

St. Matthew's Sports Newsletter #3

Monday, September 18th

Week #3 of the 2023-2024 school year has arrived and athletics at St. Matthew's are revving up.

We have our first Cross Country Meet of the year at Cloverdale Catholic School on Monday. I encourage everyone on the team to relax, and focus on doing the best that you can in the race that you will run.

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 18th to 22nd

| | Monday 18 th | Tuesday 19 th | Wednesday 20 th | Thursday 21 st | Friday 22 nd |
|--|--|--------------------------|--|---------------------------------|---------------------------------|
| Morning 7:45 am (unless noted) | | | Cross Country Practice AND Gr.6 Girls Volleyball practice | | Gr. 5 Girls Volleyball practice |
| Lunch 12:05-12:35 | Cross Country Meet @ Cloverdale Cath. | | Gr. 5 Girls Volleyball practice | | Gr. 6 Girls Volleyball practice |
| Afternoon 2:50 - 4:15 (unless noted) | Gr. 7 Girls Volleyball practice (could be canceled if work is still happening in the gym at 3pm-will know by noon) | | Gr. 6 Boys Volleyball practice | Gr. 6 Girls Volleyball practice | |

Volleyball Divisions:

Juvenile (Juv.) = Grade 5

Junior (Jr.) = Grade 6

Senior (Sr.) = Grade 7

Upcoming Events:

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

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

Tues Oct. 3 Grade 7 Girls Volleyball Home Game vs. OLGC (exhibition)

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

Fri Oct 13 Gr. 7 Girls Volleyball Tournament @ OLGC