Athletics Orientation Meeting

Wednesday, August 19, 2020

5:45 pm – 6:30 pm in the Student Commons

Attendance is required for all incoming upper school athletes who plan to participate in athletics at SPSG and their parent(s). All middle and upper school families are invited to attend.

Upper School student-athletes participating in a fall sport are expected to attend the first day of practice Monday, August 17th. We invite you to sign-up here.

Physical Forms

All athletes must complete their physical forms by Monday, August 3rd. Students will NOT be permitted to participate in practices until the forms are complete and submitted to the school.
**ImpACT Testing**

Athletes must complete an Impact test every two years. The ImPact test is a tool utilized at SPSG for all upper school students to take baseline measurements of memory, recall and reaction time. In the event of head injury this information will be readily available to share with the doctor. The objective information will be compared to a new test to determine return to activity.

*This information was updated May 13th, 2020*

Our head athletic trainer, Sarah Molinaro, will send each new student a link to access to the ImPact test. The test this year will be taken at home. Please look for an email from her with the information.

All incoming freshman and new students will need to take the Impact Test. Returning students, please email Ms. Molinaro if you are unsure. smolinaro@stpaulsmd.org
All upper school students (grades 9-12) are invited to try-out for the fall sports teams listed below. All athletes will need to provide their own equipment for their respective sports. This includes sticks, racquets, mouthguards, protective eyewear and shin guards. Each sport will establish a tryout period on the first day of practice. Our goal is to accommodate as many athletes as possible on each squad while being mindful of providing a positive experience for all. Certain sports, such as tennis, will have smaller squad sizes due to play format. We will work with each student-athlete to find an alternative athletic opportunity if necessary.

*Below is some preliminary information for all the fall sports teams. Please note, times are subject to change.*

**Cross Country (Varsity squad)**

Head Coach: Haley Mahonski, hmahonski@stpaulsmd.org

First required practice, Monday, August 17, 7:30 a.m. *Meet at the SPSG turf on the first day.* No prior experience is necessary however, the coaches will hold two time trials early in the season. The first will be a 1 mile time trial on August 19th, and the second will be the 5K on-campus course time trial on August 24th.

All interested athletes should contact Head Coach, Haley Mahonski, with any questions and to obtain the summer training workout plan.

Week of August 17th – Practice will be 7:30 – 9:30 am

Week of August 24th - Practice will be 7:30 – 9:30 am

Week of August 31st – Practice will be 3:45 – 5:45 pm

**Tennis (Varsity and JV squad)**

Head Coach: Jessica Ferrill, Jessica.ferrill@verizon.net

The first required tryout will be on Monday, August 17th from 3:30 – 5:30 pm. *Meet in the Performance Gym on the first day.* Students who are interested in playing tennis should continue to play and practice throughout the summer to be ready for try outs. Students who have not played tennis and are considering trying out for the team should take lessons to learn proper strokes and then play and practice as much as possible.

Week of August 17th – Practice will be 3:30 – 5:30 pm

Week of August 24th - Practice Monday, Wednesday and Friday 3:30 – 5:30. Practice matches on Tuesday and Thursday vs Beth Tfiloh and Glenelg. *Please note: the scrimmage on Tuesday is JV ONLY, varsity will practice.*

Week of August 31st – Practice will be 3:45 – 5:45 pm Monday, Wednesday, Thursday and Friday. Practice match vs NDP on Tuesday. *(Varsity and JV)*
Field Hockey (Varsity and JV squad)

Head Coach: Kati Nearhouse, Knearhouse30@gmail.com

A note from Coach Nearhouse:

Hello ladies and parents, I know this is a strange and uncertain time for us all. I hope you and your families are well and finding peace during these circumstances. Being home has given me much time for thought and reflection. I have been reflecting on last year’s season and how incredible it was to watch the team grow from the beginning to the end. Knowing how much experience and talent we have coming back, combined with the talent we have coming up, I can’t help but get excited about this fall. I look forward to being back with the SPSG family and having a successful season. GO GATORS!

The first required tryout will be on Monday, August 17th from 7:30 – 9:30 am. Meet on the SPSG turf field on the first day.

Week One

Monday, August 17th – 7:30 – 9:30 am (Meet at Levering Field, Turf)
Tuesday, August 18th – 3:30 – 5:30 pm
Wednesday, August 19th – 7:30 – 9:30 am
Thursday, August 20th – 3:30 – 5:30 pm
Friday, August 21st – 7:30 – 9:30 am
Saturday, August 22nd - Mount Hebron Play Day 7:30 am – 1:00 pm (Varsity and JV)

Week Two

Monday, August 24th – Practice 7:30 – 9:30 am
Tuesday, August 25th – Scrimmage vs Dulaney at SPSG (Varsity and JV)
Wednesday, August 26th – Practice 7:30 – 9:30 am
Thursday, August 27th – Scrimmage vs McDonogh at SPSG (Varsity and JV)
Friday, August 28th – Practice 3:30 – 5:30 pm

Week Three

Week of August 31st - Practice will be 3:45– 5:45 pm with a game vs St. Mary’s on Thursday, September 3rd (Varsity and JV, Home)

Students who are interested in playing field hockey should be working on fitness and technical skills over the summer to help you to get ready for the season.
Recommended field hockey camps include:

K16 - July 16th and 17th at SPSG. They will be creating a link to sign up and if it has to be cancelled because of COVID 19 they will reimburse everyone.

Maryland summer camp will know by May 22 if they will still be having camp but DO NOT sign up because you would lose your deposit if it gets cancelled.

Towson summer camp is still waiting on updates.

**Soccer (Varsity and JV squad)**

Head Coach: Joie Gill, jgill@stpaulsmd.org

First required tryout, Monday, August 17th from 3:30 – 5:30 pm. Meet in the Performance Gym on the first day. Girls should be able to run a mile under seven minutes. It is recommended that the girls attend a soccer camp over the summer. Please contact Coach Gill for suggestions regarding summer training opportunities.

**Week One**

Monday, August 17th – 3:30 – 5:30 pm (Meet in Performance Gym)

Tuesday, August 18th – 7:30 – 9:30 am

Wednesday, August 19th – 3:30 – 5:30 pm

Thursday, August 20th – 7:30 – 9:30 am

Friday, August 21st – 3:30 – 5:30 pm

**Week Two**

Monday, August 24th – Practice 3:30 – 5:30 pm

Tuesday, August 25th – Scrimmage at Maryvale (Varsity and JV)

Wednesday, August 26th – Practice 3:30 – 5:30 pm

Thursday, August 27th – Game at Hereford (Varsity and JV)

Friday, August 28th – Practice 7:30 – 9:30 pm

Saturday, August 29th – Play Day at Mercy High School (times TBD, Varsity ONLY)

**Week Three**

Week of August 31st - Practice will be 3:45– 5:45 pm with a scrimmage on August 31st vs RPCS and a game vs Mount de Sales on Thursday, September 3rd (Varsity, Home/JV, Away)
Volleyball (Varsity and JV squad):

Head Coach: Steven Fix, steven.fix.unc@gmail.com

First required tryout, Monday, August 17th from 3:30 - 5:30 pm - Meet in the Performance Gym on the first day.

Week One

Week of August 17th - Practice will be 3:30 - 5:30 pm

Week Two

Monday, August 24th - Friday, August 28th: Practice will be 3:30 - 5:30 pm
Tuesday, August 25th: Scrimmage vs. Bel Air (Home) Varsity and JV
Saturday, August 29th: Playday @ CCBC Essex, 2:00 - 7:30 pm Varsity ONLY

Week Three

Week of August 31st - Practice will be 3:45 - 5:45 pm with a game vs Goretti on Thursday, September 3rd (Varsity/JV, Home)

All students interested in playing volleyball should prepare for the season by attending summer camps or clinics.

NEW this summer! Coach Steven is offering private one-on-one or small group instruction at Parisi Speed School in Hunt Valley (10900 Gilroy Rd Unit L, Hunt Valley, MD 21031). Please email Coach Steven (steven.fix.unc@gmail.com) to request availability and rates.

Suggested camp dates include:

Baltimore Elite All Skills Volleyball Camps

Session 1: July 13th - July 16th, 2020 *6:00 - 9:00 pm @ SPSG
Session 2: Aug. 3rd - Aug. 6th, 2020 *6:00 - 9:00 pm @ Roland Park Country School
Session 3: Aug. 10th - Aug. 13th, 2020 *6:00 - 9:00 pm @ SPSG

Baltimore Elite High Performance Volleyball Camps: geared toward advanced players with previous club or varsity experience

Session 1: July 20th - July 23rd, 2020 *6:00 - 9:00 pm @ Roland Park Country School
Session 2: July 27th - July 30th, 2020 *6:00 - 9:00 pm @ Roland Park Country School

***Thursday, July 23rd and July 30th, camp will run from 5:00 - 9:00 pm***

Please visit baltimoreelitevbc.com <http://baltimoreelitevbc.com/> for more details.
Prepare
Commit
Positive Attitude
Have Fun

For any additional questions, please contact Athletic Director, Erin Howland, at 443-632-1095 or at ehowland@stpaulsmd.org