



Weekly Athletics Schedule

Monday, April 8 – Saturday, April 13, 2019

Fall Sports	Monday	Tuesday	Wednesday	Thursday	Friday
Girls Varsity Volleyball	PRACTICE: 3:15-4:45PM at FCA gym (can use fitness center 4:45-5:15PM)	MATCH: Vs. Upton Lake Christian School AWAY at 4:15PM / 3PM Van (37 Shepherds Way, Clinton Corners, NY)	PRACTICE: 3:30-5:30PM at FCA	PRACTICE: 3:30-5:30PM at FCA	MATCH: Vs. Dutchess County Home Schoolers HOME at 4:00PM
Varsity & Middle School Track & Field	NO PRACTICE	VARSITY MEET AT SPACKENKILL HIGH SCHOOL. 4:15PM / 3:15PM VAN NO PRACTICE FOR MIDDLE SCHOOL / can attend & watch meet.	PRACTICE: 3:30-5:15PM at FCA	MIDDLE SCHOOL MEET AT DOVER HIGH SCHOOL. 4:15PM / 2:45PM VAN 2368 Route 22, Dover Plains, NY 12522 High School practice TBA	PRACTICE: 3:30-5:15PM at FCA
Boys Varsity Baseball	PRACTICE: 3:30PM-5:30PM At FCA on the field.	PRACTICE: 3:30PM-5:30PM At FCA on the field.	GAME: Vs. New York Military Academy AWAY at 4:30PM / 3:15PM Van (78 Academy Ave, Cornwall, NY)	PRACTICE: 3:30PM-5:30PM At FCA on the field.	GAME: Vs. the Storm King School HOME at 4:30PM
Girls Varsity Softball	NO PRACTICE	NO PRACTICE	PRACTICE: 3:30PM-5:15PM at FCA on field. TBA (If decision is made to keep team based on numbers)	PRACTICE: 3:30PM-5:15PM at FCA on field. TBA	PRACTICE: 3:30PM-5:15PM at FCA on field. TBA
Middle School & JV Volleyball	PRACTICE: 4:30-6:00PM at FCA	PRACTICE: 3:30-5:30PM at FCA	NO PRACTICE	PRACTICE: 3:30-5:30PM at FCA	MATCH: Vs. Dutchess County Home Schoolers HOME at 5:45PM (Right after the Varsity Game)
Varsity Boys & Girls Golf (Grades 6-12)	PRACTICE: 3:30-5:15PM at CASPERKILL DRIVING RANGE /3:15PM VAN \$6.00 PER BUCKET OF BALLS – Plan on \$12 Pick up at FCA or Golf Course.	NO PRACTICE	PRACTICE: 3:30-5:15PM at CASPERKILL DRIVING RANGE /3:15PM VAN \$6.00 PER BUCKET OF BALLS – Plan on \$12 Pick up at FCA or Golf Course.	NO PRACTICE	NO PRACTICE

INTRAMURAL BASEBALL & SOFTBALL Grades 3-5 / FITNESS CENTER / OTHER		FITNESS CENTER AND WEIGHT ROOM OPEN 3:15–5:00PM. Grades 6-12.	<u>INTRAMURAL BASEBALL & SOFTBALL FOR GRADES 3-5 BOYS AND GIRLS</u> 3:30-5:00PM. Meet in the Art Room. May use the gym. SEE NOTES	FITNESS CENTER AND WEIGHT ROOM OPEN 3:15–5:00PM. Grades 6-12.	
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SATURDAY, 4/13:

NO PRACTICES OR GAMES ON SATURDAY

WEEKLY SCHEDULE NOTES:

- 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.
- 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.
- INTRAMURAL BASEBALL & SOFTBALL:** Grades 3-5. Intramural baseball and softball will continue this Wednesday 4/3. Practice at 3:30-5:00PM. Meet in the Art Room. We will start in the gym and may go outside. Parents can pick up at the gym. **PERMISSION FORM ATTACHED.** We will add games if we have enough players.

4. WINTER SEASON UNIFORMS:

Please return all Winter Season uniforms by Friday, April 12. (Except Cheerleading which purchased their uniforms)

5. Spring Sports are mostly in full swing this week.

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

GIRLS SOFTBALL NEEDS ADDITIONAL TEAM MEMBERS. We are very close to having to cancel Softball this Spring. We are hoping that some players who have played for FCA in the past and are not playing this year will be able to play even 2-3 days [er week. WE WILL HAVE TO MAKE A FINAL DECISION BY WEDNESDAY 4/10.

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.

6. **WEEKLY HIGHLIGHTS / SUMMARY:**

***Our Varsity Girls Volleyball team** defeated the Dutchess County Home Schooled team on Tuesday 3 games to 1. The team currently has a Mid-Hudson Christian League record of 3-2 on the season.*

***Our JV Girls Volleyball team** also defeated the Dutchess County Homeschoolers on Tuesday, 2 games to 0. The team played a very strong match and is 4-0 on the season.*

***Our Varsity Boys Baseball team** defeated Harmony Christian School 15-0 at Home on Thursday to start their season 1-0.*