



Holy Disciples Catholic School

Intro to Sports

Is your child interested in joining one of our school sports teams? Here you will find some information to help you plan your year. Each season/sport has its own registration period at which time more details will be provided. We encourage athletes of all skill levels to join. Our focus is on building individual and team skills, learning to be a good teammate and playing in a Christian atmosphere.

Rules that apply to all sports:

Parents provide transportation to all practices/meets/games. Bus transportation is not provided. A current health record and sports authorization form must be turned into the nurse's office prior to participating in any sport.

All volunteers must be Virtus trained. A link for online training is on the school website, click Family Resources.

FALL **Cross Country** (co-ed team, open to grades 4-8)

Duration: Second week of September through first week of November

Practice: Twice per week at Veteran's Park (parent info meeting at first practice)

Meets: Typically fall on a Tuesday or Thursday with the exception of Pumpkin Run and States

Registration Fee: \$65.00

WINTER **Basketball** (Boys' and Girls' varsity and JV teams, open to grades 5-8)

Duration: First week of November through beginning of March

Practice: Two (JV) to three (V) times per week in the school gym.

Games: Dates vary, typically held in the evening

Registration Fee: \$100

SPRING **Baseball/Softball** (Boys' and Girls' Varsity and JV teams, open to grades 5-8)

Duration: Mid March through end of the school year

Practice: Twice per week at Veteran's Park

Games: Dates vary, typically held in the afternoon

Registration Fee: \$110

CLUB SPORTS

Watch for more details about our Cheer Club (2nd through 8th grade) and Little Runners (Kindergarten through 4th grade). We are also looking for volunteers who may wish to help host additional club sports including a basketball club, golf clinic and volleyball club. Please email lisamlockton@gmail.com if you'd like to discuss volunteer options.