



# Spring Sports and Co-Curricular Offerings

## MIDDLE SCHOOL

### GIRLS' LACROSSE (for Grades 6-8)

- **Practice Begins:** Monday, February 27.
- **Practice Schedule:** 3x per week on Mondays, Tuesdays and Thursdays, plus games.
- **Practice Time:** 3-4:30 p.m
- **ACTIVITY FEE:** \$80 (to be billed by St M)
- **Equipment needed:** lacrosse stick, mouth guard, eye guard.

**Game Schedule:** Games on weekdays. See website for game schedule:

<http://www.stmschool.net/news-events/schedules/girls-lacrosse/>

Contact Coach Katherine Martin with questions at [kmartin@stmschool.net](mailto:kmartin@stmschool.net).

**REGISTRATION LINK:** <https://goo.gl/forms/ljsCJ54awWrSbyPI3>

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### BOYS' LACROSSE (for Grades 6-8)

#### Practice Schedule:

- **Week of February 27:** 4 practice days, Monday-Thursday, **5-6:30 p.m. (note earlier time)**
- **Week of March 13:** 3 practice days, **5:30-7:00 p.m.**, Monday, Tuesday, Wednesday
- **March 20 – May 3:** 2 practice days, Mondays and Wednesdays, **5:30-7:00 p.m.**
- **ACTIVITY FEE:** \$80 (to be billed by St M)
- **Equipment needed:** helmet, shoulder and elbow pads, lacrosse stick, mouth guard, gloves, cup

**Game Schedule:** Games on weekdays.

See website for game schedule: <http://www.stmschool.net/news-events/schedules/boys-lacrosse/>

Contact Wally Kern with questions at [wkern@stmschool.net](mailto:wkern@stmschool.net).

**REGISTRATION LINK:** <https://goo.gl/forms/K2JoUB3JIYIZZWVf1>



# Spring Sports and Co-Curricular Offerings

## MIDDLE SCHOOL

### TRACK (Co-Ed, for Grades 6-8)

- **Practice Begins:** Monday, February 27.
- **Practice Schedule:** 2x per week on Mondays and Wednesdays, plus meets.
- **Practice Time:** 4:30-6 p.m. at the Trinity Episcopal School track. (Practice is at this time due to track availability.)
- **ACTIVITY FEE:** \$80 (to be billed by St M)
- **See website for Track Meet schedule:**  
<http://www.stmschool.net/news-events/schedules/track/>

**REGISTRATION LINK:** <https://goo.gl/forms/r6dqXEKF9a1izT6k2>

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### GOLF (Co-Ed, for Grades 6-8)

- Practice begins the week of **March 13**.
- There will be one practice a week, plus matches.
- Practice will be in mid-late afternoon during the week (either Tuesday, Wednesday or Thursday) depending on availability of the golf course.

**Due to course regulations and the pace of play restrictions, golf team participants should be experienced and knowledgeable about the game of golf. This is not a developmental program.**

**Equipment:** Students will be responsible for their own personal equipment - bags, clubs, balls, shoes, etc.

Students will practice and play at the Willow Oaks Country Club golf course. (You need NOT be a member to be on the team.) Students must provide their own transportation.

- **ACTIVITY FEE:** \$80 (to be billed by St M)
- **Match Schedule:** Matches on weekdays. See website for match schedule:  
<http://www.stmschool.net/news-events/schedules/golf/>

Contact Wally Kern with questions at [wkern@stmschool.net](mailto:wkern@stmschool.net).

**REGISTRATION LINK:** <https://goo.gl/forms/bRXOHpk5CbkJsWUS2>



# Spring Sports and Co-Curricular Offerings

## MIDDLE SCHOOL

### YOGA (Co-Ed, Grades 6-8)

Mindfulness is a dynamic yoga class that greatly enhances students' and athletes' ability to focus under stress and pressure, calm the mind, and relax the body by developing the ability to stay in the present moment. The asana (poses) utilized in this class build strength and flexibility, hone focusing capabilities, and develop keener decision making skills using breath and body awareness techniques. Top athletes like Russell Wilson and teams throughout the NFL and NBA are embracing mindfulness and yoga practices to perform better. Mindfulness is a creative and engaging way to equip students with tools to promote a lifetime of emotional, mental, and physical health that go way beyond the yoga mat.

- **WEDNESDAYS, 3-4 p.m.**
- **Session dates: March 15- April 19**
- **Activity Fee: \$100**

Minimum enrollment size needed to hold the class.  
Instructor: Jenny Courain

**REGISTRATION LINK:** <https://goo.gl/forms/Z5RIV44nuc35zbwd2>

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Please contact Wally Kern at [wkern@stmschool.net](mailto:wkern@stmschool.net) with questions about Middle School sports and Allyson Steele at [astele@stmschool.net](mailto:astele@stmschool.net) with questions about Yoga.

**It's an exciting time to be at St. Michael's!**

