

Dear Parents and Student:

We are eagerly looking forward to the start of a new school year. This is a very important time in your daughter's life as she grows into a mature, young woman, developing friendships and memories that will last a lifetime. At Mercy, we want to give your daughter the opportunity for a well-rounded education. We offer an excellent academic program as well as a variety of extra-curricular clubs and interscholastic athletic teams. With your encouragement and support, I am confident your daughter will take advantage of the opportunities that we offer.

Being selected for an athletic team is both an honor and a privilege and with these opportunities come responsibilities to your teammates, coach/es and school. Athletics teaches leadership, commitment, respect and responsibility and helps develop a healthy, well-adjusted woman. This must be a full commitment that should not be taken lightly. All team members are expected to be at all practices and competitions. Your absences affect the entire team. If you cannot make this commitment because of a job, school activities, outside activities, and/or social activities you should not make the commitment to join a team.

Our Lady of Mercy is a member of the Nassau-Suffolk Catholic High School Girls Athletic Association and we compete in the following sports:

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| <u>Fall</u> | <u>Winter</u> | <u>Other Activities</u> |
| Crew Club | Basketball | Equestrian Club |
| Soccer | Track and Field | Spirit Week |
| Swimming | <u>Spring</u> | Sport's Night |
| Tennis | Softball | Leaders' Club |
| Volleyball | Track and Field | Intramurals |
| Cross Country | Badminton | |
| | Lacrosse | |
| | Crew Club | |
| | Golf | |

All students participating in interscholastic competition must have a completed sports physical candidate form on file in the Health Office. Students should bring the completed sports physical candidate form with them to their appointment date with the nurse. **The school nurse must see all students regardless of clearance by their personal physician.** All freshman and new students to O.L.M.A. must bring: 1) sports candidate physical form 2) certification of immunization 3) physical examination sheet and 4) any student taking medication, including inhalers, needs a medication sheet filled out by their doctor. **NO STUDENT WILL BE PERMITTED TO TRY OUT FOR A TEAM WITHOUT A CURRENT PHYSICAL ON FILE. THE PHYSICAL MUST HAVE TAKEN PLACE AFTER JUNE 1ST.**

You cannot try out for a sport unless you get clearance from our school nurse. Appointment dates are listed for the nurse for each sport. If you cannot come for your sport, you can go to another time and date. The nurse must clear you before starting your tryout. It is important to attend **ALL** tryouts so that you meet the state requirements for participation and the coach has the best chance to evaluate your skill level. Once the team is selected **team practices continue the week of August 30th.** Once the team is established, an athletic fee will be collected the first week of team practice. This fee helps to defray the costs of transportation, officials, and league fees. (Clubs are not required to pay this fee). **LISTED BELOW AND ON THE BACK ARE THE TRYOUT DATES AND TIMES FOR THE FALL PROGRAM.**

I look forward to the students trying out for the different extra-curricular clubs and athletic teams that Our Lady of Mercy offers in the Fall and I encourage parents and students to discuss fully the **commitment** necessary to join an athletic team. If you have any questions please call the athletic office at (516) 921-1756.

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|----------------------|----------------|----------------|---------------------|------------------------|
| <u>Soccer</u> | Thurs Aug. 19 | grades 11 & 12 | 9:00 am - 10:00 am | 3rd Floor Nurse |
| | Thurs. Aug. 19 | grades 9 & 10 | 10:00 am - 11:00 am | 3rd Floor Nurse |
| | Mon. Aug. 23 | grades 9 - 12 | 8:00 am - 10:00 am | Soccer Field |
| | Tues. Aug. 24 | grades 9 - 12 | 8:00 am - 10:00 am | Soccer Field |
| | Wed. Aug. 25 | grades 9 - 12 | 8:00 am - 10:00 am | Soccer Field |

TEAM PRACTICE WILL TAKE PLACE THE WEEK OF 8/30 - 9/3 AFTER TRYOUTS ARE OVER

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|--------------------------|---------------|----------------|--------------------|------------------------|
| (OVER) | (OVER) | (OVER) | (OVER) | (OVER) |
| | | | | |
| <u>Volleyball</u> | Tues. Aug. 24 | grades 11 & 12 | 9:30 am - 10:30 am | 3rd Floor Nurse |

| | | | | |
|--------|---------|---------------|---------------------|------------------------|
| Tues. | Aug. 24 | grades 9 & 10 | 11:00 am - 12:00 pm | 3rd Floor Nurse |
| Tues. | Aug. 24 | all grades | 12:00 pm - 2:30 pm | Gymnasium |
| Wed. | Aug. 25 | all grades | 9:00 am - 11:30 am | Gymnasium |
| Thurs. | Aug. 26 | all grades | 9:00 am - 11:30 am | Gymnasium |
| Fri. | Aug. 27 | all grades | 9:00 am - 11:30 am | Gymnasium |

TEAM PRACTICES WILL TAKE PLACE THE WEEK OF 8/30 – 9/3 AFTER TRYOUTS ARE OVER

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|-----------------|--------|---------|----------------|---------------------|------------------------|
| <u>Swimming</u> | Tues. | Aug. 24 | grades 11 & 12 | 9:00 am - 10:00 am | 3rd Floor Nurse |
| | Tues. | Aug. 24 | grades 9 & 10 | 10:30 am - 11:30 am | 3rd Floor Nurse |
| | Thurs. | Aug. 26 | all grades | 6:00 pm - 8:00 pm | OLMA GYM * |
| | Fri. | Aug. 27 | all grades | 7:00 pm - 9:00 pm | Chaminade Pool * |
| | Tues. | Aug. 31 | all grades | 7:00 pm - 9:00 pm | Chaminade Pool * |

TEAM PRACTICES ARE ON TUESDAYS & FRIDAYS AT CHAMINADE POOL FROM 7:30 – 9:00 PM

* bring sneakers, shorts, suits & caps

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|---------------|--------|---------|----------------|--------------------|------------------------|
| <u>Tennis</u> | Wed. | Aug. 18 | grades 11 & 12 | 9:00 am - 9:30 am | 3rd Floor Nurse |
| | Wed. | Aug. 18 | grades 9 & 10 | 9:30 am - 10:00 am | 3rd Floor Nurse |
| | Wed. | Aug. 25 | all grades | 8:00 am - 10:00 am | OLMA Lower Cts |
| | Thurs. | Aug. 26 | all grades | 8:00 am - 10:00 am | OLMA Lower Cts |
| | Fri. | Aug. 27 | all grades | 8:00 am - 10:00 am | OLMA Lower Cts |

TEAM PRACTICES WILL TAKE PLACE THE WEEK OF 8/30 – 9/3 AFTER TRYOUTS ARE OVER

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|------------------|-------|---------|------------|---------------------|------------------------|
| <u>X-Country</u> | Wed. | Aug. 18 | all grades | 10:00 am - 11:00 am | 3rd Floor Nurse |
| | Mon. | Aug. 23 | all grades | 8:00 am - 10:00 pm | Gymnasium |
| | Tues. | Aug. 24 | all grades | 8:00 am - 10:00 am | Gymnasium |
| | Wed. | Aug. 25 | all grades | 8:00 am - 10:00 am | Gymnasium |

TEAM PRACTICES WILL CONTINUE THE WEEK OF 8/30 – 9/3

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| <u>Crew</u> | Wed. | Aug. 25 | all grades | 9:00 am – 10:30 am | 3 rd Floor Nurse |
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New freshman rowers are recommended to attend HHH Crew Summer Rowing Sessions – contact Al Lozito 631-335-3699 OR Sagamore Rowing Association’s Learn to Row Program – contact (631-239-1282) or webmaster @ sagamorerowing.org

ALL crew students must have a completed sports physical on file by August 25th and see the school nurse in the morning between 9:00 am – 10:30 am on the 3rd floor.

If you can not go to the Aug. 25 appointment time you can attend one of the other appointment sessions for clearance.

Grade 9 - August 25 - 9:00AM – 11:00AM Meet in Gym then Exercise Room.
 August 26 Wear sneakers and shorts. Tryouts continue for selected participants at Beekman Beach Oyster Bay Aug. 30th - Sept. 1st 4:00-6:00PM.

Returning Spring Rowers – August 30th 4:00 – 6:00 PM Beekman Beach. Team practices continue the week of August 30th.

Any questions contact - Coach Ellen Hughes at e-mail Hughesem@ix.netcom.com

If you have any questions, please feel free to call me at (516) 921-1756.

Sincerely yours,

Karen M. Andreone
 Athletic Director