



FEBRUARY

2022

SPRING SPORTS REGISTRATION EXTENDED TO SATURDAY, FEBRUARY 5, 2022!

- Register & pay on the AMAAA website: <https://www.avemariaaaa.org/>
- Please see the 8 options for spring sports below:
 - **Co-ed Soccer (Grades 3-8):** 2 practices/week and section games with other diocesan schools
 - **Co-ed 2nd Grade Soccer:** 2 Practices/week and scrimmage games with other diocesan schools.
 - **Co-ed 1st Grade Soccer:** 2 practices/week and scrimmage games with other diocesan schools.
 - **Co-ed Little Kickers (Grades K-2):** 1 practice/week for basic skill development and no scrimmages with other diocesan schools.
 - Please note for grades 1-2 Soccer: *Parents may either enroll their children in Little Kickers if they are looking for basic skill development or in 1st or 2nd-grade soccer for more advanced players who want to participate in scrimmage games with other diocesan schools.*

SPRING SPORTS CONTINUED

- **Boys Volleyball (grades 5-8):** 2 practices/week and weekly matches against other diocesan schools.
 - **Co-ed Developmental Volleyball (Grades 3-4):** 2 practices/week and weekly matches against other diocesan schools.
 - **Co-ed Track & Field (Grades 3-8):** 2 practices/week and weekly meets with other diocesan schools.
 - **Co-ed Little Runners (Grades K-2):** 1 practice/week and option to participate in weekly diocesan meets.
- For those families unfamiliar with Track & Field/Little Runners, please see the brief overview from our Head Coach, Ryan Silvis.
- **Track and Field (Grades 3-8)**
 - Introduction to track and field. All grades will participate in fun activities designed to improve overall athletic ability. Events include all running events (sprints through distance), relays, long jump, shot put, and turbo javelin (5-8th graders only on throwing events). Older grades will be introduced to intermediate-level technical skills. Athletes can participate even if there are conflicts with other activities (attend when you can).
 - Practices: Every Monday and Wednesday night
 - Meets: Saturdays in April and May

- **Little Runners (Grades K-2)**

- Fun running themed activities. Think gym class with a running focus. Little Runners will participate in multiple stations each practice that include running games, mini hurdles, pool noodle chases, parachutes, and much more! Optional meet participation in sprints and long jump. Separate awards are given at Diocesan Championship for the K-2 age group.

- Practices:

One Night a Week

- (day of week TBD)

- Meets:

Saturdays in April and May

- Questions: Ryan Silvis at ryan.m.silvis@gmail.com
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SAVE THE DATE! - 8TH-GRADE SPORTS BANQUET

- All 8th-grade student-athletes/coaches and their families are invited to an end-of-year banquet to celebrate individual and team achievements.
 - The Banquet will be held in the **St. Thomas More Family Life Center on Sunday, May 15, 2022, from 5-8 pm.**
 - More information coming soon.
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8TH-GRADE BASKETBALL RECOGNITION!

- 8th-Grade Girls (Blue & White):
 - Feb. 12th - Recognition will be between the 2 varsity girls' games,
 - White starts at 5:15 & Blue starts at 6:30.
- 8th-Grade Boys:
 - Blue - Feb. 18th 7:30, game time 7:45
 - White - Feb. 26th 1:15, game time 1:30
 - Gold - Feb. 19th 3:45, game time 4:00

Please come to the games to celebrate & recognize our student-athletes!



THE SHAMROCK SHUFFLE IS BACK!



- Please consider supporting the Shamrock Shuffle 5k as a way to promote family, fitness, and fun.
- There is a virtual and in-person option taking place the weekend of
 - March 19th and 20th.
- Spread the word to your family and friends as we have a goal of gaining participants in every US state and beyond!
- You can sign up at :
 - <https://runsignup.com/Race/PA/AnyCity/ShamrockShuffle5kRunWalkVR>

RACE Registration:

\$30 per adult

\$20 per child under 16

\$85 per household

Registration includes Race Packet with T-Shirt!



QUESTIONS?? SHAMROCKSHUFFLE.AVEMARIA@GMAIL.COM

LITTLE PEPS / CHEER / MAKE-UP PICTURES WEDNESDAY, 2 / 2 / 22 - BP GYM

- Little Peps and Cheer will begin photos at 4:30 pm.
 - Make-up pictures for those teams who missed due to bad weather and any 8th graders who missed will begin at 5:30 pm.
 - Little Dribblers will be scheduled on a Thursday evening in February as soon as a date is finalized.
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LET'S GO ROYALS!



AVE MARIA ACADEMY
ROYALS