



Weekly Athletics Schedule

Monday, Mar. 11 – Saturday, Mar. 16, 2019

Last Updated:
3/12/2019 3:54 PM

Fall Sports	Monday	Tuesday	Wednesday	Thursday	Friday
Girls Varsity Volleyball	PRACTICE: 3:30-5:30PM at FCA	PRACTICE: 3:30-5:30PM at FCA	PRACTICE: 3:30-5:30PM at FCA	PRACTICE: 3:30-5:30PM at FCA	MATCH: VS. The Dutchess County Home Schoolers AT FCA AT 4:15PM
Varsity & Middle School Track & Field	PRACTICE: 3:30-5:15PM at FCA	PRACTICE: 3:30-5:15PM at FCA	PRACTICE: 3:30-5:15PM at FCA	PRACTICE: 3:30-5:15PM at FCA Will Confirm	PRACTICE: 3:30-5:15PM at FCA
Boys Varsity Baseball	NO PRACTICE	NO PRACTICE	PRACTICE: 3:30PM-5:30PM at our Spackenkill Gym. 3:15PM VAN.	NO PRACTICE	PRACTICE: 3:30PM-5:30PM at our Spackenkill Gym. 3:15PM VAN.
Girls Varsity Softball	NO PRACTICE	NO PRACTICE	PRACTICE: 3:30PM-5:15PM at FCA.	PRACTICE: 3:15PM-4:45PM at FCA.	NO PRACTICE
Middle School & JV Volleyball	NO PRACTICE	PRACTICE: 3:30-5:15PM at FCA	NO PRACTICE	PRACTICE: 4:45-6:15PM at FCA	NO PRACTICE
INTRAMURAL BASEBALL & SOFTBALL Grades 3-5 / FITNESS CENTER / TEAM PARTIES / OTHER		FITNESS CENTER AND WEIGHT ROOM OPEN 3:15-5:00PM. Grades 6-12.	CHEERLEADING TEAM END OF SEASON PIZZA PARTY. 3:30-5PM. MEET IN THE ART ROOM. No Cost. GIRLS JV BASKETBALL TEAM END OF SEASON PIZZA PARTY. 3:30-5PM. MEET IN THE CAFETERIA. No Cost.	FITNESS CENTER AND WEIGHT ROOM OPEN 3:15-5:00PM. Grades 6-12.	SKI TRIP TO JIMINY PEAK. LEAVE FCA 2:45PM. SKI FROM 5PM-10PM. We expect to be back at FCA at approximately 12:00AM. SIGN UP AT LUNCH THIS WEEK. SEE NOTES AND COST BELOW.

SATURDAY, 3/16:

NO PRACTICES OR GAMES ON SATURDAY

WEEKLY SCHEDULE NOTES:

1. **SPACKENKILL GYM PRACTICES:** A reminder that when any team has practice at our Spackenkill Gym, we will bring Team members to the gym from FCA on FCA vans. Parents can pick up at our Spackenkill gym or at FCA. We will be back at FCA 20 minutes after the scheduled end time for that practice.
2. **FCA ATHLETICS WEBSITE:** Please check our FCA Athletics Website. Our weekly schedule and our Master Game Schedules are on the website and are updated daily. All of the website will be updated soon. Go to the School Website and then go to Athletics. For Game Schedules, scroll down to “Click for Link to the Master Schedule”. The “Team Up” calendar has all team’s game schedules and is updated daily. When you click on a game, details and the address for the game are also included. The website will also have pictures and weekly highlights and schedule changes.
3. **INTRAMURAL BASEBALL & SOFTBALL:** Grades 3-5. Intramural baseball and softball will start later in March. Information and permission forms will be sent next week.
4. **WINTER SEASON UNIFORMS:**
Please return all Winter Season uniforms by Friday, March 15. (Except Cheerleading which purchased their uniforms)
5. **SKI/SNOWBOARD TRIP DATES & INFO:** (May have changes or additions as the

season goes on.) FOR GRADES 6-12

Friday, March 15 at Jiminy Peak. DEPENDING ON CONDITIONS. SIGNUPS AT LUNCH. WE WILL CONFIRM TRIP BY WEDNESDAY. We will leave school at 2:30PM and will ski from 5-10PM. Jiminy Peak cost is \$45 for evening lift ticket and \$45 for rentals. \$25 for just helmet / \$10 for helmet if also renting skis or a snowboard. This will be the last Ski Trip (Unless we suddenly have another blast of Winter).

6. Spring Sports Signups will continue this week. Most Spring Sports have started or are starting this week. Some teams will practice 2-3 days week for the next week or two and will increase the numbers of practice days as the weather gets warmer.

GOLF AND TENNIS WILL START NEXT WEEK (Week of 3/18-3/1). TENNIS HAS LOW NUMBERS SO FAR. WE ARE HOPING FOR 3 OR SO MORE TEAM MEMBERS. WE NEED 5-8 PLAYERS TO FILL ALL MATCHES.

Our Spring Sports are Varsity Boys Baseball (grades 6-12), Varsity Girls Softball (Grades 6-12), Golf, Tennis, Track and Field Grades 6-12, Varsity Girls Volleyball, JV/Middle School Volleyball.

GIRLS SOFTBALL ALSO NEEDS ADDITIONAL TEAM MEMBERS.

The FCA Athletic Handbook is attached to this email. The permission forms on the last three pages must be returned to the athletic office before the first practice. Permission forms must be turned in for each season that a student participates in. All team members must also have an updated physical form on file. The physical must be dated within one year of the beginning of the season.

ATTENDANCE AT PRACTICES AND GAMES AND COMMITMENT TO THE TEAM. We are very appreciative of all our FCA Student/Athletes and team members. We understand that school sports are a big undertaking and that Academics are the first priority. Being on a team comes with expectations to the team and to each other. Attendance at games and practices is mandatory. You must communicate with your coach if you must miss a practice. Unexcused absences or lateness will result in missing a game or a part of a game. Responsibility and accountability to a team a group and to each other is an important part of what we learn in athletics. These concepts are also crucial to your

success in life. The Game Schedules are on the Team Up Schedule on the FCA Website. The weekly practice schedule will be sent each Sunday. If you are participating in a sport this Spring, please be prepared to commit to the team and to be a positive, contributing team member. This refers to attitude, sportsmanship and effort as opposed to ability. WE WILL BE TALKING ABOUT THESE CONCEPTS A GREAT DEAL THIS SPRING.

7. WINTER SEASON TEAM PARTIES. Varsity Cheerleading and JV Girls Basketball will have their End of Season Team Parties on Wednesday 3/13 from 3:30-5:00PM.

8. THE WINTER SPORTS AWARDS DINNER WILL TAKE PLACE ON THURSDAY, 3/21 AT 6:30PM IN THE FCA CAFETERIA. This date will be confirmed and details are coming.

WEEKLY HIGHLIGHTS / WINTER SEASON SUMMARY:

SKI & SNOWBOARDING CLUB: *We had a great Ski and Snowboarding Club trip to Ski Butternut this past Friday, March 8. Six students went on the trip. Conditions were excellent. This was our third trip of the season. We will also have a trip this Friday to Ski Butternut, depending on Conditions – as the weather will be warmer this week. We may possibly have one last trip on March 22nd if conditions hold out.*

Almost all of our Winter Team have had their End of Season Team Pizza Parties these last 2 weeks. It has been an excellent Winter Season. Our Winter Sports Awards Dinner will be Thursday March 21st. Information will be sent this week.