



## Athletics Overview 2019-20

July 2019

At the beginning of each sports season, we have “turn outs” when coaches have the opportunity to watch and evaluate players. After “turn outs,” the players are placed on teams based on attendance, skill, experience, attitude, athleticism, and commitment. The team placements allow each athlete to have the best experience. Once placed on a team, each athlete is expected to attend ALL team events unless absences are cleared by a coach or administrator. In Middle School, we have Red, Black, Grey, White, and sometimes Yellow teams. We play in both the Cross Town Middle School League and the CYO (Catholic Youth Organization) League. In Upper School, we participate in the Emerald City League and other leagues as needed. Our top team is the varsity team. Depending on the number of participants, we may also have one or two junior varsity teams (Black and Grey) or a JVC or freshmen team.

The Athletics Department offers three seasons – fall, winter, and spring. (Please note: the athletic seasons do not align with the academic trimesters.) Upper School teams generally begin practicing prior to the start of a trimester while Middle School teams generally begin the first week of the trimester. Middle School practices are held after school, but Upper School teams may have some early morning or late evening practices.

### Athletic Department Staff:

- Cathy Schick, Athletic Director, [cschick@seattleacademy.org](mailto:cschick@seattleacademy.org)
- Hilary Bowen O'Dougherty, Assistant Athletic Director, [hbodougherty@seattleacademy.org](mailto:hbodougherty@seattleacademy.org)
- Shaun Burl, Assistant Athletic Director- MS Focus, [sburl@seattleacademy.org](mailto:sburl@seattleacademy.org)
- Marc Moquin, Assistant Athletic Director, [mmoquin@seattleacademy.org](mailto:mmoquin@seattleacademy.org)

### MIDDLE SCHOOL

- Middle School teams usually practice or play at least three times per week. Practice days are listed as Monday-Friday, but vary depending upon your son/daughter's team placement. If your son/daughter is placed on a CYO team, their games are on weekends.
- Fall team schedules will be posted to the website.

### UPPER SCHOOL

- Practice times for Upper School teams vary depending on location.
- The season end dates for Upper School are dependent on junior varsity and varsity placement as well as playoff schedules. The season end dates listed on the following pages are the date of final state play should a varsity team make it to the state tournament. The season end date is different for each team and is subject to change.
- Upper School fall team schedules will be posted to the website.

### UPPER SCHOOL VARSITY HEAD COACHES FOR Sports Specific questions:

- **Cross Country and Track** – Gavin Tucker – [tucker.gavin@gmail.com](mailto:tucker.gavin@gmail.com)
- **Boys' Basketball** – Shaun Burl – [sburl@seattleacademy.org](mailto:sburl@seattleacademy.org)
- **Girls' Basketball** – Joel DeBruhl – [jdebebruhl@seattleacademy.org](mailto:jdebebruhl@seattleacademy.org)
- **Golf** – Freddy Carley – [fcarley@seattleacademy.org](mailto:fcarley@seattleacademy.org)
- **Boys' Lacrosse** – Scott Pattison – [spattison@seattleacademy.org](mailto:spattison@seattleacademy.org)
- **Girls' Lacrosse** – Hilary Bowen O'Dougherty – [hbodougherty@seattleacademy.org](mailto:hbodougherty@seattleacademy.org)
- **Soccer** – Brooks Hopp – [bhopp@seattleacademy.org](mailto:bhopp@seattleacademy.org)
- **Tennis** – Barton Truscott – [btruscott@seattleacademy.org](mailto:btruscott@seattleacademy.org)

- **Ultimate** – Alyssa Weatherford – [a.weatherford@gmail.com](mailto:a.weatherford@gmail.com)
- **Volleyball** – Margie Young – [myoung@seattleacademy.org](mailto:myoung@seattleacademy.org)
- **Wrestling** – Allen Stein – [astein@seattleacademy.org](mailto:astein@seattleacademy.org)

**ALL STUDENTS MUST HAVE A CURRENT PHYSICAL.** Physicals are valid for **two years** from the date of an examination. Blank forms can be found on the website and in Magnus. Completed forms should be uploaded to Magnus. To verify the date of the physical SAAS has on file, please log on to your Magnus account.

**HEAD INJURY AND SUDDEN CARDIAC ARREST FORMS ARE REQUIRED AS WELL.** Families submitted these forms when they completed the online forms on Magnus Health.

Upper School contact sports (basketball, lacrosse, soccer, wrestling) require **Impact Testing** which we provide on-campus free of charge.

## FALL OFFERINGS

### MIDDLE SCHOOL

Sport	Dates	Practice Times/Days	Locations
Girls' Cross Country	Sept. 3 – Oct. 22	3:15-4:30	Various Parks
Boys' Cross Country	Sept. 3 – Oct. 22	3:15-4:30	Various Parks
Girls' Soccer	Sept. 3 – Oct. 28	3:15-5:00, Wednesdays Off	Various Fields*
Boys' Soccer	Sept. 3 – Oct. 28	3:15-5:00, Thursdays Off	Various Fields*
Girls' Volleyball	Sept. 3 – Oct. 28	3:15-4:30, Tuesday Off	SAAS Gyms

- Soccer teams will use Delridge Playfield, Rainier Vista, as well as fields at Starfire. Practices end at 5 PM. Buses typically return around 5:30 PM.
- Cross Country will occasionally practice until 5:30 PM.
- CYO Boys' Soccer will end later in October.

### UPPER SCHOOL

Sport	Dates	Practice Times/Days	Locations
Girls' Cross Country	Aug. 26 – Nov. 9	3:15-5:15, Mon-Fri, some Saturday's	Various Parks
Boys' Cross Country	Aug. 26 – Nov. 9	3:15-5:15, Mon-Fri, some Saturday's	Various Parks
Girls' Soccer	Aug. 26 – Nov. 23	3:15-5:30*, Mon-Fri	Various Fields**
Boys' Golf	Aug. 26 – Oct. 17	3:15-5:00, Mon-Fri	Jefferson
Boys' Ultimate	Aug. 26 – Nov 2	3:15-5:30*, Mon-Fri	Various Fields**
Boys' Tennis	Aug. 26 – Oct. 19	3:15-5:00, Mon-Fri	Various Courts
Girls' Volleyball	Aug. 26 – Nov. 16	Varies/Mon-Fri	SAAS Gyms

\* Please Note: Our first week of practice will vary to accommodate our coaches participating in faculty meetings.

\*\* Soccer and Ultimate teams will use Seattle Parks Fields – Delridge and Bobby Morris, Rainier Vista, and fields at Starfire.

## WINTER OFFERINGS

### MIDDLE SCHOOL

Sport	Start Date	Practices	Locations
Girls' Basketball	Dec 2 –Feb.*	3:15-5:15, Mon-Fri	Gyms/RCC/Hamlin Robinson
Boys' Basketball	Nov. 12– Jan.*	3:15-5:15, Mon-Fri	Gyms/RCC/Hamlin Robinson

*\*End dates will be sent home in October with full information about the Winter Athletics program.*

### UPPER SCHOOL

Sport	Start Date	Practice Time/Day	Locations
Girls' Basketball	Nov. 18 – Mar. 7	Varies	Gyms/RCC/SU
Boys' Basketball	Nov. 18 – Mar. 7	Varies	Gyms/RCC/SU
Wrestling	Nov. 18 – Feb. 22	Varies	Gyms

### CLUB OFFERINGS

- We offer Squash, Climbing/Bouldering, MS Wrestling, US Co-Ed Ultimate, MS Futsal in the Winter.
- Seattle Academy club sports DO NOT earn Physical Education credits for graduation.
- Squash is open to both Middle and Upper School and requires a fee to participate. Information about the club will be emailed home in October
- All club sports are dependent on enrollment numbers.
- Climbing/Bouldering Club is open to both Middle and Upper School students and requires a fee to participate. Information about the club will be emailed home in September.

## SPRING OFFERINGS

The Middle School will begin practicing on March 10, 2020 and will offer golf, lacrosse, tennis, Ultimate Frisbee, and track and field. All Middle School sports offered in the spring are open to both boys and girls. Detailed information regarding the spring athletics schedule will be sent home in November.

The Upper School offers the following sports during the spring trimester:

- Girls – golf, lacrosse, tennis, track and field, and Ultimate Frisbee
- Boys – lacrosse, soccer, and track and field
- School will begin spring sports on March 2, 2020.

## IMPORTANT ATHLETIC DATES

Mark your calendars for these important SAAS athletic dates:

- September 12, 2019 Upper School Back-to-School Night / Fall Parent Sports Night
- September 19, 2019 Middle School Back-to-School Night / Fall Parent Sports Night
- September 20, 2019 Fall Sports Mania at Starfire – an all-school event honoring our fall athletes
- September 23, 2019 Volleyball Fest in the SAAS gyms
- December 13, 2019 MS Basketball Mania in the SAAS gyms
- December 20, 2019 US Basketball Mania in the SAAS gyms
- April 24, 2020 Spring Sports Celebration