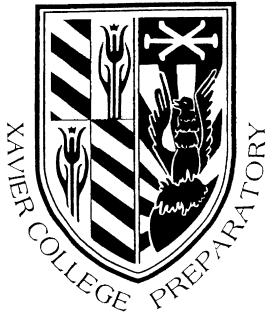


# Xavier College Preparatory

## 2010 Fall Sports Tryout Information



Vice Principal for Activities/Athletic Director:

Sister Lynn Winsor, BVM, CMAA

Associate Athletic Director:

Sister Nancy Perlick, RSM, CMAA

Athletic Assistant: Mrs. Sue Roth

Athletic Trainer: Mrs. Laurie White, MS, ATC, AT/L

Athletic Trainer: Ms. Sara Golec, ATC, AT/L

### **BADMINTON**

#### **Badminton Camp:**

2010 Arizona Summer Badminton Camps Directed by Guy Chadwick  
at Xavier College Preparatory on **Saturday, August 21<sup>st</sup>** from 8:00am – 12:00noon

Cost = \$25 before August 8<sup>th</sup> \$ 30 after August 8<sup>th</sup>

**Sign up via e-mail** at: [GCoachGC5@cox.net](mailto:GCoachGC5@cox.net) (Click on 2010 Arizona Summer Badminton Camps for registration form and mailing directions.)

**Open Badminton Gym** Monday, August 9<sup>th</sup>, to Thursday, August 12<sup>th</sup>, from 1:00pm – 3:00pm in the Activity Center. Wear tee shirts, shorts, and tennis shoes and bring a racquet if you have one. (Xavier will provide one if needed.)

**Badminton Tryouts for girls in 9, 10, 11, and 12** are in the Activity Center on:

Monday	August 16 <sup>th</sup>	3:30pm – 5:30pm
Tuesday	August 17 <sup>th</sup>	3:30pm – 5:30pm
Wednesday	August 18 <sup>th</sup>	3:30pm – 5:30pm
Thursday	August 19 <sup>th</sup>	3:30pm – 5:30pm

Girls trying out must attend all days of tryouts. Wear tee shirts, shorts, and tennis shoes and bring your racquet if you have one.



**Coaches: Mrs. Nancy Meyer and Mrs. Susie Murphy**

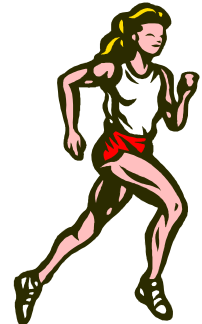
## CROSS COUNTRY



Come dressed to run; wear shorts, tee shirts (**NO halter tops or sports bras**) and running shoes. Bring a water bottle. **Meet in front of the Activity Center at 6:00am each day.**

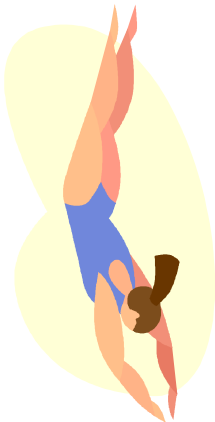
Those trying out must attend all days of tryouts.

Monday August 16<sup>th</sup>  
Tuesday August 17<sup>th</sup>  
Wednesday August 18<sup>th</sup>



**Coaches: Dr. Jeff Messer, Mr. Dave VanSickle, Mrs. Catherine Wyman, Mr. Vito Perrone, and Ms. Haley Paul**

## DIVING



**Mandatory pre-tryout meeting Thursday, August 12<sup>th</sup> after school in F111. All interested MUST attend.**

Tryouts for girls in 9, 10, 11, and 12 on:

Friday, August 13<sup>th</sup> from 1:30pm – 3:30pm and

Monday, August 16<sup>th</sup> from 3:30pm – 5:30pm

Tryouts at Phoenix Country Day School.

**Coaches: Mrs. Kristin Aguirre and Ms. Laura Forbes**

# FROSH TENNIS

Tryouts will be held:

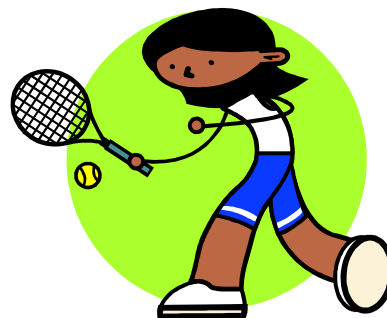
Monday, August 23<sup>rd</sup>

Tuesday August 24<sup>th</sup>

Wednesday, August 25<sup>th</sup>

from 3:30pm – 5:30pm on Xavier’s Tennis Courts.

Come dressed to play and bring your racquets. If you do not have a tennis racquet, Xavier will provide one for you.



**Coaches: Mrs. Laurie Martin and Mrs. Amy Stern**

# GOLF

All trying out must attend all days of tryouts. For tryouts, bring clubs to Sr. Lynn’s office to store during the day by 8:00am each day. Wear blue XCP polo shirts and white Bermuda-length shorts for tryouts.

**Grades 9, 10, 11, and 12 tryout each day as follows:**

Wednesday	August 11 <sup>th</sup>	Mandatory meeting in Lutfy Hall at 12:00pm followed by tryouts – Bus / van leaves XCP at 1:00pm
Thursday	August 12 <sup>th</sup>	Bus / van leaves XCP at 1:00pm
Friday	August 13 <sup>th</sup>	Bus / van leaves XCP at 1:00pm
Monday	August 16 <sup>th</sup>	Bus / van leaves XCP at 3:15pm
Tuesday	August 17 <sup>th</sup>	Team list posted on Sports Bulletin Board Team Meeting at 3:20pm in Lutfy Hall



**Coaches: Sr. Lynn Winsor and Ms. Tui Selvaratnam**

# SWIMMING

Girls trying out must attend each day of tryouts. Come with swimsuits and towels. Tryouts at Brophy East (BE), 2902 East Campbell, Phoenix.

## Tryouts:

Wednesday	August 11 <sup>th</sup>	1:30pm – 3:30pm	BE
Thursday	August 12 <sup>th</sup>	1:30pm – 3:30pm	BE
Friday	August 13 <sup>th</sup>	1:30pm – 3:30pm	BE



## Intrasquad Swim Meet & Parents' Meeting:

Saturday	August 14 <sup>th</sup>	8:00am – 12:00pm	BE
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## Normal Practice:

Mondays – Thursdays	3:10pm – 5:10pm	BE
Fridays	1:30pm – 3:30pm	BE

**Coaches: Mrs. Colleen Murphy, Mrs. Jennifer James, and Mr. Doug Esch**



*Gators were meant to swim!*



# ATHLETIC TRAINING

# STUDENT ASSISTANTS

New classes for student interested in learning about sports healthcare and working with Mrs. White to provide for the gators' sports teams will begin in August.

**Head Athletic Trainer: Mrs. Laurie White, ATC, AT/L**  
**Assistant Athletic Trainer: TBA ATC, AT/L**

# VOLLEYBALL

**Open Gym for Volleyball is open to all XCP students.** Open Gym: Monday, August 2<sup>nd</sup> through Thursday, August 5<sup>th</sup> – 4:30pm – 7:30pm in the Activity Center

All trying out must attend all days of tryouts. All tryouts are held in the Activity Center. Come dressed to tryout in shorts, tee shirts and tennis shoes.

## Tryouts for Frosh:

Monday	August 9 <sup>th</sup>	3:00pm – 5:00pm
Tuesday	August 10 <sup>th</sup>	2:00pm – 4:00pm
Wednesday	August 11 <sup>th</sup>	2:00pm – 4:00pm
Thursday	August 12 <sup>th</sup>	2:00pm – 4:00pm

## Tryouts for 10, 11, and 12:

Monday	August 9 <sup>th</sup>	5:00pm – 8:00pm
Tuesday	August 10 <sup>th</sup>	4:00pm – 7:00pm
Wednesday	August 11 <sup>th</sup>	4:00pm – 7:00pm



**Coaches: Mr. Tim McHale, Ms. Susan Contreras,  
Ms. Lamar Bryant, Mr. Matt Rogers,  
Mr. Jake Lewis and Ms. Paige Mittelstaedt**

# SPIRIT LINE & GATOR LINE



The Fall/Winter Spirit Line for both Pom and Cheer and the Gator Line were selected in April, 2010. Check the athletic bulletin board across from the office of the Vice Principal for Activities/Athletic Director in Piper for dates, times and location for the 2011 – 2012 Spirit Line Pom and Cheer and Gator Line tryouts. **A meeting for all girls interested in trying out for the 2011 – 2012 Spirit Line and for the Gator Line will be held at lunch in March of 2011 in Lutfy Hall.**



**Spirit Line / Gator Line Coaches: Mrs. Monica Gaspar,  
Ms Heather Carder and Ms. Stephanie Walsh**