

CATHEDRAL PREP ATHLETIC DEPARTMENT

ATTENTION: STUDENT ATHLETES

****MANDATORY PHYSICALS WILL BE GIVEN ONLY ONE TIME THIS YEAR, FREE OF CHARGE. THESE PHYSICALS WILL BE OFFERED ON:**

Wednesday, July 7th at 5:00pm at the Hagerty Family Events Center.

****Whether you're a fall, winter or spring sport athlete, this is the only date the school offers a free physical.**

****Please note the PIAA physical forms must be filled out prior to taking a physical.**

****You can find the PIAA physical forms on our website. Call 453-PREP ext. 2277 with questions.****

www.prep-villa.com/cpforms

CROSS COUNTRY

- WILL HOLD AN ORGANIZATIONAL MEETING ON **MONDAY, JUNE 21st** FOR ALL **STUDENTS AND THEIR PARENTS** at the Hagerty Family Events Center at **6:00pm.** (****If you have to miss this meeting, call head coach Mike Brown at 566-8747 for more information.**)
- VOLUNTARY SUMMER CONDITIONING SESSIONS begin Wednesday, June 23rd. A full schedule of voluntary workouts will be given to you at the June 21st meeting.
- 1st Date of Practice is Monday, August 16th. **You must have physical forms on file to participate.**
******PHYSICAL: Wednesday, July 7th at 5:00pm at Hagerty Family Events Center**

FOOTBALL

- First date of **Varsity and Junior Varsity** official mandatory practice is MONDAY, **AUGUST 16th** at the Hagerty Family Events Center. **Players are to report to HFEC at 7:00 am that day.** However, in order to start practicing in full pads on that date which is highly recommended, you must have attended the "heat acclimatization" sessions on AUGUST 9, 10, 11, 12, & 13 from 7:00 a.m.–1:30 p.m. at HFEC. If you do not attend those sessions, you cannot begin practicing in full pads with the team on August 16th.
- VOLUNTARY SUMMER CONDITIONING SESSIONS for **VARSITY & JV'S** begin **Monday, June 28th and run until July 29th.** The schedule varies so log-on to www.ramblerfootball.com/calendar for a complete calendar by grade level (PVF=Prep VARSITY Football; PJVF=Prep JUNIOR VARSITY Football; PFF=Prep FRESHMEN Football). **NOTE: Due to the new turf being installed, these sessions will take place at Gannon University Stadium through July 19th.** Additionally, 7 on 7 dates will be added to the calendar intermittently, so please check this weekly. Although nothing is mandatory until August 9th, it is best treat heat acclimatization sessions as though they are mandatory.
- PVF/PJVF ONLY: If you do not want to miss any Prep Football activities, the best dates to schedule a vacation is July 30th thru August 8th.
- First date of mandatory **Freshmen** practices is **AUGUST 16th** at McDonald Field (402 Virginia Avenue) from 7:30-9:00 a.m. and 3:30-5:00 p.m. Players need to report no later than 7:00 a.m. on August 16th. The "heat acclimatization" period for the 9th grade team is AUGUST 9, 10, 11, 12, & 13 from 3:30-6:30 p.m. Same rules apply for freshmen in regard to "heat acclimatization". If you do not attend those sessions, you cannot begin practicing in full pads with the team on August 16th.
- VOLUNTARY SUMMER CONDITIONING SESSIONS for incoming **FRESHMEN** begin on Tuesday, July 6th. They will run every Tues., Wed. and Thurs. from 3:30-5:00 p.m. at McDonald Field (402 Virginia Ave).
- IMPORTANT: All levels should refer to the football calendar for details at www.ramblerfootball.com/calendar or contact Coach Mike Mischler at mike.mischler@prep-villa.com for more information.
******PHYSICAL: Wednesday, July 7th at 5:00pm at Hagerty Family Events Center**

GOLF

2021 TRY-OUT SCHEDULE

Monday, August 16th: Elk Valley 10am

Tuesday, August 17th: Green Meadows TBD

Wednesday, August 18th: Whispering Woods 12pm

Please contact Coach Willow at ramblergolf@gmail.com or (814) 397-0699 for more information.

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HOCKEY

** ** Summer ice sessions begin June 15th - 10am running every Tuesday and Thursday for the next 4 weeks. All dates are posted on the website www.cathedralprephockey.com

**All JV & Varsity players are encouraged to make as many ice sessions they can as these are Power Edge Pro Trainings

**Players who cannot attend please contact Coach Shawn Sutton 814-873-3140 or srsutty@gmail.com

******PHYSICAL: Wednesday, July 7th at 5:00pm at Hagerty Family Events Center**

SOCCER

- Prep Camp will take Place July 12-15 at Gates of Heaven from 5-8pm

Registration can be found at: <https://stsoccernet.com/>

- Tryouts will take place from August 16th-18th from 5pm-7pm at Gate of Heaven Soccer Fields
 - Any questions please call Coach Sam Tojaga at 440-8739

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PREP AND VILLA WATER POLO

**Voluntary practices will be held every *Tuesday & Thursday* from June 15th- August 12th from 9 – 11am and *Wednesdays* from June 16th – August 11th from 7:30 – 9pm at the David M. Hallman III Aquatics Center.

**Weight Room workouts will be held every Monday & Wednesday from June 14th- August 11th from 9 - 10am at the Hagerty Family Events Center.

****PREP WILL HOLD A MANDATORY ORGANIZATIONAL MEETING FOR PARENTS AND PLAYER CANDIDATES IN GRADES 9-12 ON Wednesday, AUGUST 11TH AT THE EVENTS CENTER AT 7:00pm.**

**For any additional water polo questions, please contact Prep Head Coach Mike Doyle at (814) 397-1617 or mike.doyle@prep-villa.com or Head Villa Coach Bob Fischer at (814) 440-4225 or Robtfischerjr@aol.com

******PHYSICAL: Wednesday, July 7th at 5:00pm at Hagerty Family Events Center**

PREP AND VILLA SWIMMING

**Voluntary practices will be held every *Monday, Wednesday & Friday* from June 14th- August 13th from 10 – 11:30am at the David M. Hallman III Aquatics Center.

**Weight Room workouts will be held every Monday & Wednesday from June 14th- August 11th from 9 - 10am at the Hagerty Family Events Center.

**For any additional swimming questions, please contact Prep Head Coach Mike Doyle at (814) 397-1617 or mike.doyle@prep-villa.com or Villa Head Coach Sonya Whitman at (814) 598-2035 or smpyle@gmail.com

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****ATTENTION ATHLETES: PLEASE COMPLETE THE FORMS PRIOR TO July 7th AND BRING THEM WITH YOU TO THE PHYSICAL WHEN YOU SIGN IN. THOSE NOT FILLED OUT WILL NOT RECEIVE A PHYSICAL. www.prep-villa.com/cpforms**

****IF YOU ARE A WINTER OR SPRING ATHLETE THAT FEELS YOU EVENTUALLY WANT TO TRY OUT FOR A SPORT, YOU ARE ENCOURAGED TO TAKE YOUR PHYSICAL ON JULY 7th AT THE HAGERTY FAMILY EVENTS CENTER BEGINNING AT 5:00pm.**

****PLEASE CALL 453-7737 ext. 2277 WITH ANY QUESTIONS.**