

Sports offered:

Our Lady of the Assumption School offers an array of extra-curricular sports to its students. For grades 1st through 4th, a Little Dribblers program is offered to both boys and girls to help instruct and develop the basketball skills necessary for participation in the PAL (Parochial Athletic League) basketball league offered by the Diocese of Sacramento for grades 5-8.

Once a student reaches the fifth grade, both boys and girls are eligible to participate in Diocese of Sacramento sponsored sports. Students participate on various teams that compete in the PAL against other member schools. 5th and 6th graders play in the JV division. The JV division incorporates players from both classes to participate in either the "competitive" team or the "Rec" team. Each player will try-out to determine the team he or she will be eligible for. 7th and 8th graders also have the same process to determine the status as a "competitive" or "Rec" participant in the Varsity division.

Our Lady of the Assumption offers girls volleyball, boys flag football, and co-ed cross country during the fall season. Basketball is offered during the winter season. The athletic season rounds off in the spring with golf and track. On some occasions, a boys volleyball team is fielded. This later sport is determined by the number of interested athletes. Although the PAL offers a girls flag football season for 6-8th grade, Our Lady of the Assumption has never had enough interested parties to field this team.

All our coaches are parent or non-parent volunteers. If you are interested in coaching or volunteering for the sports program, please contact Taryn Wright, Athletic Director at (916) 489-8958 ext. 116 or twright@olaparish.net

Physical Education classes:

OLA offers PE classes for K-8th grade. It provides active and challenging classes for each grade level. Students learn the health-related benefits of regular physical activity and the skills to adopt a physically active, healthy lifestyle. With physical education instruction, students become confident, independent, self-controlled, and resilient; develop positive social skills; set and strive for personal, achievable goals; learn to assume leadership; cooperate with others; accept responsibility for their own behavior; and, ultimately, improve their academic performance. Students participate in gross motor movement, learn the rules of organized playground and court games, and are encouraged to be physically active in their lives. Some units include: hockey, basketball, football, volleyball, etc.