

# St. Matthew's Sports Newsletter 2017-2018 #1

## Monday, September 11<sup>th</sup>

Welcome to the first St. Matthew's Sports Newsletter of the 2017-2018 school year. The purpose of these newsletters is to provide families who are participating in the Athletic Programs at St. Matthew's, a weekly update as to what is happening athletically, when practices are scheduled, and when games and meets take place. I will do my best to upload these newsletters as soon as possible, but by Sunday afternoons at the latest.

I encourage every athlete at St. Matthew's to work at developing their skills, to be attentive to their coaches, and to focus on their personal best, and not on winning or losing. Something to think about:

**Perfect Practice Makes Permanent!!**

**and**

**TEAM = Together Everyone Achieves More**

### Weekly Schedule ---- September 11<sup>th</sup> to 15<sup>th</sup>

**Divisions:**

**Volleyball**

Juvenile (Juv.) = Grade 5

Junior (Jr.) = Grade 6

Senior (Sr.) = Grade 7

**Soccer**

Junior (Jr.) = Grade 5 (and Grade 4 development)

	Monday 11 <sup>th</sup>	Tuesday 12 <sup>th</sup>	Wednesday 13 <sup>th</sup>	Thursday 14 <sup>th</sup>	Friday 15 <sup>th</sup>
<b>Morning</b> 7:45 am (unless noted)	Cross Country @ Holy Cross Track		Cross Country @ Holy Cross Track	Senior Girl Volleyball (Gr. 7)	Junior Girls Volleyball (Gr.6)
<b>Lunch</b> 12:05-12:35					
<b>Afternoon</b> 2:50 - 4:15 (unless noted)			Juvenile Girls Volleyball (Gr. 5)		