burns at 934-3344.
Happy Summer!

JrH Field Hockey Fall Practice Schedule

All practices are mandatory:

Starting Sept. 12, 2010:

Mondays: 3:30 - 5:30

Tuesdays: 2:25 - 3:20

Thursdays: 2:25 - 3:20

Fridays: 2:25 - 3:20 (for 7th & 8th grades only)

(maybe 3:20-4:30 for 5th –8th grades on a few Fridays – TBA)

*Note: I will not know the game schedule before it is published on the School's website. You should look there, or ask for a paper game schedule at the school in early Sept., Typically, we have one game per week. Games usually start at 3:30 and end at 4:30.