

MOUNT DE SALES FALL SPORTS INFORMATION

Parents/guardians and athletes pre-season meeting

A mandatory meeting will be held on Monday, August 16, 7p.m. in the Mount de Sales gymnasium for the parents/guardians and student athletes trying out for any MDSA sports team during the 2010-2011 school year.

Coaching staffs will be introduced and school, team and league regulations will be discussed. Questions concerning tryouts, health issues and the upcoming athletic seasons will be addressed. For more information call Gene Williams, Athletic Director, at 410-744-8498, x161.

Permission Forms

All athletes must have the required athletic permission forms completed and returned to the Athletic Director by August 10. Failure to do so will delay your ability to tryout. The required forms are:

Medical— A physical form must be completed by a physician. As long as an incoming freshmen or transfer student's medical forms are on file with the school a second physical is not needed.

Parental Consent/Insurance Confirmation/Emergency Medical— Completed & signed by parents/guardians.

Athletic Conduct Policy—Signed by parents/guardians, student, coach and athletic director. Forms are available on-line at www.mountdesales.org (go to Sports Forms and scroll down) as well as the School Office and Athletic Directors office.

Fall sports tryouts begin Monday, August 16 and last 3 to 5 days.

Cheerleading: @ Mount de Sales, tryouts begin Monday, August 16, 4:30 to 6:30pm.

Cross Country: @ Mount de Sales. No experience necessary, tryouts begin Monday, August 16, 4pm-6:00pm. Wear running shorts, running shoes and bring a water bottle. Athletes should be able to run at least 3 miles without stopping prior to tryouts.

Field Hockey: @ Mount de Sales. Tryouts begin Monday, August 16, 4-6:30pm; mandatory tryout dates and times for the rest of the week also include Tuesday, Aug. 17, 8-10am and 4-6pm; Wednesday, 4-6pm. A. Players must bring their own stick, shin guards, mouth guard, and water bottle.

Soccer: @ Western Hills Fields, Crosby and North Rolling Rd. Tryouts begin Monday, August 16, 8-11:30am. Times for the rest of the week will be announced. Bring a water bottle, wear shorts and white or ash colored tee, and bring both cleats and running shoes and proper High School length shin guards.

Tennis: @ Community College of Baltimore County – Catonsville Campus. Tryouts begin Monday, August 16, 9:30-11:30am. Tryouts consist of match play and round robins. Athletes must bring their own racquets, proper attire and water bottle.

Volleyball: @ Mount de Sales. Tryouts begin August 16, 3 to 6:30pm. Wear shorts, knee pads, athletic shoes, bring a water bottle, and if needed ankle and knee braces.

Daily varsity and jv practices begin following the completion of tryouts.
Dates and times for practices are designated by each sports' coaching staff.

Varsity/JV Sports Team Selection

Only a limited number of spots are available for each team. Player selection is determined by the coaching staff of each team. **No student is guaranteed a spot on any Mount de Sales team**, no matter how much prior experience. Among the selection considerations, but not the only ones, are athletic performance, attitude, sportsmanship, coachability, team needs and compliance with team rules.

Team Participation Fee: A team participation fee of \$100.00 per athlete, per sport is charged for all athletes *who make a Mount de Sales varsity or junior varsity team*. This fee is billed and collected by the MDSA business office. There is no fee for trying out

Kernan Sports Medicine

Comprehensive High School Physicals, and is well worth the \$30 fee.

This physical can also fulfill the freshman entrance requirement.

Sunday, July 25, 8:30am – 1pm

Central Md. Rehabilitation – Columbia

Sunday, August 8, 9am – 1pm

University of Md., Sports Medicine – College Park

You must make an appointment – call 410-298-0990, x15

Mount de Sales 2010 Summer Sports Camps

Cheerleading: August 3-5, 3-6pm (6th through 12th grade)

Advanced Field Hockey: July 26-29, 8-10am, incoming freshmen are encouraged to participate.

Lacrosse: June 28- July 2, 5:30-8pm; ages 5-14.

Soccer: Camp 1-August 2 - 6, 5:30-8pm; Camp 2-August 9-13, 5:30-8pm.

Strength and Conditioning: June 30 – July 30, Wednesday and Fridays, 5:30-8pm.

Camp brochures available online at www.mountdesales.org

For more information on the Mount de Sales Athletic program contact:

Call Ms. Duffy at 410-744-8498, x163

How Can I Help My Child With Tryouts?

Your daughter should:

Be in shape (start a conditioning program, for strength and endurance 4-6 weeks before tryouts).

Practice sport specific skills regularly.

Eat and Drink Properly.

Get a good night's sleep prior to each day of tryouts.

Demonstrate what she can do during the tryout period.

Parents should:

Complete the paperwork ...

From *The Young Athlete*, by Jordan D. Metz, M.D.