

## **MONTEREY ATHLETICS - JANUARY 7TH - 11TH**

### **Volleyball.....**

...practices have begun. So please check in with your child to see if they are interested in joining one of our teams. We still need more grade 6 or 7 girls for our Jr. team. It's not too late even if they missed the sign up meeting. Have them come to practice and ask the coach to sign up.

### **Coaches Confirmed**

Axel Robinson - Sr boys competitive [arobinson@sd61.bc.ca](mailto:arobinson@sd61.bc.ca)

Doug Tolson - Sr boys recreational

- Jr boys recreational [dougtolson@shaw.ca](mailto:dougtolson@shaw.ca)

Mia Kennedy - Jr Girls Rec [mk3nnedy@telus.net](mailto:mk3nnedy@telus.net)

Maddy Knott/Dan Mallett - Sr Girls Competitive [damallet@sd61.bc.ca](mailto:damallet@sd61.bc.ca)

Christina Trumpy/Lauren Malec - Sr Girls Rec [lmalec@sd61.bc.ca](mailto:lmalec@sd61.bc.ca)

[chtrumpy@sd61.bc.ca](mailto:chtrumpy@sd61.bc.ca)

Since there will be two Sr boys competitive teams, we are looking for one more coach. The time commitment would be for games only on Mondays beginning last week in January. Our boys coach, Axel, will run combined practices for the two teams. Please email Axel and Lana if you can help out!

### **Practices**

Sr Boys Competitive teams Thunder and Team Lightning

- Tuesdays 7:45 am
- Thursdays Lunch 12:21 p.m.
- Fridays 3:00 pm
- Game days Mondays

Sr Boys Rec (combined practice with Jr. Boys Rec)

- Mondays 7:45 am
- Wednesdays 3:00 pm
- Thursdays 3:00 pm
- Jamborees - three dates on Mondays

### **Jr Boys Rec - (combined practice with Sr Boys Rec)**

- Mondays 7:45 am
- Wednesdays 3:00 pm
- Thursdays 3:00 pm
- Game days Thursdays

### **Sr Girls Comp**

- Tuesdays at lunch 12:21 pm
- Fridays 7:45 am
- Game days Wednesdays

### **Sr Girls Rec (TBD)**

- Mondays and Fridays at lunch
- Jamborees three dates on Wednesdays

### **Jr Girls Rec or Comp (TBD)**

- We will need to see if we have enough players to form a team
- Thursdays 7:45
- Game days Tuesdays

### **Basketball!**

#### **Sr Boys Basketball (preparing for Provincials in Feb/March 2019)**

- Wednesday mornings 7:45 - 8:45
- Fridays immediately after the Sr boys volleyball practice 4:30-6
- Various tournaments and exhibition games (TBD)
- Provincials Thurs, Feb 28 - Sat, Mar 2

### **Upcoming Sports this Year**

Below I have included the Seasons of Play off the Lower Island Middle School Sport Association website. Please have a look at the league dates and what sports are offered and if you can help out, please send me an email. We are currently looking for volleyball coaches (see above information). Please consider helping out.

## 2018-19 LIMSSA SPORT SUMMARY

| FALL  |                 |                     |                 |  |
|---|-----------------|---------------------|-----------------|--|
| SPORT   | START           | END                 | COACHES MEETING | DETAILS  |
| Soccer  | Week of Sept 24 | Week of Oct 15      | Thurs Sept 13   | Tourn format for comp and Rec dates: week of Sept 24, Oct 1 and 15   |
| Cross Country   | Week of Sept 17 | Thursday October 25 | Thurs Sept 13   | 4 races on Wed or Thurs<br><br>Sept 20, Oct 4, Oct 11, Oct 25<br><br>(avoid soccer tourn when possible)                              |
| Basketball  | Week of Oct. 22 | Week ending Dec 7   | Wed Oct 3       | Competitive div: 6 wks league + playoffs (playoffs week of Dec 3)<br><br>Recreation Div dates:<br><br>Week of: Nov 5, Nov 19, Nov 26 |
| No play scheduled Dec 14 - Jan 14 - Schools may arrange own games |                 |                     |                 |  |
| WINTER  |                 |                     |                 |  |
| 7/ 8 Comp Volleyball<br><br>& 6/7 Comp                            | Week of Jan 21  | Week ending March 8 | Thurs Jan 10    | Competitive div: 6 wks league + playoffs (playoffs week of Feb 25)   |

|                         |        |  |              |   |
|-------------------------|--------|--|--------------|---|
| Triple Ball             |        | (comp league playoffs are the last wk) |              |   |
| All Rec Div Triple Ball | Jan 28 | Week ending Feb 27                     | Thurs Jan 10 | Jamboree format<br><br>Dates: week of Jan 28, Feb 4, Feb 18 |

No play scheduled March 18 - March 29 for Spring break & April 19-22 for Easter

### SPRING

|                    |                 |                    |                           |   |
|--------------------|-----------------|--------------------|---------------------------|---|
| Badminton          | Week of April 8 | Week ending May 10 | Tba<br>Week of<br>March 5 | Avoid play days already used by Rugby and Field Hockey<br><br>5 weeks including 1 championship tournament per grade |
| Rugby (boys)       | Week of April 8 |                    |                           |   |
| Girls Field Hockey | Week of April 8 |                    |                           |   |
| Track & Field      | Early May       | Week ending June 7 | Early April               | Suggested dates: May 9, May 13, May 22, May 29, Final June 5 or 6   |

General Game Days for team sports: (Soccer, Basketball, Volleyball)

**Monday**            **Grade 8 boys**

**Tuesday**          **Grade 6/7 girls**

**Wednesday Grade 8 girls**

**Thursday Grade 6/7 boys**

**Note:**

**-Grade 7/8 Basketball for Boys and Girls maybe Monday or Wednesday or both**

**-Also some exceptions to the above game days may be made due to holidays**