

Dear Convent & Stuart Hall Families,

Welcome to Convent & Stuart Hall Athletics! Our mission as an Athletic Department is to help students identify and embody the values learned through athletic participation and to develop the ability to apply them to all aspects of their lives. We are excited for you to join our athletic programs and look forward to a successful 2024-25 year ahead.

If you are interested in participating in a school athletic program, please refer to the information below.

### **Important Dates:**

- **Fall Sports: Monday, August 12, 2024**

Cross-Country, Football, CHS Golf, CHS Tennis, CHS Field Hockey, CHS Volleyball, Sailing.

- **Winter Sports: Monday, November 4, 2024**

Wrestling, CHS Basketball, SHHS Basketball, CHS Soccer, SHHS Soccer.

- **Spring Sports: Monday, February 10, 2025**

Badminton, Track & Field, Swimming, Baseball, Fencing, SHHS Golf, CHS Lacrosse, SHHS Lacrosse, SHHS Tennis, SHHS Golf, SHHS Volleyball, CHS Beach Volleyball

### **High School Sports Kick Off Information Meeting:**

- Session 1: Tuesday, August 6 from 9-9:45AM (Zoom)
- Session 2: Tuesday, August 6 from 5-5:45PM (Zoom)

### **Required Medical Forms:**

- Sign-Up for Fall, Winter, and Spring Sports Programs [Here](#).
- Complete the [Pre-Participation Examination Form](#) (PPE) and upload the form to the [HS Athlete Medical Forms Upload](#). This is **required** no later than **August 1**.  
*\* If you are planning to workout over summer, this must be turned in prior to joining a practice.*
- Team Information: Read about all of our individual programs by clicking on the individual team icons [here](#).

### **What is On Deck For Athletics?**

We will be shifting from our current communication platform, InstaTeam (app) to a new platform called Ballfrog (app & website). Summer programs will continue to use InstaTeam for communication until we are ready to launch Ballfrog. **Starting August**

**1, all sports programs will be communicating off of Ballfrog.** More info to come.

- For Summer Workouts, please use InstaTeam for workout schedules. Codes can be found under the *Practice Schedule Tab* under each individual sports icon found [here](#).

### **Summer Workouts:**

The following programs will have optional workouts over the Summer. Please download InstaTeam and follow for the complete schedule.

- Cross-Country: Head Coach [Mike Buckley](#)
  - 6/17-8/9 [Link](#) to detailed information.
- SHHS Basketball: Head Coach [Charley Johnson](#)
  - 6/12, 6/19 & 6/26: 4-7PM at P/O gym. [Link](#) to detailed information.
- CHS Basketball: Head Coach [Gina Domergue](#)
  - 6/10-8/9: Mondays & Tuesdays from 3PM-7PM Herbert and P/O gyms. [Link](#) to detailed information.
- CHS Soccer: Co-Head Coaches [Ashley Henry](#) and [Sophie Frank](#)
  - 7/29-8/9 Tuesday-Thursday 9-11AM Syufy Court (Broadway)
- CHS & SHHS Volleyball: Head Coach [Kurtis Wong](#)
  - 6/11-7/12 Tues-Thursday Herbert & P/O gyms. [Link](#) to detailed information.
- SHHS Soccer: Head Coach [Joe Carver](#)
  - TBD
- Badminton: Head Coach [Nick Lau](#)
  - TBD
- Swimming: Head Coach [Doug Dawkins](#)
- CHS Field Hockey: Head Coach Allison Lovejoy
- Strength & Conditioning: Coach [Barclay Spring](#)
  - The Performance Lab on the Broadway campus will be open this summer on \_\_\_\_\_

### **Student Athlete Leadership Team (SALT)**

For students interested in building leadership skills related to athletics, they are encouraged to join SALT. This is a great opportunity to work with other student-athletes in various programs and in multiple grades. This year's Leadership Summit will be held on **August 12 (al) & 13th (freshmen) from 10AM-2PM at Broadway**. Sign-up will come out this summer.