To 2nd, 3rd, 4th, and 5th Grade Students and Parents,

Fall sports will be here soon, so it is time to start planning for your student-athlete. All sports schedules will be linked on the athletic website for your convenience, (https://www.sgsdragonathletics.com). We have a no-cut sports program and encourage participation. There is a spot for everyone to be part of a team. If you are new to Saint George's school, athletics is the perfect way to get involved.

Saint George's 2nd, 3rd, 4th, and 5th student-athletes compete in the Diocese League of Spokane in cross country. The 5th graders also compete in basketball during the winter.

Important Dates
Cross country will practice 2-3 times per week after school. Meets are traditionally on Fridays after school. Saint George's will provide a bus to each away meet. The final schedule should be out in August. Coaches Brad Kirsch, Kelsey Nylund, and Samanatha Anderson will have practice dates and more information for all runners/families prior to the season beginning.

Basketball practice usually begins after winter break in January. The last few years the schedule was moved later in the school year because we had a shortage of officials. Parents will be updated as soon as the picture becomes clearer on a start date. The 5th graders practice during their second break in the afternoon. The games for the 5th graders are on Sunday afternoon.

Each student/athlete must have all athletic forms submitted prior to the first practice or they will be unable to participate in practice. Even if you do not participate in fall sports, but participate in other activities throughout the year, it is best to get these forms in at the beginning of the year when possible.

Note – All forms are on Final Forms, our forms collection website. Each student and parent will receive an email from Final Forms with instructions on filling out your school forms. There is a link on Final Forms to the official Physical Form.

Once all forms are turned in on Final Forms, athletes may participate in practice.

If you have any questions, feel free to call me at 464-8782 or e-mail me at ryan.peplinski@sgs.org.

Go Dragons!

Ryan Peplinski
Athletic Director