



## Athletics

2018-2019

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**ST. MARY'S HIGH SCHOOL**  
on the Frank J. Bommarito Campus

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**PHYSICALS:** All athletes must complete and return a *MSHSAA Pre-Participation Physical Evaluation and Parental Permission Form* before participating in any try-outs or practice. This physical covers all sports and is good for one year. This form will be given to you at Registration and can be found in the Main Office, can be accessed on our website under the Athletics-About Athletics webpage or can be found at most physician's offices. Then, athletes must complete an online form through Privit Profile where you can upload the *MSHSAA form*. **Do NOT turn in physicals to coaches.**

**ATHLETIC FEES:**

- \$150 athletic fee per sport. This fee covers uniforms, equipment, a professional training program, etc. This \$150 fee is due by the first competition.
- \$150 additional uniform deposit that will be returned when uniforms are returned at the season's end.
- Please make checks payable to St. Mary's High School or St. Mary's Athletics and turn in to the Main Office or Athletic Director. **Do NOT turn in fees to coaches.** Adding athletic fees to tuition payments is no longer available.

**ST. MARY'S STRENGTH & CONDITIONING PROGRAM:** ALL ATHLETES are required to participate in St. Mary's Strength & Conditioning Program managed by professional trainers. In season athletes are required to participate 2 times a week and off season athletes are required to participate 3 times a week. The program takes place on campus before or after school.

**Fall Sports:** Tryouts begin in early August

Football: Coach Corey Bethany at [bethanyc@stmaryshs.com](mailto:bethanyc@stmaryshs.com)

Soccer: Coach Charlie Clark at [clarkc@stmaryshs.com](mailto:clarkc@stmaryshs.com).

Cross Country: To be Determined

**Winter Sports:** Tryouts begin in November

Basketball: Coach Bryan Turner at [turnerb@stmaryshs.com](mailto:turnerb@stmaryshs.com)

Wrestling: Coach Scott Winkelmann at [winkelmanns@stmaryshs.com](mailto:winkelmanns@stmaryshs.com)

**Spring Sports:** Tryouts begin in March

Baseball: Coach Sam Carel at [carels@stmaryshs.com](mailto:carels@stmaryshs.com)

Volleyball: Coach Johnny Chittokhone at [chittokhonej@stmaryshs.com](mailto:chittokhonej@stmaryshs.com)

Track & Field: Coach Denise McField at [mcfieldd@stmaryshs.com](mailto:mcfieldd@stmaryshs.com)

Tennis: Coach Rene Sigala at [sigalar@stmaryshs.com](mailto:sigalar@stmaryshs.com)

Golf: Coach Scott Lanemann at [lanemanns@stmaryshs.com](mailto:lanemanns@stmaryshs.com)

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**CLUB SPORTS:** St. Mary's High School offers some sports not backed by the Missouri State High School Activities Association.

**Lacrosse:**

St. Mary's Lacrosse Team is run through the Missouri Scholastic Lacrosse Association (MSLA). The season starts in February and ends May. We do have off season work outs in the summer and fall. There is a club fee to play. However, thanks to our many supporters, our fee is lower than any other lacrosse team. Please contact Alex Short at 314-556-7442 or [shorta@stmaryshs.com](mailto:shorta@stmaryshs.com).

**Ice and Roller Hockey:** More information to come.

**SUMMER CAMPS:** All athletes are highly encouraged to participate in St. Mary's Sports Performance Camp, a summer camp designed to train any athlete for any sport. Athletes who participate will improve speed, agility, core strength and overall strength and will be better prepared for their season. The camp will be run by professional trainers.

**ACADEMIC and BEHAVIOR EXPECTATIONS:** St. Mary's Athletic Department firmly believes participating in athletics is a privilege, not a right. Academics comes before athletics and the athletic department holds student athletes to high expectations. Students not meeting academic or behavior expectations will be required to participate in tutoring and may be suspended from athletic activities.

*St. Mary's High School sends a summer packet to all families in July. Look for more information about athletics in that packet. In the meantime, if you have any questions, please feel free to contact our Athletic Director, Mr. Tony Dattoli, at 314-481-8400 x162 or at [dattolit@stmaryshs.com](mailto:dattolit@stmaryshs.com).*