

# **2009-10 ATHLETIC INFORMATION**

Below is information that is important for student-athletes and parents to have in order to prepare for, and be eligible to participate in, Visitation athletics. Please read through the information carefully and do not hesitate to contact Mike Brill, school athletic director, if you have any questions. He may be reached at [mbrill@vischool.org](mailto:mbrill@vischool.org) or 651-683-1717.

## **I. Kindergarten–grade 8 Sport Offerings and Registration**

<b>FALL</b>	<b>WINTER</b>	<b>SPRING</b>
5/6 Boys Soccer	5/6 Boys Basketball	5/6 Boys Baseball
7/8 Soccer	5/6 Basketball	5/6 Softball
5/6 Volleyball	7 Basketball	7 Softball
7 Volleyball	8 Basketball	8 Softball
8 Volleyball	K-8 CAA Swimming	

To register for grade school sports, participants are required to fill out, and return, the Visitation Athletic Consent Form and have a physical on file in the health office.

Fall sport practices for grade school sports officially start Monday, August 17, 2009, and will normally take place between 3:00 p.m. and 5:30 p.m. during the week, with some Saturday practices and/or games. More specific information will be distributed to the students **on the first day of practice.**

**\*\*\* All forms may be obtained online at [www.visitation.net](http://www.visitation.net). Once on the home page, open the Athletics page and look for *Athletic Forms*.**

**\*\*\* Parents are required to have all forms, including sports physicals, returned in an envelope marked “Athletic Office” no later than July 15, 2009.**

## II. Grades 7–12 Sport Offerings and Registration

FALL	WINTER	SPRING
Cross Country Running 7 <sup>th</sup> -12 <sup>th</sup>	Alpine Skiing 7 <sup>th</sup> -12 <sup>th</sup>	Golf 7 <sup>th</sup> -12 <sup>th</sup>
Soccer 9 <sup>th</sup> -12 <sup>th</sup>	Basketball 9 <sup>th</sup> -12 <sup>th</sup>	Lacrosse 7 <sup>th</sup> -12 <sup>th</sup>
Swim/Dive 7 <sup>th</sup> -12 <sup>th</sup>	Hockey 7 <sup>th</sup> -12 <sup>th</sup>	Softball 9 <sup>th</sup> -12 <sup>th</sup>
Tennis 7 <sup>th</sup> -12 <sup>th</sup>	Nordic Ski 7 <sup>th</sup> -12 <sup>th</sup>	Track 7 <sup>th</sup> -12 <sup>th</sup>
Volleyball 9 <sup>th</sup> -12 <sup>th</sup>		

To register for grades 7-12 sports, the participant needs to:

1. Complete and return the **2009-10 Visitation Athletic Consent Form**,
2. Complete and return the **2009-10 Minnesota State High School League Athletic Eligibility Statement /Parents Permit and Health Questionnaire** and,
3. Have a “**valid**” “**sports clearance**” **physical** on file in the Health Office.

“**Valid**” means that the physical was within the **last three years**. “**Sports Clearance**” means that somewhere on the physical it is noted which sports the student is cleared to participate in. **In addition, all ninth grade students, whether new or returning, must undergo a physical the summer before their ninth grade year, and have a copy on file in the Nurse’s Office.**

**\*\*\* All forms may be obtained online at [www.visitation.net](http://www.visitation.net). Once on the home page, open the Athletics page and look for *Athletic Forms*.**

**\*\*\* Parents are required to have all forms, including sports physicals, returned in an envelope marked “Athletic Office” no later than July 15, 2009.**

The official start date for fall grades 7–12 team tryouts is Monday, August 17 at 3:00 p.m., except for soccer, which will start at 9:00 a.m. **All athletes wishing to participate on a fall team must be at practice during team tryouts.** To get detailed information on daily practice times, tryout procedures, etc, before the All Sports Night meeting, please contact the appropriate coach listed below:

	<u>Eligible Grades</u>	<u>Coach</u>	<u>Phone</u>
Cross Country Running	7-12	Rene Gavic	715-262-4183
Soccer	9-12	Carle Cheesebrough	651-688-0927
Swim/Dive	7-12	Nate Linscheid	952-686-2934
Tennis	7-12	TBA	
Volleyball	9-12	TBA	

### **III. All Sports Night – Thursday, August 13, 2009**

All families with children in grades five through twelve, who are interested in participating in the athletic program, are asked to attend the annual “All Sports Night” which will be held on Thursday, August 13, 2009 in the school dining room. Light refreshments will be served.

#### **Agenda**

**5:45–6:15**

#### **Registration**

Each family will be asked to check in with athletic department personnel in the dining room, and make sure all forms/physicals are on file and filled out properly. If anything is missing, extra forms will be on hand for parents and athletes to fill out.

**6:30 – 7:30**

#### **Welcome & Overview of Program**

Topics covered will include attendance policies, MSHSL policies, handbook changes, transportation issues, playing time policies, cutting policies, how to use the Visitation web site, etc.

**Fall coaches will be introduced and available after the meeting to answer questions.**

### **IV. Captains Practice** FOR GRADES 7-12 SPORTS, ONLY!

Attendance at Captains Practice is a **voluntary** activity designed to help students stay in shape or get back in shape over the summer break. If you would like to participate in Captains practice for a high school team, please contact the appropriate team captain listed below.

<b>CROSS COUNTRY</b>	<b>SOCCER</b>	<b>SWIM/DIVE</b>	<b>TENNIS</b>	<b>VOLLEYBALL</b>
Grace Lally 651-699-4794	Clare Robinson 952-946-1225	Mady DeMueles 612-926-8395	Murphy Morrison 651-552-1468	Claire Kranz 651-683-0410
Lauren Scharmer 952-435-8891	Becca Frenz 651-452-0957	Kaia Magnuson 651-306-0655	Monica Johnson 651-224-7102	Breanna Herzog 651-683-0287
	Kate Ruble 612-724-5447	Kaija Poupore 651-227-8171		
		Molly George 651-699-7405		
		Peggy Jackson 651-306-9890		