



Saint Apollinaris Sports Guide

Saint Apollinaris Catholic School offers Volleyball, Basketball, Track & Field and Golf. All require a pre-registration, and the forms for this process can be found on our website or the school office. Coaching forms are located in the office as well.

The Details and Dates:

- **Volleyball:** Fall Sport
 - Offered to 5th – 8th graders, girls and boys
 - Registration is the month of May, **prior** to the fall season.
 - Coaches clinic is late-August
 - Practice, twice a week, begins the week before the start of school
 - Games (2) are played on Saturdays or Mondays, from September to mid – October

- **Basketball:** Fall – Winter Sport
 - Offered to 5th – 8th graders, girls and boys
 - Registration is August 25th – Sept. 15th
 - Coaches Clinic is early September
 - 7th & 8th Grade:
 - Practice begins in late September, twice a week
 - Games are played mid-October to early December
 - 8th grade continues practice as tournament approaches**
 - 5th & 6th Grade:
 - Practice begins late December, twice a week
 - Games are played January – mid February

** The Saint Apollinaris March Madness Basketball Tournament takes place in early March. Many eighth grade teams from our league/county participate, and everyone is encouraged to attend, cheer, and snack at the snack bar!

- **Track:** Spring Sport
 - Offered to K – 8th graders, girls and boys
 - Registration begins in February.
 - Practice begins mid-March. twice a week at Saint A's field, thru mid-May
 - There will be a few optional practices at High School tracks
 - Compete in multiple meets, including our own Twilight Track Meet

- **Golf:** Spring Sport
 - Offered to 6th – 8th graders, girls and boys
 - Registration is February 15th – March 15th
 - Practice will be once or twice a week, with matches after school/weekdays
 - Team members need to pass the Youth on Course program for 2011 (if offered) through the NCGA.
 - Team members need to carry a GHIN # through the Northern California Golf Association (can register on line)

Cheer – Fall and winter emphasis, 8th grade girls