

August 2011

SBA Volleyball Players:

Hope all of your summers have gone well and that you are looking forward to a great season of volleyball. Our first practice will be on Monday Aug. 15 at 7:00 pm. We will go over the rest of the week's schedule that evening. Please remember to bring your volleyball shoes and knee pads. I'm looking forward to a spectacular season and I can't wait to see all of you on Monday ready to get your volleyball on!!!!

Coach Hall

SBA Cross Country Runners:

We are looking forward to another great year. Practice will begin Monday, August 15 at 7:00pm. I will give you the schedule for the rest of the week at that time. No Practice on Saturday.

See you Monday ready to run!!!

Coach Pedersen

SBA Football Players,

I trust the summer has been a good one for you all. The school year is just around the corner and with that, football season. Sports week starts on Monday, August 15 this year. I wanted to remind you of a few things you will need to know coming into the season.

The items you will need when you come include the following:

- Football cleats
- Gym clothes
- Personal items (include a swim suit).
- Practice jersey. New players will need to purchase a practice jersey, but in the meantime, you will use a school issue jersey. The practice jerseys are purchased by the player, and it is yours. If you have an idea of what number and name you would like on that, along with size, you can drop a note or e-mail to me, or contact me via facebook. We would like to be able to order those as soon as possible. My e-mail address is below.

Please take note that SBA school policies will be followed during sports week, so be sure your dress and grooming are in compliance. Please remember that you must have a physical exam before you come for sports week. We cannot allow you to practice without one as per SDHSAA rules.

Seniors, we will have our meeting on Friday evening, August 19. Bring a readiness to learn and a big appetite. We look forward to having a good time and a time of challenge as well.

We are looking forward to you all being here and getting started on what should be an exciting year. If you have any questions, please contact me. Keep your eye on the facebook football and SBA Athletics summer conditioning pages. Take care, and have a great finish to the summer.

In Christ,
Coach McClain

You may e-mail me at: jamie.mcclain@k12.sd.us or friend me, if you haven't, on facebook. My profile is under James McClain.

SBA FOOTBALL
PRACTICE SCHEDULE
August 15-20, 2010

Monday, August 15

7:15-9:15 – Team meeting/practice

Tuesday, August 16

7:00-7:55 A.M. – Practice

8:00 – Breakfast

9:00 – Team Meeting

9:45-11:15 – Practice/Weights

12:00 – Lunch

2:00-4:45 – Chalk talk/practice

6:00 – Supper

7:15-9:15 – Practice

Wednesday, August 17

7:00-7:55 A.M. – Practice

8:00 – Breakfast

9:30-11:15 – Practice/weights

12:00 – Lunch

2:00 – 4:45 – Chalk talk/practice

6:00 – Supper

7:15-9:15 – Practice

Thursday, August 18

7:00 – 7:55 A.M. – Practice

8:00 – Breakfast

9:30-11:15 – Practice/weights

12:00 – Lunch

2:00 – 4:45 – Chalk talk/practice

6:00 – Supper

7:15-9:15 – Practice

Friday, August 19

7:00 – 7:55 A.M. – Practice

8:00 – Breakfast

9:30-11:15 – Practice/weights

12:00 – Lunch

2:00-4:30 – Chalk talk/practice

6:00 – Supper

7:15-9:15 – Practice

Saturday, August 20

7:30 A.M. – Breakfast

8:30-10:00 – Practice**

**Lights out at 10:15 every night*

****We must hold a practice on Saturday in order to get the required number of days in before our first game.**