

Welcome to St Francis,

My name is Chiara Adamo and I'm the PE Teacher/Athletic Director (AD). Below is a general overview of our Athletics Program.

The PAL

We participate in the Parochial Athletics League (PAL) with other Catholic Diocesan schools and private schools in the Sacramento/Davis/Roseville/Folsom area.

The PAL website is <https://sites.google.com/a/faculty.jhs.net/pal/home>.

TK/Kindergarten Pee Wee Pups is an intramural basketball program. Students learn a zone defense, athletic stance, dribbling, passing, and shooting skills during PE class. We will have 3 games in February for parents and older siblings to attend and root on the Pups. Signs ups will be in January.

1st-4th grades may participate in Little Dribblers, our peewee basketball program. Practice is during PE, games are Saturdays during January and February. I encourage all children to play because they really enjoy representing their school and it builds class unity. Registration will be in November. More information regarding the Little Dribbler program can be found at <https://sites.google.com/a/faculty.jhs.net/pal/littledribbler>.

5th-8th grades may participate in

Fall Sports	mid August-early November	Girls Volleyball, Boys Flag Football, Co-Ed Cross Country
Winter Sports	mid November-end of February	Girls and Boys Basketball
Spring Sports	early March-mid May	Boys Volleyball, Girls Flag Football, Co-Ed Track and Field, Co-Ed Golf

- Girls Flag Football, Boys Flag Football and Boys Volleyball at this time are open to 6th-8th, but with the coaches' permission 5th graders may "red shirt" or play on the practice team. In addition, 4th graders may "red shirt" or join the practice team for Cross Country and Track.
- Volleyball and Basketball have 2 leagues: a Recreational league and Competitive league. The coaches and I will do our best to put students in the best league to develop their skills and have fun.

Fall Sports Information and Registration

Registration for Fall Sports opens May 21st and closes May 30th. We will reopen registration the first week of school.

Tentative Practice Schedule

Girls JV Volleyball	Monday/Wednesday 3:30-4:30
Girls Varsity Volleyball	Monday/Tuesday 4:15-5:45 Friday 2:30-4
Boys Flag Football	Monday/ Wednesday 4:30-6
Co-Ed Cross Country	Tuesday/ Thursday 3:45-5:15

Registration paperwork includes

1. **Sports Application**
has been attached to this email and can be found in office
2. **Health Verification**
online at <http://stfranciselem.org/parents/forms-and-resources> and
in office
3. **Emergency and Medical Form**
online at <http://stfranciselem.org/parents/forms-and-resources> and
in office

Even if you think your child will not participate in sports please get the Health Verification form signed by your doctor. More often than not children will decide last minute and this form can be difficult to procure depending on your doctor's ability to quickly schedule an appointment.

Please email me with any questions or interests in coaching.

Go Wolves,

Chiara Adamo

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