



# St. Vincent's Academy

207 East Liberty Street

Savannah, GA 31401

## Welcome to St. Vincent's Athletics

All Athletes must have a completed sports physical on file with the Athletic Trainer prior to participation. SVA competes in GHSA 1A Private (Georgia High School Association) and offers the following 12 sports:

### Fall Sports:

Softball - Season Begins August 1 – October 31; Summer Workouts begin in June

Please contact Coach Marie Dotson at [marie.dotson@svaga.net](mailto:marie.dotson@svaga.net)

Volleyball – Season Begins August 1 – November 7; Summer Workouts begin in June

Please contact Coach Nichols St. Louis at [volleyball@svaga.net](mailto:volleyball@svaga.net)

Cross Country – Season Begins August 1 – November 6-7; Summer Workouts begin in June

Please contact Coach Brooke Sims at [brooke.sims@svaga.net](mailto:brooke.sims@svaga.net)

One Act Play – Season Begins August 1 – November 7,14

Please contact Diana Tuten at [diana.tuten@svaga.net](mailto:diana.tuten@svaga.net)

BC Cheerleading – Season Begins June (tryouts) – December

Please contact Anne Holland at [aholland1088@gmail.com](mailto:aholland1088@gmail.com)

### Winter Sports:

Basketball – Season Begins October 26- March 10-13; Summer Workouts begin in June

Please contact Marie Dotson at [marie.dotson@svaga.net](mailto:marie.dotson@svaga.net)

Sailing – Season Begins September - April

Please contact Coach Karye Moreau at [karye.moreau@svaga.net](mailto:karye.moreau@svaga.net)

Rifle – Season Begins August 1 – April 24

Please contact Coach Gary Ogden at [gary.ogden@svaga.net](mailto:gary.ogden@svaga.net)

Swimming – Season Begins October 12 – February 4-6

Please contact Coach Rebecca Faucette at [rebecca.faucette@svaga.net](mailto:rebecca.faucette@svaga.net)

### Spring Sports:

Soccer – Season Begins January 11 - May 13-15

Please contact Coach Katie Knight at [katie.knight@svaga.net](mailto:katie.knight@svaga.net)

Tennis – Season Begins January 4 – May 8

Please contact Coach Abby Foster at [abigail.foster@svaga.net](mailto:abigail.foster@svaga.net)

Track – Season Begins January 11 – May 13-15

Please contact Coach Nichols St. Louis at [track@svaga.net](mailto:track@svaga.net)

Golf – Season Begins February 8 – May 17-18

Please contact Coach Karye Moreau at [karye.moreau@svaga.net](mailto:karye.moreau@svaga.net)

**Director of Athletics** – Diana Tuten, [diana.tuten@svaga.net](mailto:diana.tuten@svaga.net)

**Athletic Trainer** - Laura Hancock, [laura.hancock@svaga.net](mailto:laura.hancock@svaga.net)

**GHSA Dead Week – July 4-July 10, 2020 – No Athletic Activities Allowed**

Visit [www.svaga.net](http://www.svaga.net) for more information



## **2020 Summer Conditioning Volleyball**

(tentative until GHSA implements new guidelines)

**PHYSICALS MUST BE ON FILE AND CLEARED IN PRIVIT**

### **DATES & TIMES**

- Monday, Wednesday & Thursday
- @ St. Vincent's Academy Gymnasium
- **Groups are assigned by coach and can NOT be switched or voluntarily joined. Please email Coach Nichols for your group assignment and times.**
  - Group 1: 8:45-10
  - Group 2: 10:05-11:15
  - Group 3: 11:20-12:30
- Summer conditioning is **NOT** mandatory and will **NOT** guarantee selection to the 2020-2021 volleyball team.
- Join Remind by texting 81010 to @svavb2020

### **GHSA Dead Week (no sports allowed): July 4- July 10, 2020**

\*\*\*These dates and plans are based off of current circumstances and restrictions set forth by GHSA. Schedule will change and adapt to adhere to future regulations and guidelines\*\*\*

**TRYOUTS ARE TBA (per GHSA)**

**\*\*\*Read over Infectious Disease Plan and COVID-19 Symptom Flow Chart**

**Join our SVA Athletics Facebook Page**

**Contact: Coach Nichols**

[volleyball@svaga.net](mailto:volleyball@svaga.net)



## **2020 Summer Conditioning Softball**

(tentative until GHSA implements new guidelines)

**PHYSICALS MUST BE ON FILE AND CLEARED IN PRIVIT**

### **DATES & TIMES**

- Begins 6/16: Tuesday (9:00-10:30) & Thursday (1:00-2:30)
- @ St. Vincent's Academy (check in at front doors of gym)
- **Groups will be assigned by coach and can NOT be switched or voluntarily joined if participation surpasses 20. Please email Coach Dotson for details. If you are joining for the FIRST TIME, you MUST contact the coach prior to attending.**
- Summer conditioning is **NOT** mandatory and will **NOT** guarantee selection to the 2020-2021 softball team.
- Join Remind by texting 81010 to @svasb2020

### **GHSA Dead Week (no sports allowed): July 4- July 10, 2020**

\*\*\*These dates and plans are based off of current circumstances and restrictions set forth by GHSA. Schedule will change and adapt to adhere to future regulations and guidelines\*\*\*

**TRYOUTS ARE TBA (per GHSA)**

**\*\*\*Read over Infectious Disease Plan and COVID-19 Symptom Flow Chart**

**Join our SVA Athletics Facebook Page**

**Contact: Coach Dotson**  
[marie.dotson@svaga.net](mailto:marie.dotson@svaga.net)

## SOFTBALL AT HOME RUNNING

Get outside for at least 30 min on most days of the week (drink plenty of water while doing this, and if you feel like you are about to vomit or pass out then stop and take a break in shade or inside)

Warm- up (count off about 15 yards-15 long steps)
Jog 15 yards 4x
High knees to 15 yards, butt kicks back
Forward lunges 15 yds, right shuffle back (low slow)
Single leg RDLs 15 yards, left shuffle back (low slow)
Frankenstein 15 yards, run back
Right Lateral bound 15 yards, left lateral bound back
Sprint 15 yards, jog back
Sprint 15 yards 2x

Single leg RDL picture:



Lateral bound video

<https://www.youtube.com/watch?v=Up0GKOru7Ss>

### Sprint workout

Sprint 15 yards 4x take 10 sec break between each sprint

Rest 30 sec

Do 5 squat jumps (bend knees, straight up (don't jump back ward or forward), land knees bent)



Sprint 15 yards 2x (no rest between sprints); 10 sec rest; repeat again

5 long jumps (bend knees, jump up and forward as far as you can, land knees bent)



Sprint 15 yards 4x (no rest between)

End with Jogging 15 yards 2x

Cool down with some stretches, seated or standing

# SVA CROSS COUNTRY 2020

## SUMMER TRAINING AND TRYOUT INFORMATION

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### Contact Information

Head Coach: Brooke Sims, [brooke.sims@svaga.net](mailto:brooke.sims@svaga.net)

Assistant Coaches: Maggie Lily and Joey Sims

Athletic Trainer: Laura Hancock, [laura.hancock@svaga.net](mailto:laura.hancock@svaga.net)

### Welcome

Thank you for your interest in Cross Country at St. Vincent's Academy this coming Fall. The key to individual and team success in Cross Country is consistency in the preseason training that takes place in the Summer months. If you wish to race as well as you are capable this Fall, you should plan on following the preseason training information (see below). *Dedication in the Summer = Success in the Fall.*

### Prospective Runner Requirements

- We will use **"Remind"** for communication throughout the Summer & 2020 Season. All prospective runners and parents/guardians should **text "@svaxc2020" to the number "81010"** to receive important training updates, schedules, etc. via text message.
- All Runners are required to have an **updated physical** on file for the 2020-2021 school year. SVA athletics physicals will take place on June 1, 2020, 1-5pm. If Runners are unable to attend June 1st, please get an updated physical from a primary care physician. In addition, Runners should complete and update their Privity account, instructions on SVA athletics website. Questions? Email Athletic Trainer, Laura Hancock, at [laura.hancock@svaga.net](mailto:laura.hancock@svaga.net).

### Preseason Training

Preseason training is an 8-week Program, starting June 1st, and includes:

- Aerobic Training, &
- Injury Prevention

**Summer Schedule:** A Remind Message will be sent out once a week throughout the Summer, starting June 1st, with each weekly training plan. The training plans will include suggested aerobic training for both New and Veteran runners, as well as an injury prevention plan. In addition, we are hoping to incorporate group training sessions that adhere to the most current GHSA guidelines. These group sessions will be announced on a weekly basis via Remind.

**Preseason Training Guidelines:** Aerobic training mileage should be completed in the form of road or trail running. Some suggestions for training: run in the morning or evening when temperatures are cooler; build up your daily training distances slowly as indicated by your Coach; run on soft surfaces (grass or dirt, if possible) rather than asphalt; stay hydrated by drinking plenty of water throughout the day. Some runners may find that Cross-Training (Elliptical Training, Swimming, Spin Bike, & Treadmill Running (at least 1% incline)) is beneficial when running outdoors is not appropriate (i.e. extreme heat, severe weather, or injury etc.). Runners should keep track of their aerobic training mileage and report their weekly mileage to their Coaches (a link to fill out weekly mileage will be sent via Remind). Reporting/Recording weekly mileage is a vital tool that the Coaches use to aid in each Runner's unique progression. 10 minutes of aerobic activity can be counted as 1 mile. Please be honest when reporting your weekly mileage.

**Preseason Training Equipment:** Digital Sport Wristwatch: You will need a digital sport wristwatch to keep time during your runs. Runners may decide to purchase a GPS Running watch as well, but keep in mind that \*\*GPS watches are not permitted during races/meets. Resistance Band/Loop: You will also need a resistance band/loop for injury prevention training. *Perform Better* bands are available at [Performbetter.com](http://Performbetter.com) or [Amazon.com](http://Amazon.com) for under \$10. You will most likely use a green or blue band depending on your initial strength. I would suggest purchasing both colors as you will likely start with green and progress to blue. We will continue to use these during the season. Shoes: It is recommended that you begin your training in new running shoes (if yours are 5 or more months old). GA Game Changers, Howe2Run, or Fleet Feet in Savannah do a great job of outfitting runners with running shoes to support each runner's biomechanics.

### **Tryout Information**

Tryouts will begin August 10th. Tryouts are mandatory. SVA must have a physical on file for the 2020-2021 school year prior to attending tryouts.

***Tryout schedule: Monday & Tuesday, August 10th & 11th, 6-7pm at BC.***

### **Regular Season - General Information**

SVA XC competes at both the JV and Varsity levels. We compete August through early November.

The 2020 Meet Schedule and Practice Schedule will be available in early August.

Regular Season Practices and Meets are mandatory. Practices are held 5-6 days/week.

August practices are typically scheduled for the evening time due to heat, and September -November practices are typically held right after school.



## **BC Cheerleading Tryouts**

June 15-16, 2020

Session 1: 10am-12pm

Session 2 (if needed): 1pm-3pm

BC Cafeteria

### **Eligibility:**

All young women enrolled at St Vincent's Academy who have been accepted, paid registration for fall 2020, and are in good standing with SVA, are eligible to try out. Athletes must also have a physical on file with SVA to participate.

### **Requirements:**

BC cheerleaders must attend all BC Football games (home and away), all BC cheer functions (including practices, meetings, appearances, pep rallies, etc.), host the BC Mini Cheer Camp (June 24<sup>th</sup> – 26<sup>th</sup>) and attend a summer camp (July 28th - 30th).

### **Cost:**

Cheerleaders selected will be responsible for the cost of camp & their uniforms.

### **Attire:**

Athletes should wear appropriate cheer attire (athletic shorts, tank top or t-shirt, cheer shoes or the like, hair up in a ponytail with bow, no jewelry.)

### **Judging:**

Selections will be based on:

- Their proficiency in basic cheer skills including cheering, dancing, jumping and facials (stunting & tumbling not allowed due to CDC Covid-19 guidelines currently).
- Their ability to interact positively with their peers
- Their attitude and enthusiasm

It is a "closed tryout". The gym/cafeteria will be closed to parents, siblings, & friends throughout the process.

**All athletes will be notified of the results by email on Tuesday evening June 16th 2020.**

Please fill out the attached registration form and return to Coach Anne Holland by Tuesday, June 9th 2020:

AHolland1088@gmail.com

**BC Cheerleading Tryout Registration Form**  
**All Forms are due by Tuesday, June 9th 2020 to AHolland1088@gmail.com**

First: \_\_\_\_\_ Middle: \_\_\_\_\_ Last: \_\_\_\_\_

DOB: \_\_\_\_\_

Address: \_\_\_\_\_

Email Address: \_\_\_\_\_ T-shirt Size \_\_\_\_\_  
(This will be used to notify you of the tryout results)

Home Number \_\_\_\_\_ Cell Phone No. \_\_\_\_\_

Mother's Full Name \_\_\_\_\_ Cell Phone No. \_\_\_\_\_

Address \_\_\_\_\_

Email address \_\_\_\_\_

Father's Full Name \_\_\_\_\_ Cell Phone No. \_\_\_\_\_

Address \_\_\_\_\_

Email address \_\_\_\_\_

Emergency Contact: (other than parent)

Name \_\_\_\_\_ Phone \_\_\_\_\_

Insurance Information:

Company Name \_\_\_\_\_

Policy Number \_\_\_\_\_

Parent Permission:

\_\_\_\_\_ has my permission to try out for BC Cheerleading. If selected she has permission to participate as a member of the cheerleading squad. I understand the responsibilities of being a cheerleader. I also understand the role I assume as a parent of a cheerleader and I will assist in every way to see that these rules and regulations are followed. I understand the school and coach assume no financial obligations due to expenses incurred by the cheerleaders. I also understand the school and coach assume no responsibility for any accident or injury that might occur during this cheerleading clinic or tryout.

\_\_\_\_\_ Date: \_\_\_\_\_  
Parent's Signature

\_\_\_\_\_ Date: \_\_\_\_\_  
Athlete's Signature



## Additional Tryout Info: CDC Social Distancing Guidelines (as of 6/1/20)

**Tryout Dates:** Monday, June 15<sup>th</sup> & Tuesday, June 16<sup>th</sup> 2020

(\*This is a mandatory 2-day tryout for each student-athlete.)

**Requirements:** Student-athletes must pre-register for BC Cheer tryouts by Tuesday June 9<sup>th</sup>. Tryout registration ensures student-athlete is eligible to participate in fall sports prior to tryout date. Registration also includes liability waiver required by BC.

\*Due to CDC guidelines, only 20 individuals are allowed on campus for cheer tryouts at one time. This includes athletes, coaches, judges and trainers. Dependent on the number of tryout registrants, a session time will be assigned to each athlete to ensure social distancing. This session time announcement will be made no later than Friday June 13<sup>th</sup>.

Session 1 (both days): 10am-1pm; BC Cafeteria

Session 2 (if needed): 1pm-3pm BC Cafeteria

**GHSA/CDC guideline implementation:** Athletes must arrive 15 minutes prior to tryout session start time. Temperature will be checked upon entering the building. After a permissible temperature reading, we will ask the athlete to wash their hands before participating in any instruction/activity. Athletes will be instructed to leave 6 feet of space between one another.

**Activities:** Tryouts will include Cheers, Dances & Jumps. No stunting or tumbling permitted at this time per GHSA (6/1/20).

Monday's tryout will include teaching the above activities and a review. Tuesday's tryout will include a short review of activities and an official tryout for judges.

**\*Any and all questions can be directed to Coach Anne Holland: AHolland1088@Gmail.com or 912-659-8024**