

St. Matthew's Sports Newsletter #2

Monday, September 11th

Week #2 of the 2023-2024 school year has arrived and athletics at St. Matthew's are revving up. 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 encourage every athlete at St. Matthew's to work at developing their skills, to be attentive to their coaches, to focus on their personal best, to work together as a team; and less on winning or losing.

TEAM = Together Everyone Achieves More

Weekly Schedule ---- September 11th to 15th

	Monday 11 th	Tuesday 12 th	Wednesday 13 th	Thursday 14 th	Friday 15 th
Morning 7:45 am (unless noted)	Cross Country Practice		Cross Country Practice AND Gr.7 Girls Volleyball practice		Gr. 7 Girls Volleyball practice AND Gr. 5 Girls Volleyball practice
Lunch 12:05-12:35					
Afternoon 2:50 - 4:15 (unless noted)	Gr. 5 Girls Volleyball practice	Gr. 6 Girls Volleyball practice		Gr. 6 Girls Volleyball practice	

Volleyball Divisions:

Juvenile (Juv.) = Grade 5

Junior (Jr.) = Grade 6

Senior (Sr.) = Grade 7

Upcoming Events:

Mon Sept 18 Cross Country Meet @ Cloverdale Catholic School

Tues Sept. 26 Grade 5 & 6 Girls Volleyball AwayGame @ OLGC (exhibition)

Thurs Sept. 28 Grade 7 Girls Volleyball Home Game vs. OLGC

Fri Sept 29th Cross Country Meet @ St. Catherine's School

Wed Oct. 4 CISVA Cross Country Championships @ Central Park (only for those who qualify)

Fri Oct 13 Gr. 7 Girls Volleyball Tournament @ OLGC