



New Students Athletics Orientation Meeting

Wednesday, August 17, 2022

5:30 pm – 6:30 pm, Performance Gym

*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 15th**. Please sign up here by June 1st: <https://forms.office.com/r/SMYszUCuMt>

Physical Forms

All athletes must complete their physical forms by Monday, August 1st. **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.

Our head athletic trainer, Sarah Molinaro, will send each new student a link to access to the ImPact test. The test may 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

Preseason Training Opportunity

Five-week program (open to rising 9th-12th grades)

July 11 – August 11

Monday, Tuesday and Thursday 3:30 – 5:00

\$200 unlimited training

The SPSG athletic department will offer summer training opportunities in our NEW state of the art weight room facility. The program is designed to prepare high school athletes for the fall sports season. The program allows for athletes to begin the fall season with the confidence in knowing they are ready for any physical challenge the coach expects. Athletes are encouraged to attend as many sessions as possible to be the most prepared. Commitment to a strength and conditioning program will not only prepare athletes for physical challenges, it will also strengthen muscle to prevent injury.

[Summer Camp - The St. Paul's Schools \(stpaulsmd.org\)](http://stpaulsmd.org)

Click Sports

Click Strength and Conditioning

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 15, 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 at the end of the first week, and the second will be the 5K on-campus course time trial the last week of preseason.

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

Week of August 15th – Practice will be 7:30 – 9:30 am

Week of August 22nd - Practice will be 3:30 – 5:30 pm

Tennis (Varsity and JV squad)

Head Coach Varsity: Jon Hilzendeger

Head Coach JV: Lyndall Hauver, lhauver@stpaulsmd.org

The first required tryout will be on Monday, August 15th 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. The coaches recommend hitting 2-3 times per week and playing in at least 2 summer tournaments. 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.

Open court time will be offered throughout the summer on Wednesday evenings from 5:30 – 8:00 pm starting the week of June 20th. More detailed information will be sent so please sign up for fall sports to get the most up to date information as well as any cancellations due to weather.

Week of August 15th – Practice will be 3:30 – 5:30 pm

Week of August 22nd – Practice/scrimmage matches will be 3:30 – 5:30 pm

Field Hockey (Varsity and JV squad)

Head Coach Varsity: Ann Andrews, annandrews19@gmail.com

Head Coach JV: Layne Taber

The first required tryout will be on Monday, August 15th from 7:30 – 9:30 am. Meet on the SPSG turf field on the first day. 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 (see suggestions below). It is recommended that the girls attend a field hockey camp over the summer. See below for suggested camps.

All field hockey players at the upper school level are invited to join the coaches for open turf at St. Pauls' on the following dates:

- June 23 and July 7, 9:00 am – 11:00 am
- June 30, and July 14, 21 – 7:30 – 9:00 am

Run Tests

Beep Test: Video <https://youtu.be/ADHdWrz95iE>

- Can download on Spotify
- Goal – mid 20s

Panel Run

- Around Field – change of pace at each corner or 50 – 10 laps total.
- 2 laps warm up
- 6 lap change of pace
- 2 laps cool down

100s

- Jog 100 repeat
- Jog 75, Sprint 25 repeat
- Jog 50, Sprint 50 repeat
- Jog 25, sprint 75 Repeat
- Sprint 100 repeat
- Sprint 25, jog 75 repeat
- Sprint 50, jog 50 repeat
- Sprint 75, jog 25 repeat
- Jog 100 repeat

Stick Skills

- West Chester Stick Work Series
- <https://youtu.be/Z4H7nFuQbOk>
- <https://youtu.be/vzXA9ji-3Do>

Recommended Camps:

- Empower: <https://www.empowerfieldhockey.com/nxt-lvl-camp.html>
- Revolution: <https://www.fhcamps.com/fh-camps/garrison-forest-school-field-hockey-camp/>
- World Camp: <http://worldcampusa.ryzerevents.com/fih-world-hockey-camp-.cfm>

Week One

Monday, August 15th – 7:30 – 10:00 am (Meet at Levering Field, Turf)

Tuesday, August 16th – 7:30 – 10:00 am

Wednesday, August 17th – 3:30 – 6:00 pm

Thursday, August 18th – 3:30 – 6:00 pm

Friday, August 19th – V/JV Scrimmage vs Towson (H), 3:45 PM

Saturday, August 20th – 9:00 – 11:00 am

Week Two

Monday, August 22nd – V/JV scrimmage at Lower Dauphin (PA), 5:30 PM

Tuesday, August 23rd – 3:30 – 5:30 pm

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

Thursday, August 25th – Team Bonding Event, Depart SPSG 9:00 am, Return 3:00 pm

Friday, August 26th – 3:30 – 5:30 pm

Saturday, August 27th – 9:00 – 11:00 am

Soccer (Varsity and JV squad)

Head Coach Varsity: Joie Gill, jgill@stpaulsmd.org

Head Coach JV: Joe Miller, jmlr50@comcast.net

First required tryout, Monday, August 15th 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 important that athletes are fit and ready to play.

All soccer players at the upper school level are invited to join the coaches for open turf at St. Pauls' on the following dates:

- *June 22nd, June 29th, July 13th, and July 20th – 7:30 – 9:00 am*

Week One

Monday, August 15th – 3:30 – 5:30 pm (Meet in Performance Gym)

Tuesday, August 16th – 3:30 – 5:30 pm

Wednesday, August 17th – 7:30 – 9:30 am

Thursday, August 18th – 7:30 – 9:30 am

Friday, August 19th – 7:30 – 9:30 am

Week Two

Monday, August 22nd – 3:30 – 5:30 pm

Tuesday, August 23rd – 3:30 – 5:30 pm

Wednesday, August 24th – 3:30 – 5:30 pm

Thursday, August 25th – Scrimmage vs Fallston V and JV at 4:00 pm

Friday, August 26th – 3:30 – 5:30 pm

Volleyball (Varsity and JV squad):

Head Coach Varsity: Maki Okamoto, mokamoto@stpaulsmd.org

Head Coach JV: TBD

First required tryout, Monday, August 15th from 7:30 - 9:30 pm - Meet in the Performance Gym on the first day. All students interested in playing volleyball should prepare for the season by attending summer camps or clinics. Please contact Coach Okamoto for suggestions regarding summer training opportunities.

Week of August 15th – Practice will be 7:30 – 9:30 am and Saturday, August 20, 9 am – 11 am

Week of August 22nd – Practice/scrimmages will be 3:30 – 5:30 and Saturday, August 27, 9 am – 11 am

Scrimmage: August 23rd vs FCA (H) 3:30 and 5:00 pm

August 25th vs Palotti (H) 4:00 and 5:30 pm



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