



# St. Paul's Athletic News

## August 2023

*St. Paul's Lutheran athletic program is Christ focused and student centered.*

### St. Paul's Athletic News

We encourage all students to consider participating in St. Paul's school sports. Cross country is available for students in Kindergarten - 8<sup>th</sup> Grades, basketball for K – 8<sup>th</sup> Grade, and soccer, volleyball, and track for 5<sup>th</sup> - 8<sup>th</sup> Grade. For the Volleyball and Basketball Season in 7<sup>th</sup> and 8<sup>th</sup> Grade, if we have more players to represent St. Paul's than just one team, we will make a second team. These teams will be (A1) and (A2) Please refer to the St. Paul's Family Handbook for complete Athletic Program information. This newsletter, game schedules, and directions to area schools/fields are on the St. Paul's web site: [www.stplutherschool.org](http://www.stplutherschool.org).

### Fall Sport Coaches

"A" Team Soccer (5 <sup>th</sup> -8 <sup>th</sup> )	Mr. John Hohenstein
"A" Team Soccer Assistant	Mr. Jim Funk
Cross Country	Mr. Tim Cash
Cross Country Assistant	Mr. Dan Sterling
7 <sup>th</sup> & 8 <sup>th</sup> Grade Girls' Volleyball (A1)	Mrs. Katie Eyster
7 <sup>th</sup> & 8 <sup>th</sup> Grade Girls' Volleyball (A1)	Mrs. Dawn Walker
7 <sup>th</sup> & 8 <sup>th</sup> Grade Girls' Volleyball (A2)	Mrs. Allison Bosqui
5 <sup>th</sup> & 6 <sup>th</sup> Grade Girls' Volleyball Academic Team	Mrs. Heather Meyer TBD

### Winter Sport Coaches

7 <sup>th</sup> & 8 <sup>th</sup> Grade Boys' Basketball	Mr. Dan Sterling
7 <sup>th</sup> & 8 <sup>th</sup> Grade Girls' Basketball	Mrs. Dana Meyer
7 <sup>th</sup> & 8 <sup>th</sup> Grade Girls' Basketball Assistant	Mr. Tim Cash
5 <sup>th</sup> & 6 <sup>th</sup> Grade Boys' Basketball	Mr. John Hohenstein
5 <sup>th</sup> & 6 <sup>th</sup> Grade Girls' Basketball	Mrs. Dana Meyer
5 <sup>th</sup> & 6 <sup>th</sup> Grade Girls' Basketball Assistant	Rev. Michael Meyer
7 <sup>th</sup> & 8 <sup>th</sup> Grade Cheerleading	Mrs. Cristyn Cannon
5 <sup>th</sup> & 6 <sup>th</sup> Grade Cheerleading	Miss Holly Cannon

### Spring Coaches

5 <sup>th</sup> – 8 <sup>th</sup> Grade Track	Mr. Dan Sterling Mrs. Katie Eyster Mr. Matt Bowen
7 <sup>th</sup> & 8 <sup>th</sup> Grade Boys' Volleyball	Mrs. Katie Eyster

### Reminder: Missouri State Regulation

**Every student participating in sports must have a current doctor's exam BEFORE he/she can begin a season.** A physical form may be picked up in the NC office, from your doctor's office, or downloaded from the St. Paul's school website. No exceptions.

### Permission to Participate and Travel Form

The Permission to Participate & Travel form will be in the August mailing and will be available online at that time. Please turn it in for all students anticipating participating in ANY athletics at St. Paul's.

### Team Practices for All Sports

All student athletes with a practice scheduled for the day should bring to school with them in the morning, a snack, drink bottle, shoes, and practice clothes. For all 5:00 p.m. practices, a study hall will be provided.

### Practice Times

Practices may be as follows:

- Early: 3:30 – 5:00 p.m.
- Middle: 5:00 – 6:30 p.m. (Study hall from 3:30-4:45.)
- Late: 6:30 – 8:00 (Players will go home and return.)

### Study Halls

When a volleyball or basketball practice or game is scheduled for our home court around 5:00 p.m. a study hall will be provided by a coach or parent.

### Parents

**Parent meetings are extremely important to the success of the season. A parent and the player must be at the pre-season meeting.** Information on policies, procedures, and other important information will be given, including a full season schedule.

Parents will be asked to keep score, line judge, run the clock, operate the home concession stand, and/or other non-coaching activities that are necessary for the success of the program. This assistance is greatly appreciated by the coaches.

### 7<sup>th</sup> & 8<sup>th</sup> Grade Try-outs (A1 & A2 Teams)

When there are large numbers of athletics for a specific sport in 7<sup>th</sup> and 8<sup>th</sup> grade, we have A1 and A2 teams. The process for determining teams is as follows: the first practices for 7<sup>th</sup> & 8<sup>th</sup> grade is a try-out format. All players will be evaluated according to their skill, ability, attitude, and leadership to play on either the A1 or A2 Team. Teams are designed to provide the most appropriate level of competition and growth for each athlete.

### 5<sup>th</sup> & 6<sup>th</sup> Grade Sports, Boys' Volleyball, Cross Country & Track

There are no try-outs for any 5<sup>th</sup> or 6<sup>th</sup> Grade team, Cross Country, Track, or Boys' Volleyball. Basketball for 5<sup>th</sup> & 6<sup>th</sup> Grade will begin the first week of January. Boys' Volleyball will begin in February. Track for 5<sup>th</sup> – 8<sup>th</sup> Grade will begin in late March / early April.

## Girls' Volleyball

### 7<sup>th</sup> & 8<sup>th</sup> Grade Girls' Volleyball August Schedule

Wednesday	August 16	3:30-5:30 p.m.
Thursday	August 17	3:30-5:00 p.m.
Tuesday	August 22	A1 Parent Meeting 5:00 p.m.
Thursday	August 24	A2 Parent Meeting 5:00 p.m.

The complete schedule will be given at the parent meeting. The volleyball schedule can also be found on the school website- [www.stplutherschool.org](http://www.stplutherschool.org) (parent portal-calendar).

### 5<sup>th</sup> & 6<sup>th</sup> Grade Girls' Volleyball August Schedule

Monday	August 28	5:00 – 6:30 p.m. - Practice
Tuesday	August 29	4:30 p.m. Away Game
Thursday	August 31	6:15 p.m. Away Game

The volleyball schedule can also be found on the school website- [www.stplutherschool.org](http://www.stplutherschool.org) (parent portal-calendar).

### 5<sup>th</sup> – 8<sup>th</sup> Grade Boys & Girls Co-Ed Soccer

Once again, this year, there will be no pre-season workouts. Coach Hohenstein asks you to start running and conditioning before the first practice on Wednesday, August 16, 2023.

#### **August Soccer Schedule**

Please pick up your player at school at the main entrance. All practices are 3:30 – 5:00 at Des Peres Park. All home games are played on the Des Peres Park Soccer Fields.

Wednesday	August 16	3:30-5:00 p.m.
Thursday	August 17	3:30-5:00 p.m.
Friday	August 18	3:30-5:00 p.m.
Monday	August 21	3:30-5:00 p.m.
Tuesday	August 22	3:30-5:00 p.m.
Thursday	August 24	3:30-5:00 p.m.
Thursday	August 24	5:00-5:20 p.m. (Parent Mtg)

The complete schedule will be given at the Parent/Player/Coach meeting. The soccer schedule can also be found on the school website- [www.stplutherschool.org](http://www.stplutherschool.org) (parent portal-calendar).

## Cross Country

Any student in Kindergarten – 8<sup>th</sup> Grade may participate in Cross Country. *The schedule can be found on the school website- [www.stplutherschool.org](http://www.stplutherschool.org) (parent portal-calendar).*

### 7<sup>th</sup> & 8<sup>th</sup> Grade Girls' & Boys' Basketball

Both seasons begin the first week of November. Watch the weekly School Bulletin, school calendar, and coach's notes, for the date and time of the parents' meeting, as well as the practice/tryout schedule.

## Kindergarten – 4<sup>th</sup> Grade Athletics

St. Paul's assists interested families with students in Kindergarten – 4<sup>th</sup> grade to find or form teams to compete in local volleyball, soccer, and basketball leagues. Please contact Dan Sterling at the contact information below with questions.

### Kindergarten – 4<sup>th</sup> Grade

#### Lutheran Schools Basketball League

Watch for information regarding this league. Teams will be formed in Kindergarten – 4<sup>th</sup> Grade for both girls and boys. More information will be provided in October.

### Questions

Please direct any questions about our Athletic Program or teams to Mr. Dan Sterling, Athletic Director (dsterling@stpaulsdesperes.org; or ext. 334)