July 2019

To: Parents of Bengal Athletes

From Chris Deakins

RE: Fall sports

Dear Parents,

I hope everyone is enjoying summer vacation! I cannot believe it is that time already, but we need to start preparing for the upcoming sports seasons. In the fall, we offer girls volleyball, cross country and our running club. Starting this year, we will do all sports registration online and all payments will be made through your FACTS account. This will aid us in streamlining the process and save a few trees! Here is a more detailed listing of the sports offered in the Fall.

* **Girls Volleyball –** Girls volleyball is offered for girls in grades 4th through 8th. Our 4th to 6th grade girls play in the Northside Catholic Academy league which takes place on one weeknight a week. The girls will practice 1 or 2 times a week and will play 8 to 10 matches. This is an instructional league and is great for girls with little experience. Our 7th and 8th grade girls play in the Queen of Angels league and may play on several nights during the week or weekend. The girls will practice 2-3 times a week and will play 16 to 20 matches.
* **Cross Country –** Cross Country is offered to boys and girls in grades 3rd to 8th. The cross country team will practice 2 times per week after school and will compete in 6 to 10 meets. Practice for cross country will start in early August before school starts so it is very important I get registrations right away so I can get them to the coaches.
* **Running Club –** For our younger runners in grades 1st to 3rd. The running club will meet on Tuesday after school beginning on September 11 and ending on October 16.

Please register via the [online registration form](https://forms.office.com/Pages/ResponsePage.aspx?id=4aP2WaCWNU-RnFx-jNLG4qPRxn9wRNdBt4v0UiI45MxURExUSVQzR1RBQjJaUUU1UUI5UlhWUEJYWS4u) or visit our website (<https://stbens-newsite.squarespace.com/config/pages>).

Also included in this mailing is a concussion form which must be filled out and on file for all students who participate in inter-scholastic sports at St. Benedict.

Thank you and see you soon!!

Chris Deakins

Athletic Director

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