

ATHLETICS

Dear Parents/Students,

I hope you are relaxing and enjoying your summer. With another school year quickly approaching, the fall athletic program is just around the corner. Athletics offer valuable life lessons and help to develop the total well being of each person. I invite you to become involved with the Holyoke Catholic athletic programs. At Catholic, we believe that athletics are an integral part of the total educational curriculum of Holyoke Catholic and truly an "extension of the classroom". We at Catholic take pride in our rich athletic tradition and encourage you to become a part of it.

Enclosed are a **physical examination form** for athletic eligibility and a **medical authorization form**, which enables individual coaches to obtain treatment for an injury of a student-athlete if a parent is not present. Each form is **extremely important** and must be completed and submitted in order for an athlete to be eligible to participate in sports at Holyoke Catholic. Please send completed physical examination forms to Holyoke Catholic, in care of the **School Nurse or Athletic Director, by August 13, 2007 (unless you have a physical examination scheduled later in the year)**. Please submit the **medical authorization form to the head coach of the specific sport of your participation on the first day of practice**. Please remember that these forms must be submitted and reviewed before your child is eligible to participate in athletics.

A physical examination is REQUIRED by the Massachusetts Interscholastic Athletic Association (MIAA) in order for a student to be eligible to participate in athletics. A physical examination is valid for ONLY 13 months (395 days). Physical examinations are only to be administered by a LICENSED MASSACHUSETTS MEDICAL PHYSICIAN, NURSE PRACTITIONER, OR PHYSICIANS ASSISTANT. A student in violation shall be suspended for the number of contests in which he/she participated without a proper physical.

A free physical examination clinic is generously being offered by Dr. Frank Croke's office at 10 Hospital Drive, Suite #303 (in the Holyoke Hospital area), on **Tuesday, August 7** from 4:00pm until 6:00pm for any Holyoke Catholic athletes. **In order for a physical examination to be performed, a parent/guardian must sign the bottom of page 1 of the enclosed MIAA physical examination form.** We highly recommend your child attend the clinic, as it will assure your child has received a physical and it may alleviate some financial expenses for you as well. No appointments are needed for the clinic. Forms without a parent signature will not be accepted. A physical form is also enclosed in this packet and is also available online at www.gaels.org. The clinic is very beneficial for multiple sport athletes, because physicals in August allow athletic participation throughout the entire school year.

The official opening date for **Football is Monday, August 20, 2007** and **Thursday, August 23, 2007 for Soccer and Cross Country.**

Football practice – Practices will start on Monday, August 20th at Holyoke Catholic. Practice will begin at 9 am, and will end at 1 pm. Practices continue for the rest of the week from 9 am to 1 pm on Tuesday (8/21), Wednesday (8/22), Thursday (8/23) and Friday (8/24). For more information please contact Coach Gary Casey at 789-2505.
**If anyone has purchased new cleats, please try to break them in prior to the first practice.

Boy's Soccer practice – On Thursday, August 23rd a short mandatory boys' soccer meeting will be held promptly at 8:45 am in the school gymnasium for all boys interested in playing soccer. Every athlete who intends to play boys soccer must be accompanied to the meeting by at least one parent. The first practice will follow from 9:00 am -12:00 pm at the school. Each athlete is asked to bring a lunch for a team lunch at Holyoke Catholic from 12:00pm until 1:00pm. Then, the second training practice will be from 1:00pm until 3:15pm at the fields on campus. On Friday, August 24th, practice is from 10:00am until 12:00pm at the athletic fields on campus. Again, please bring a lunch for a team lunch from 12:00pm until 1:00pm at the school. The second training practice on Friday is from 1:00pm until 3:00 pm at the athletic fields. There is no practice scheduled for Saturday, August 25th (this is intended as a recovery day), but there will be practice on Sunday, August 26th from 11:00 am to 2:00 pm at Holyoke Catholic. The varsity and JV teams will be chosen at this time. Practice details for Monday, August 27th will be given by the coaches after Sunday's practice. For any further information, please call Coach Lafond at 527-6454.
**If anyone has purchased new cleats, please try to break them in prior to the first practice.

Girl's Soccer practice- On Thursday August 23rd and Friday August 24th, the girls' soccer team will practice at the Holyoke Community College track from 8:00 am to 10:00am, and at Holyoke Catholic High School from 5:00 pm to 8:00 pm. You are expected to be at both practices, both days. For the morning sessions, please bring water and

running shoes. I-pods may be used for the distance running. For the evening sessions, practice will be on the soccer fields in Granby. Please bring cleats, shin pads, and water.

For any further information, please call Coach Dupont at 537-7007.

**If anyone has purchased new cleats, please try to break them in prior to the first practice.

Boy's Cross-Country practice- All boy's interested in being a member of the cross country team are to meet on Thursday, August 23rd at 4:00 pm at Whiting Reservoir in Holyoke. The team will meet in the parking lot by the old Mountain Park entrance (off of route 5 in Holyoke). Practice will be done at approximately 5:30 pm. For any further information, please call Coach Lengieza at (c) 478-3674.

Girl's Cross-Country practice- All girls interested in being a member of the cross-country team are to meet on Saturday, August 25th at 9:00 am at Whiting Reservoir in Holyoke. The team will meet in the parking lot by the old Mountain Park entrance (off of route 5 in Holyoke). Practice will also be held Monday, August 27th at 9:00 am at Whiting Reservoir in Holyoke (meet in the parking lot by the old Mountain Park entrance). For any further information, please call Coach Goda at 734-0922.

Cheering– The cheerleading team is still looking for new members. Practice will begin on Thursday August 23rd from 6:00 – 8:30 pm in the gym at school, and will be held every Monday (from 2:30 pm – 5:30 pm), Wednesday (6:00 pm – 8:30 pm) and Thursday (6:00 – 8:30 pm) during the fall. For more information, contact Coach Bridget Michaud: 539-9188 (home) 204-4647 (cell) or email: smichaud5@comcast.net

Please remember - in order for a student to be eligible to participate in sports, all forms must be completed. If you have any questions, you may reach me at 467-2477 ext. 155. Thank you and enjoy the rest of your summer!

Sincerely,
John Goda, Athletic Director