

Attention

Fall Sports Participants

STARTING DATE: MONDAY, AUGUST 17, 2009

STARTING TIMES AND SITES:

<u>SPORT</u>	<u>TIME</u>	<u>SITE</u>
Cheerleading	1:00PM	Gym
Cross Country	7:30 AM	ND Front Steps
Football – JV	6:00 PM	Boys Locker room
Football – Varsity	8:00 AM	Boys Locker room
Girls Soccer	1:00 PM	GCC
Volleyball – JV	11:00 AM	Gym
Volleyball – Varsity	9:00 AM	Gym

ATTIRE: All athletes should be dressed for participation in their particular sport. Locker rooms will be available. Football players should wear shorts and T-shirts for the first day of practice.

HEALTH QUESTIONNAIRE/PHYSICALS: All athletes must have a valid physical within one year of the first day of practice and must have submitted a completed health form before beginning practice. **The health forms are included in this mailing and must be completed and returned to: Notre Dame attn. Mike Rapone** or dropped off at the main office by **Weds. August 12th**. Any current Notre Dame student who indicated in May they were planning on playing a Fall sport should have a valid physical.

NEW STUDENT PHYSICALS: Enrolling freshmen or transfers must provide proof of a valid physical within one year of 8/17/09. St. Joseph's 8th graders who indicated in May that they were planning on playing a fall sport should be okay but please check with me. Others may check with their current school, your physician or you may attend new student physical day which is:

**Friday, August 14^h at Batavia High School Health Office
9:00-11:00 AM**

A completed Health Form must be brought with you to the physical. Contact Mr. Rapone to schedule a physical at this time or if you unsure as to your status. If you choose to have your own physician do your physical, I must receive medical clearance and the completed Health Questionnaire by August 12th.

QUESTIONS:

Any questions regarding fall sports, please contact Mike Rapone at 343-2783 ext. 104.

FALL SPORTS SUMMER PROGRAM INFORMATION

- If your son or daughter is planning on playing a Fall sport, be sure to review information regarding physicals and health forms. Notre Dame students playing fall sports should have received a school physical in June. If you are unsure as to your child's physical status, please contact Mike Rapone (343-2783 ext 104) for help. **No one may begin a fall sport unless they have proof of a physical within one year of Aug. 17 and have submitted a completed HQ!!** Please return HQ's and physical information (if necessary) by August 12th at the latest.
- The following programs are offering summer opportunities open to all students. Please contact the coach for more information.

Volleyball: Volleyball Camp is the week of August 10–14.
For more Info and please contact:
Rhonda DiCasolo 757-6853 Carolyn Babcock 217-1735

Football: Off-Season Conditioning Tuesday (6pm) & Thursdays (6pm), and Saturday mornings (9:30am). A team camp is scheduled for July 30 thru Aug.1 @ 9am.
**Rick Mancuso 356 –2243 (c) 344-2201(h) or
John Borrelli 548-2665x231(w)/ 585-314-5764 cell**

Girls Basketball: Open gym on Mondays and Varsity Summer league on Weds.
Contact: **Dave Pero 344-1542**

Boys Basketball: Open Gym Sundays. Varsity summer league Mondays. JV scrimmages on Thurs. Varsity will attending a week-end team camp July 10-12. For info:
Mike Rapone 343-2783 ext. 104 (w) 343-6426 (h)

Cheerleading: Off-season conditioning program
**Lindsay Rapone 739-1397 (cell) 768- 4297 (h)
Sheri Girvin 770-3526**

Boys/Girls Cross-Country: Weight training/conditioning.
Contact: **Eric Geitner 409-7197**

Girls Soccer: Contact : **Tim Paserk [tpaserk@rochester.rr.com]**