

SUPERCATS

3rd and 4th Grade / 5th and 6th Grade

The goal of the SUPERCATS program is to continue to develop fundamental sportsmanship and teamwork as we introduce our student-athletes to interscholastic competition. SUPERCATS programs will practice Mondays through Wednesdays. Competitions against outside teams will most often be on Thursdays. Parents will be needed to help with coaching and instruction, but professional guidance will be provided by the St. Luke's coaching staff. The SUPERCATS Program includes :

Football (Boys) and Cross Country (Co-ed) beginning the first week in August and ending the second week in October.

Soccer* beginning the first week in November ending the second week of December

Basketball* beginning December 26th and running thru February.

Volleyball (Girls) and Track and Field (Co-ed) beginning March 1st and running thru the first week in May

There is a \$100 fee per participant. Each athlete receives practice gear and a picture.

*unless notated teams will be gender specific

AHSAA

7th -11th Grades

At this level our athletic program is governed by the Alabama High School Athletic Association. All practices, dates, competition limits, eligibility requirements, and competitors are determined by AHSAA. There are fees for each sport, determined by the required gear, which will become the property of the participant. Although we understand the importance of winning and advancement, sportsmanship, teamwork, and development are imperative for our success. Limited participation requirements in some sports will mandate a selection process for players.

It is imperative that the St. Luke's community be aware of the regulations we must adhere to as members of the AHSAA. No athlete playing on an AHSAA team may participate on an outside team (AAU, etc) during the AHSAA season. There are some exceptions so please contact the St. Luke's administration with any questions or concerns.

Sports offered include: **Football, Volleyball, Basketball, Baseball, Soccer, Cross Country, Swimming and Diving, Indoor Track, Track and Field, Golf, Softball, and Tennis.**



ATHLETICS

2011

Programs

www.stlukemobile.com

251.666.2991

From PK3-12th the Development of our Youth is Paramount

St. Luke's is extremely proud of the rich athletic tradition which has been such a significant part of our wildcat spirit. As you enter the Early Childhood and Lower School Gymnasium you are quickly aware of the banners that signify the many athletic successes of which we have been a part. As you watch practices and games you feel the values, desires, and intentions that have been shared by the coaches who have given unselfishly of their time, effort and care.

Now competing as members of the Alabama High School Athletic Association in grades 7 and up, we are faced with the challenge of building upon excellence in order to continue our 50 year tradition of competition, achievement and success.



KIDDIE CATS

PK3, PK4 and K5

The goal of the Kiddie Cats Program is to introduce our youngest Cats to athletics and team structure while having fun. This program will also serve as a great way for our parents to get to know the children and parents with whom they will spend so much of their time over their years at St. Luke's.

Held on Sunday afternoons, the Kiddie Cat Program will include one hour of practice and one hour of intramural competition. All teams will be co-ed and will be coached by parents under the guidance of a St. Luke's administrator.

The KIDDIE CATS Program includes:

Soccer beginning the first Sunday after Labor Day and continuing for 5 weeks

Basketball beginning the first Sunday after Christmas and continuing for 3 weeks

T-Ball beginning the third Sunday of February and continuing for 5 weeks
There is a \$50 fee per participant. Each athlete will receive a t-shirt and trophy.

CUBS

1st and 2nd Grade

The goal of our Cubs Program is to continue the foundation of fun athletic development while extending the opportunities to expand practices and preparation. The CUBS Program provides teams with two days of activity per week. Practice will be held one day each week. The intramural competition will take place on a different day within the week. CUBS teams will be coached by parents under the guidance of a St. Luke's administrator.

The CUBS Program includes:

Flag Football (Boys) beginning the first week in September and continuing for 5 weeks

Volleyball (Girls) beginning the first week in September and continuing for 5 weeks

Basketball (Co-ed) beginning the first week in November and continuing 5 weeks

Soccer (Co-ed) beginning the 2nd week in February and continuing for 5 weeks

There is a \$50 fee per participant. Each athlete will receive a t-shirt and a picture.