

From the Desk of Tara Rose, Athletic Director



May 1, 2025—Over the past week, I had the opportunity to meet with our middle school and high school students to discuss athletics and activities. I'd like to take a moment to share the key information I discussed with them.

My Goals as an Athletic Director:

1. Create good people.
2. Prepare our students for their next phase of life, whatever that may be.
3. Give you a good experience — have fun & make memories.

Athletic Core Values:

- **Integrity**
- **Sportsmanship**
- **Leadership**

Core values are important because they define our fundamental beliefs and guiding principles that shape an organization's culture, decision-making, and behavior.

Leadership Group available to HS Students

SALT (Saints Student-Athlete Team) Goals — Help drive decisions and culture in the athletic department, improve leadership skills, and give back to our community.

Mental Health Resource Center (NEW) —This will open June 2, 2025, outside of the weight room. A table with resources will be available for any kids struggling with mental health and/or looking for coping mechanisms to handle stress, anxiety, or depression.

Summer Training:

- Weight Room: Sessions are at 7:00 a.m., 8:00 a.m., 4:00 p.m., 5:00 p.m., and 6:00 p.m. *Students need to be registered for weight training.*

***Summer Weight Training Registration Link**

For HS athletes to letter in the weight room, they must attend 40 sessions and complete at least 30 TeamBuilder Workouts by Friday, August 15.

- *Yoga and stretching Session—once a week (Thursday mornings at 9:00 a.m.). This is fantastic for maintaining or gaining flexibility and helping with muscle recovery, fatigue, and injury prevention.
- Running — To letter in summer running, you must run 150 miles by Friday, August 1st.

Sports Eligibility — Must have these turned in or completed before your student-athlete can practice.

- Physical complete by a doctor every other year (alt year card in the off years)
- Register online & Payment (Link- <https://scfschools.revtrak.net/athletic-fees/#/list>)

Start Dates (Fall sports):

- MS Sports – will all start Aug 25, 2025
 - Cross Country (6th-8th)
 - Volleyball & Football (7th-8th)
 - MS/HS Dance starts in early August.
- HS Sports
 - Football – Aug 5th
 - Girls Golf – Aug 11th
 - Cross Country/Soccer/Volleyball – Aug 18th



Communication App (NEW) for all Sports next Year- SportsYou

All Coaches will be asked to have a “Team” on this communication app called SportsYou. I’ll ask coaches to allow both kids, parents, and guardians on the team to try communicating with the app at least once a week.

While we are still enjoying the spring athletics and summer hasn’t even started, I’m already excited about the 2025/2026 athletic season!

Let me know if you have any questions.

Thank you!

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