

# Fall 2023 – 7<sup>th</sup>/8<sup>th</sup> Crusader Volleyball & Football

## General Information

- Registration is online! Please visit <https://cathedralcrusaders.org/student-life/fall-sports-at-cathedral/>
- Game Schedules can be found by visiting the CHS website at <https://cathedralcrusaders.org/student-life/fall-sports-at-cathedral/> You can select your sport and find a PDF schedule you can download, or, click yellow button on top that says “Sports Schedule” and you can select a specific date, or select an entire schedule (View Schedules).
- Student athletes must maintain adequate academic standards as determined by their school in order to participate.
- Email communication to parents will happen if there is a change in games/practices. **We will communicate with you, but your athlete is ultimately responsible for sharing information with you shared at practice. Coaches will also set up a team/parent notification (app) to keep parents informed (you can use the app to privately message the coach if your athlete is ill/will be gone)**
- Important websites:
  - <https://cathedralcrusaders.org/student-life/fall-sports-at-cathedral/>
  - [www.graniteridgeconference.org](http://www.graniteridgeconference.org) (scroll for maps of conference schools)
- Your athlete must have a current (taken within the last 3 years) sports physical on file at Cathedral BEFORE they will be allowed to participate. Please mail or drop off physicals to the Activities Office at Cathedral.
- If you would like to apply for financial aid or make payments, please register your student athlete online under Fall Sports by selecting "Aid/Cash/Check/Manager" rather than their specific sport. After registering them this way, you will receive an email from the Activities Office regarding payment options or aid. After being contacted and you returning the form, your athlete will be registered.
- Please honor the coaches time by promptly picking up your athlete after practices and games, they must wait until each athlete is picked up, so please be courteous.
- Team pictures will be scheduled, order forms will be emailed to parents prior to team photos.

## Bus/Transportation Info:

- Transportation will be provided to games/meets as well as practices (included in fee). Parents will need to pick up their athlete after every practice at their practice location.
- Students will also be transported there and back to CHS following out of town games. Transportation home from ‘in town’ games/meets (North JH, South JH, Sauk Rapids, Sartell, Kennedy, SJ Prep and Whitney) must be arranged for by parents/guardians as the bus will NOT bring them back to CHS. **If the athlete is NOT riding the bus back from the game/meet, the athlete may ONLY ride back with their parents and the parents must provide the coach with a note.**
- **Location:** The buses for both practice and games will leave door 22 outside the Center Gym right after school each day at 3:15pm. Get on the bus right after school. **Athletes traveling to away games must change into their uniform before they leave CHS.** Julie Murphy will direct them to the correct bus, so just go out to the buses after changing (in the Center Gym locker room, Mr. Joel can give you a lock for your locker on the first day of school if you don’t have phy ed first semester. Football players will get a lock at uniform fitting night).
- **Bus Rules:** Riding the bus is a privilege, not a right. If an athlete cannot conduct themselves on the bus responsibly, we will have them find alternate transportation (parents). If an athlete misses the bus, they CANNOT walk to practice, they must call for a ride or miss practice. Bus etiquette – get in your seat, stay in your seat. Pick up your garbage, put your window up before you get off the bus, be quiet... and thank the driver!
- We are still in a bus-driver shortage. If the bus companies do not have enough drivers available, parents may be asked to help transport their athlete to practice/games. We will alert you if this crisis occurs on a specific date.
- **Food on bus:** Athletes may have a small snack on the bus, but please don’t let them pack something messy. The a-la-carte line will make a bag lunch for athletes for \$5.50 (price may be updated for 2023-24). If students would like to order a bag lunch, they need to order in the a-la-carte line before school and pick it up in the a-la-carte line after school. Their lunch account will be charged \$5.50 for this.
- **Return times:** Bus return times will be listed on the schedule for out-of-town games. After these games your athlete will be dropped off at Cathedral. If there is not a bus return time listed, it is an ‘in-town’ game and you should pick up your athlete at that school. The bus return times listed on the schedule are only an approximation... sometimes the busses will be earlier or later. **Please be flexible. ☺**

- **Laptops:** For away games in which the bus is returning to Cathedral, athletes should leave their laptop bag locked up in their school locker, this is the safest spot for their laptop. At Whitney or in-town games, athletes should place their laptop bag under their chairs or in their backpacks. Athletes are responsible for their laptops.
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### 7th/8th grade Volleyball

**Coaches:** 7th: Denise Klein and Maddie Edwards 8th: Cora Zenner and Liz Hamak

**Practices:** Practice starts on August 29 at Cathedral. Some practices/games are held at Whitney, some at CHS.  
See 7/8 Volleyball page for a downloadable schedule with practices and games.

**Practice times/dates:** Practices are Monday through Friday from 3:30-5:00pm

**Participation Cost:** \$200

**Equipment:** shorts/sweatpants, t-shirt, tennis shoes, and kneepads. You will receive a blue jersey to use for the season (return at last game). You must provide your own tennis shoes, kneepads and shorts for games. For games, wear black spandex, shorts or leggings/sweatpants. Change into your volleyball shoes in the gym – do not wear your outdoor shoes in the gyms.

**PARKING:** When picking up your athlete from a home game or practice at Whitney, please park in a parking spot, not along the Whitney Center in the Loading Zone. This is used for busses dropping off people for the Senior Center. Please have your athlete meet you in the parking lot, not along the building.

**Teams:** As numbers allow, teams will be split into a more experienced and lesser experienced teams at both grade levels per conference rules. There will be equal number of athletes on each team if split into two (indicated by Blue and Gold on the schedule) - coaches will let athletes know prior to the first game which team they will be on for the season.

\*Athletes should bring a filled water bottle to each practice and game.

### 7th/8th grade Football

**7<sup>th</sup>/8<sup>th</sup> grade coaches:** Rick Fleege, Willie Willats, Josh Oviedo, Mason Voigt

**Practices:** Practice starts on August 29 at Rau Field at Cathedral, however, there will be equipment fitting on August 24th from 6:15-7:00pm in the North Gym (door #5). See 7/8 Football page for a downloadable schedule with practices and games.

**Practice times/dates:** Practices are Monday through Friday from 3:30-5:15pm (we will practice at Cathedral AND at Whitney - please check the schedule - most Wednesdays will be at Whitney)

**Game locations:** Our home games will be at Whitney Park (on north side of park on field 4 most likely)

**Participation Cost:** \$200

**Equipment:** CHS provides for the season: football pants, helmet, pads, jersey. Athletes should provide their own cleats, mouthguard, and a shirt to wear under their pads (and gloves if they want to). **Do not** wear your cleats in the locker room or on the bus.

**Chains at Home game:** We need parent help to work the chains at our home game - never done it before - no problem, this is the time to learn... and, you get a front row seat to the game!

\*Athletes should bring a filled water bottle to each practice and game.

If you have any concerns/questions, please contact Julie Murphy at 257-2120 or [jmurphy@cathedralcrusaders.org](mailto:jmurphy@cathedralcrusaders.org) or Emmett Keenan at 257-2130 or [ekenan@cathedralcrusaders.org](mailto:ekenan@cathedralcrusaders.org).

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Parents,

Please support your athlete, your athlete's coaches, and their officials. Everyone is trying their best and we can all agree that we want these athletes to succeed, enjoy being on a team, and learn to win and lose graciously.

Please be a good role model to these athletes. Yelling at coaches, officials and other athletes paints a negative picture of what good sportsmanship is. Just as you do everyday, please continue to be a great example for your child and their teammates. Together, let's make a good representation of Cathedral and Prince of Peace schools, not only to our athletes, but to others in the community.

I look forward to meeting your athlete this season and watching them learn and grow as they progress through 7<sup>th</sup> and 8<sup>th</sup> grade and into high school. If you have any questions, please don't hesitate to contact myself or Emmett Keenan. These years are fun and they go fast - please support your student, their new friends and their coaches! Go Crusaders! ~Julie Murphy