

TO: Parents of current and prospective student athletes
FROM: Jason Levine, Athletic Director
DATE: June 2018
SUBJECT: **Notre Dame Athletics Program Information**

Welcome to the 2018-2019 school year! Please take a few minutes to review the following information dealing specifically with the Athletic Program at Notre Dame Belmont.

Prior to Tryouts

Parents must (re)enroll their NDB athlete(s) in Appryse each school year. Appryse is a medical information and injury notification system used by NDB Athletics to manage medical information and emergencies. Information must be current, and all documents on Appryse must be signed off with a current 2018-19 physical uploaded. All athletes intending to participate during the upcoming year must *complete this process before July 15, 2018. *(We suggest making an appointment for a physical as soon as possible.)*

***Contact NDB Athletic Trainer - Christina Okubo with any questions about this process at cokubo@ndhsb.org**

Tryouts

Fall tryouts may begin on Monday August 13, 2018 for all athletes interested in playing a Fall sport (tennis, golf, water polo, cross-country, volleyball, cheer). Please see [fall tryout information](#) for more specific tryout dates and times.

- Winter tryouts may begin Monday, October 29, 2018
- Spring tryouts may begin Monday, January 28, 2019

All qualified students may try out for membership on sports teams and for extracurricular activities. The school is committed to providing every student with a fair chance to participate. **A student must attend tryouts in order to qualify for participation on a team.** Unfortunately, not everyone who tries out can be accepted. The decision of the coach, in conjunction with the Athletic Director, is final. Parents are encouraged to help their daughters pursue another sport or activity.

During the team selection process (tryouts), prospective student-athletes can expect to have at least three days of sport specific drills and conditioning, as determined by the coaching staff and Athletic Director. During this process, the coaches will evaluate prospective players' current abilities, as well as attitude, effort, and potential for continued success and improvement. Each drill will be explained and demonstrated so that all athletes will have a good understanding of the drill before the player is expected to demonstrate her abilities.

Once the selection process is complete, prospective student-athletes will be informed of the date of the roster posting on the Athletic Department web site. Students who do not make the team for which she tried out are welcome to ask the coach for specific reasons for not being selected for the team. Students may not ask and coaches, as they will not share information about other prospective student-athletes and their abilities.

Athletes and parents are asked not to make vacation plans for Thanksgiving, Christmas and/or Easter breaks until athletes know if they have made a team. Your team may practice or compete during these school breaks. There are consequences, or possible removal from team, for missed practices and games.

Freshman/Sophomore Mandatory Parent Meeting

The Athletic Director will conduct a mandatory **Parent Meeting** for all freshman and sophomore parents who have athletes intending to tryout in the Fall, Winter and Spring seasons. The date of this important meeting is Tuesday, August 14, 2018 at 7:00pm in the NDB Dining Room.

After the meeting, you will be able to join Boosters, purchase NDB wear, purchase *Crab and Casino* tickets, and/or ask athletic specific questions. We accept cash, check, or credit cards for all purchases/payments.

Fall/Winter/Spring Coach and Parent Meetings

Once your athlete makes a Fall, Winter or Spring sport, coaches organize meetings to present information regarding your specific sport. These mandatory meetings are held at NDB in classrooms.

- Fall Athlete Parent Meeting: August 22, 2018 at 7pm
- Winter Athlete Parent Meeting: November 14, 2018 at 7pm
- Spring Athlete Parent Meeting: February 25, 2019 at 7pm

Athletic Fees Information

Athletic fees are collected for each season of sport. This year, we are increasing the fee by \$50 for the first time in seven years. Athletic fees are paid after your daughter makes an athletic team.

- 1st sport: \$200
- 2nd sport: \$150
- 3rd sport: \$100
- Cheer or Pom (year round): \$400 (includes choreography fee)

Athletic Calendar

All games can be found on the school calendar. You have the option of choosing athletics only when using the main School Calendar to make it easier to see what is going on in athletics each month.

Spirit Pack Information

Once your athlete makes a team, she is required to purchase items from our spirit wear site. All athletes must purchase a practice T-shirt, shorts/skirts/pants, game uniform (depending on your sport), sweat suit, bag, and/or other items. Some items are required and some are optional. More information will be available after your daughter makes an athletic team.

Weight Room Workouts

Beginning each new school year, all returning sophomores, juniors, and seniors must complete **twenty hours** in the weight room in order to participate on an NDB athletic team. If the twenty hours have not been completed, athletes may try out for her sport of choice. If she makes a team, she must attend mandatory ***Boot Camp*** in order to join the team for practices and contests. ***Boot Camp*** begins after tryouts are completed. Coaches may consider an athlete not eligible for tryouts if she has not completed her workouts. All hours must be completed with the NDB Strength and Conditioning Coach in the NDB Weight Room. Freshmen and transfer students **do not have to complete the twenty hours** before tryouts. **ALL NEW STUDENTS MUST COMPLETE APPRYSE** before any strength training can begin.

Weight Room Workouts (cont.)

Summer and seasonal weight room hours can be found on the athletic website by clicking the following links:

<https://1.cdn.edl.io/XoiZd9HwWgeSKCC6QMMPMsbd8WW0I3ILHvSJQyGYAdKFnGv4.pdf>

Contact Strength Coach Kate Mahoney with any questions at kmahoney@ndhsb.org.

Athletic Handbook

NDB's Athletic Handbook can be found at www.ndhsb.org under **Athletics/Links and Forms**. Please take a moment to read through our school athletic policies so that you are familiar with our program. For freshman and sophomore parents, the handbook will be reviewed at the freshman/sophomore parent meeting on August 14, 2018.

Boosters

NDB Athletics encourages all parents who have an athlete participating on an NDB team to join Boosters. *Boosters: a dedicated group of adults who support our athletic programs with their time, energy, and talents. Proceeds from the monies raised throughout the year fund a variety of athletic department needs. Meetings are held regularly once a month at NDB.*

Boosters' primary involvement each year includes:

- Boosters Membership Drive (all year)
- Snack Shack Revenue (all year)
- NDB Golf Tournament (October)
- Crab and Cioppino Dinner (February)
- Sports Awards Banquet (May)

All parents of athletes are required to work two shifts in the Moore Pavilion Snack Shack for each season an athlete participates. Cheer parents work four shifts (year around sport). This year, you may opt out of Snack Shack duties by making a \$200 donation for each season your athlete participates.

Visit our Boosters website at: <http://www.ndhsb.org>; hover over Athletics; scroll down to Boosters.

Feel free to contact Craig Moore, parent of (Maddie '19), with any questions at drivemoore@yahoo.com.

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**If you have any questions, please email or call Jason Levine at jlevine@ndhsb.org / 595-1913 ext. 255.
Have a great summer, and I look forward to seeing you in the fall!**

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