



# CENTRAL CATHOLIC JR.-SR. HIGH SCHOOL

2410 S. 9th Street | Lafayette, LA 70509 | 765.474.2496

May 18, 2022

Dear Sixth Grade Parents,

With your son/daughter ending his/her final year at St. Boniface or St. Lawrence, we would like to take this time to share some important items, to help ease next year's transition into 7th grade at Central Catholic.

If your child plans to participate in a sport, the IHSAA (Indiana High School Athletic Association) requires that every athlete has a physical examination on file with his/her athletic department, prior to beginning pre-season conditioning &/or practicing. For the 2022-2023 school year, a physical examination that has been completed *after* **April 1, 2022** will be accepted. Please keep in mind this date when scheduling future physical examinations or for possible health insurance reasons. For example, your insurance company may only pay for one physical exam a year. Therefore, you would want to schedule that after April 1, 2022.

If you would like a 2022-2023 Physical packet, I am happy to mail one. Please email Julia Denhart: [centralcatholicathletics@lcss.org](mailto:centralcatholicathletics@lcss.org).

Junior High Fall sports offered through the Central Catholic athletic program are Football, Volleyball, Cross Country and Cheerleading. Listed are the coaches and their contact information. Feel free to reach out to these coaches if you have any questions.

Football: Coach Pat O'Keefe [okeefe@lcss.org](mailto:okeefe@lcss.org) 765-412-5736

Conditioning will begin Wednesday, July 6 (every Monday & Wednesday) 6:00-7:00 PM. Off the week 7/25-7/31.

Players should wear tshirts & shorts, running shoes & bring cleats (if they have them).

Volleyball: Head Varsity Coach Brad McCarter [mccarterbrad@hotmail.com](mailto:mccarterbrad@hotmail.com)

Coach is hoping to schedule a few open gyms for all middle school, however, they do not have dates & times yet.

Please email Coach Brad, so he will have your contact once these are scheduled.

Cross Country: Coach Scott Orr [scott\\_c\\_orr@yahoo.com](mailto:scott_c_orr@yahoo.com) 309-370-4692 (please see attached flyer)

Cheerleading: Lisa Fusiek [fusiek8@comcast.net](mailto:fusiek8@comcast.net) (please reach out if your daughter is interested)

Everyone is encouraged to sign up for Summer Sports Camps. (please see attached flyer)

Parents are encouraged to sign-up with Eventlink for all sports schedules, cancellations, and reminders. Log-in to Eventlink.com.

Request to subscribe to a school: Lafayette Central Catholic Jr/Sr High School (upper right corner). More information will be announced soon regarding volunteering at athletic events.

The Athletic Department is excited to welcome your son/daughter to Central Catholic! If you have any questions, please feel free to call the Athletic Office at 765-474-3524.

Sincerely,

Tim Bordenet

Director of Athletics

# Calling All Interested 6<sup>th</sup>- 8<sup>th</sup> Grade Runners!

## Central Catholic Junior High Cross Country Running – Fall 2022



**What is Cross Country Running?** Cross Country (XC) is a competitive team running sport. Junior High runners race a distance of 3 kilometers (1.86 miles).

Course terrain varies: grassy fields, wooded paths, may be flat, hilly or both. Conditions may be dry, wet, possibly even muddy on occasion!

Competitions range in size from dual meets (two schools), up to invitational meets (several schools)!

**How is a Competition Scored?** In XC, everyone competes in every competition!

A team score is the sum of the first five runner's individual finish places. The lowest team score wins. Runners 6 and 7 can displace opponents, driving opposing teams to a higher score.

**How long does it take to complete a race?** Completion times vary. Runners generally complete the distance in 11 – 25 minutes.

**How many competitions will we participate in?** We generally race in 8 – 10 meets per season.

**How much running will we do?** Weekly mileage volume ranges from 8 – 15 miles/week, depending upon where we are in the season training cycle.

**What equipment do I need?** Moisture wicking short sleeve shirt or singlet, running shorts, and a pair of running shoes in good condition are highly recommended. Feel free to ask the coaches, if you have any questions!

### Our Running Philosophy

Sportsmanship, commitment, humility, teamwork, FUN! These are the foundation of all our efforts.

We strive to inspire a passion for running. A run probably won't change your life but running will!

We foster a positive environment for our runners. Everyone is an important contributor!

### Important Dates

**Sports Physical:** Complete this with your own physician. Contact CC Athletics ([centralcatholicathletics@lcss.org](mailto:centralcatholicathletics@lcss.org)) for physical packet paperwork obligations.

**Summer training:** 6/6 – 8/12. Optional but participation is strongly encouraged.

**Season:** Late Aug through end of Sep 2022

### How do I join the team?

All, fall 2022, 6th graders from St Boniface, St Lawrence, and 7th, 8th graders from Central Catholic Jr High in good academic standing are eligible!

We're excited to have you run with us! Please reach out to me if you're interested and if you have any questions (call, text, email).

**Scott Orr**

309-370-4692    [scott\\_c\\_orr@yahoo.com](mailto:scott_c_orr@yahoo.com)

# SUMMER SPORTS CAMPS 2022



## CENTRAL CATHOLIC Junior/Senior High School ATHLETIC DEPARTMENT

.....MAY 31-JUNE 3.....

### SOFTBALL

Grades K-4th 8:00 AM-9:30 AM  
Grades 5th-8th 10:00 AM-11:30 AM

### WRESTLING

Grades 1st-8th 9:00 AM-10:30 AM

.....JUNE 6-JUNE 9.....

### TRACK (Co-ed)

Grades K-8th 9:00 AM-10:30 AM

### BOYS BASKETBALL

Grades K-2nd 8:00 AM-9:30 AM  
Grades 3rd-5th 9:45 AM-11:15 AM  
Grades 6th-8th 12:00 PM-1:45 PM

.....JUNE 13-JUNE 16.....

### FOOTBALL

Grades 1st-8th 9:00 AM-11:00 AM

### SOCCER (Co-ed)

Grades K-8th 5:30 PM-7:00 PM

.....JUNE 20-JUNE 23.....

### GIRLS BASKETBALL

Grades K-2nd 8:00 AM-9:15 AM  
Grades 3rd-5th 9:30 AM-11:00 AM  
Grades 6th-8th 12:00 PM-1:30 PM

### BASEBALL

Grades K-2nd 8:00 AM-9:15 AM  
Grades 3rd-5th 9:30 AM-11:00 AM  
Grades 6th-8th 12:00 PM-1:30 PM

.....JUNE 27-JUNE 30.....

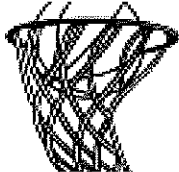
### VOLLEYBALL

Grades K-4th 8:00 AM-9:15 AM  
Grades 5th-7th 9:30 AM-11:00 AM

.....JULY 11-JULY 14.....

### TENNIS

Grades 4th-8th 6:00 PM-7:30 PM



- \* Grades reflect the 2021-2022 school year
- \* Camps will run from Monday-Thursday  
(*except Softball & Wrestling (Tuesday-Friday)*)
- \* Online Registration Deadline:  
Thursday before camp begins  
[www.Eventlink.com](http://www.Eventlink.com)  
Click: Eventlink Registrations  
Click: Summer Sports Camps 2022 box
- \* All camps \$50.00 each
- \* Walk-ins are welcomed  
T-shirts for late registrations are not guaranteed
- \* No Refunds will be issued
- \* Questions: please call 474-3524  
or email: [centralcatholicathletics@lcss.org](mailto:centralcatholicathletics@lcss.org)