



## Athletic Department News August 2009

***Student-Athlete Information Packets:*** All students who are interested in trying out for an athletic team during the coming school year *must* complete an athletic forms packet, including a completed and signed doctor's physical, and provide a copy of their birth certificates for their athletic records. Packets must be completed and submitted on or before the first day of team tryouts or workouts. The athletic forms packet is located on the SJA website ([www.sjabr.org](http://www.sjabr.org)) under the Student dropdown (Athletics). Questions may be directed to **Athletic Director Dorinda Beaumont** at 388-2290 or via email at [beaumont@sjabr.org](mailto:beaumont@sjabr.org).

Completed forms must be returned to the coach of the team for which the student is trying out or the athletic director.

***Athletic Discount Cards*** are available for purchase on Shop SJA for \$25. This card entitles you to admission to all home sporting events on campus, excluding playoff games. Cards will be issued on August 21, September 4, October 2 and November 6. Please contact **Athletic Director Dorinda Beaumont** at 388-2290 or [beaumont@sjabr.org](mailto:beaumont@sjabr.org).

***SJA Swimming:*** There will be an important meeting for anyone interested in trying out for the swim team on Thursday, August 13, 6:30-7:30 p.m. in the Chorus Room. Anyone interested in trying out must attend with at least one parent.

Tryouts will be held Monday, August 17, through Friday, August 21, 3:15 to 4:30 p.m. at Ketchum Fitness Center Pool on Bluebonnet Boulevard. You must have all LHSAA/SJA forms completed in order to try out. Swim practice will begin the following Monday, August 24, from 3:15 to 4:30 p.m. at the Ketchum pool. BTAC and Crawfish swimmers should attend these practices during August. If you have any questions, please contact **Athletic Director Dorinda Beaumont** at 388-2290 or [beaumont@sjabr.org](mailto:beaumont@sjabr.org).

***Cross Country:*** Incoming freshmen interested in joining the cross country team should contact **Coach Sam Young** at 292-1177 or [youngs@sjabr.org](mailto:youngs@sjabr.org) as soon as possible to discuss the requirements. Since physical conditioning has taken place during the summer, those interested must demonstrate a reasonable level of physical fitness. Official practice will begin on Monday, August 10, at 4 p.m. at Highland Road Park. All athletic paperwork, including the physical, must be turned in to Coach Young prior to that date.

***Freshman Volleyball Tryouts*** will be held Monday, Tuesday, Thursday and Friday, August 3, 4, 6 and 7, 5-7 p.m. in the Activity Center. Girls trying out will need to download all athletic forms from the SJA website ([www.sjabr.org](http://www.sjabr.org) under the Student dropdown, Athletics) and be sure they are completely filled in and signed by a doctor, where necessary, and both the student and parents. Without proper forms, students may not participate in try outs. Please contact **Coach Sivi Miller** at 388-2298 or [millers@sjabr.org](mailto:millers@sjabr.org) if you have questions.