

## **MONTEREY ATHLETICS - APRIL 1 - 5TH**

### Rugby.....

.....is your son or daughter interested in playing middle school rugby but has not yet joined? There is still time to take advantage of this fantastic opportunity to give this fun sport a try whether your child already plays rugby or is a complete novice. This year's divisions include U160 (grade 7 and 8), U130 (grade 6 and 7), U100 (grade 6 and 7) and an open weight (grade 6-8). These divisions have been created to ensure safety for all who participate. Contact Roger at [rogerthelocal@gmail.com](mailto:rogerthelocal@gmail.com) or Glenn at [GB@cookstliquor.com](mailto:GB@cookstliquor.com) or our teacher sponsor, Ms. Trumpy [chtrumpy@sd61.bc.ca](mailto:chtrumpy@sd61.bc.ca)

**Parents, please fill out the permission slip that was sent out previously, sign and return. Without these returned, players will NOT be permitted to participate in jamborees.**

Practices will run Tuesdays and Thursdays for all girls and boys **at 7:30**. Cleats, a mouthguard and PE strip are required.

### Jamborees

Boys Grade 6 and 7 U130 - Wednesdays (TBA)

Boys Grade 7 and 8 U160 - Thursdays (TBA)

Girls Grade 6/7/8 - Wednesdays (TBA)

### Badminton....

....is just around the corner and will begin the first week back from Spring Break.

Coaches - Kelly Nyhan - recreational play - [knyhan@sd61.bc.ca](mailto:knyhan@sd61.bc.ca)  
- Doug Tolson - competitive play [dougtolson@shaw.ca](mailto:dougtolson@shaw.ca)

### Practices

Competitive (Doug Tolson) Mondays and Wednesdays after school and possibly one morning (TBD)

Recreational (Kelly Nyhan) lunch hours (TBD)

### Exhibition Games

- 1) Wednesday, April 10th - Monterey @ ROMS
- 2) Wednesday, April 17th - St Pats and Maria Montessori @ Monterey
- 3) Wednesday, April 24th - Monterey @ Central

## Girls Field Hockey

Our school based team is offered to our girls players in grade 6,7 or 8. Practices will be on Wednesday mornings and games will be held on Thursdays at the UVIC turf. This is a great opportunity for girls of any skill level to play. If your daughter missed the sign up meeting, please contact our teacher sponsor, Sharon Bowyer-Smyth for more information and to sign up.

**First practice Wednesday, April 3rd 7:30 am**

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

## Boys Field Hockey

There is also an opportunity for our boys to play in a local league that also focuses on development and fun. Please note, this is not a school team.

Please see information below:

Registration link: <https://goo.gl/forms/Dsz8riX2UtGbRpas1>

The format for the boys league is different as teams will not be formed at the school level, it doesn't require staff or a sponsor to run and, no equipment comes from the school level. Players will sign up to join the development program and will play with students from other schools. Last year we had over 40 boys register for the program. We currently have 25 registered for this season. We do extend the registration to include grade 5's and high school players who have some previous experience with field hockey.

The cost for the program is \$10 per player cost to recover the cost of the turf rental. This can be paid to GHMS on the first day of the program.

The Victoria Middle/High School Boys League will run from April 10-May 15 at the UVic field hockey turf next to CARSA. Matches will each Wednesday from 3:45-5:15. Players will be drafted onto balanced teams on a weekly basis and will play a Hockey 5's format for the league.

No experience is required as games will be leveled. We will have goalkeepers for this league. All gear will be supplied and training will be offered.

Mouth guards and shin guards are the responsibility mandatory for every player at each session. Uniforms will be provided for each team. We will provide sticks for any player wishing to play. We will ask that boys wear black shorts and black socks for the sessions. Players are responsible for their transportation to and from the event.

## Volleyball.....

Thank you to all of our coaches for volunteering countless hours to our kids!

Coaches

Axel Robinson - Sr boys competitive Team #1 Thunder

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

Colin Scott-Montcrieff Sr boys competitive Team #2 Lightning

[MontcrieffC@camosun.bc.ca](mailto:MontcrieffC@camosun.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/Daniel Mallet - 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)

### U13 Girls Basketball (3 x 3) BC Zone 6 (Lower Island) Team Tryout

This is an invitation for any girl born in 2006 or later to try out for a roster spot on the team. The coaches are Marisa Harrington (former Willows, Monterey and Oak Bay High student) and Larisa Cesaretti. The camp will run April 6th and 7th at Oak Bay High. Select players will get the chance to represent Zone 6 at the start of June in Langley. This is a development program to prepare athletes for the 2020 BC Summer Games held in Maple Ridge.

For more information about this opportunity, please email Marissa at [mar.harrington11@gmail.com](mailto:mar.harrington11@gmail.com).

### Spring Break Passionsport Basketball Camp Opportunity - **Almost full!**

Is your son interested in getting ready for the Spring basketball season and Monterey basketball next year? Passionsport camps have proven over and over again to improve players' skills in a fun and competitive atmosphere. These camps fill up quickly so if you are interested, please read the information and follow the links below.

### Fast and Female Event

**GNS is excited to announce on Friday, May 17th, from 9-12:30pm, we are hosting an event with Fast & Female. Their mission is to inspire and help keep girls healthy and active in sports through their teens!**

**Olympians, Elite & Varsity Athletes from around BC will lead fitness stations, host inspirational chats and Q&A's with participants, autographs, and end the event with a big dance party! Participants will enjoy high-quality face-to-face time with female athlete role models. For more information, please visit the registration page:**

**<https://ffchampchatvictoriabc.eventbrite.ca>**

Hello Everyone,

Spring is sneaking up fast and we are running our Spring Break camp at SMUS from March 18th-22nd.

Our spring break camp is designed to help every player get a great start to their off-season and give them the tools to continue to improve, train, and prepare for next season. Recommended for players with past experience. Building off our sold-out Christmas camp we look to put together another fun and positive experience for the athletes. With five full days, we look forward to lots of skill development as well as gameplay.

Details:

Date: March 18th-22nd

Time: 9am-3pm

Location: SMUS Sr School (3400 Richmond Rd)

Ages: 8-11, 12-14

Cost: \$175 & \$195

Registration: Open Now, click the "**Reserve Your Spot**" button below.

Note: The Spring Break camp has a cap of 55 athletes and registration fills up fast. Please register early to avoid disappointment.

If you have any questions about the program and whether or not it is right for your child please don't hesitate to contact me at the phone number or email address below.

See you at the gym,

Dylan Marsden

[dylan@passionsports.ca](mailto:dylan@passionsports.ca)

778.679.7788 (cell)

## 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  Sept 20, Oct 4, Oct 11, Oct 25  (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)  Recreation Div dates:  Week of: Nov 5, Nov 19, Nov 26
No play scheduled Dec 14 - Jan 14 - Schools may arrange own games				

## WINTER

<p>7/ 8 Comp Volley- ball</p> <p>&amp; 6/7 Comp Triple Ball</p>	<p>Week of Jan 21</p>	<p>Week ending</p> <p>March 8</p> <p>(comp league playoff s are the last wk)</p>	<p>Thurs Jan 10</p>	<p>Competitive div: 6 wks league + playoffs (playoffs week of Feb 25)</p>
<p>All Rec Div Triple Ball</p>	<p>Jan 28</p>	<p>Week ending Feb 27</p>	<p>Thurs Jan 10</p>	<p>Jamboree format</p> <p>Dates: week of Jan 28, Feb 4, Feb 18</p>

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

## SPRING

<p>Badmint on</p>	<p>Week of April 8</p>	<p>Week ending May 10</p>	<p>Tba Week of  March 5</p>	<p>Avoid play days already used by Rugby and Field Hockey</p> <p>5 weeks including 1 championship tournament per grade</p>
<p>Rugby (boys)</p>	<p>Week of April 8</p>			
<p>Girls Field Hockey</p>	<p>Week of April 8</p>			

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
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**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