



# 2022 Fall Sports Summer Letter

Football, Boys & Girls Soccer, Co-ed Cross Country,  
Girls Tennis & Girls Volleyball

June 2022

Although the summer break has just begun, the 2022 fall season is only a couple of months away. We are excited to begin a new athletic season with your son and/or daughter, and we continue to pray that we will have a successful and safe fall sports season! Below is some general information for any student who may be a current player and for any Spartan that may have recently decided to play a fall sport.

## PRE-SEASON WORKOUT & IN-SEASON PRACTICE:

Pre-season practice and workouts will be **EVERY WEEKDAY** and, possibly some Saturday and/or Sundays. Once school starts and in order to be competitive in the Skyland Conference, expect a **daily** athletic event as in either a practice or a scheduled game. There will also be some weekend practices; Sunday practices will not begin before 1:00pm so we all have an opportunity to attend Mass with our families. For most fall sports, practices will normally start at 3:00pm sharp. There may be informal practices/workouts during the summer.

All of our coaching staff are committed to your personal growth as a player. All of our attention and enthusiasm will be given to you during the season. We expect the same from you. If you miss a practice for reasons other than illness or academics, you may be required to miss a game. Excessive tardiness to practices and matches will also affect playing time. If you are ill or injured, but have attended school, you are expected to attend practice and observe. The success of the programs demands your commitment and effort to ALL practice sessions – a key phrase for the season is **practice intensity** – so make sure you come with it. Please refer to the section for your particular fall sport for additional information.

OFF-SEASON TRAINING: Candidates and team members should be preparing themselves mentally and physically. Please do not wait until August to begin your fitness program. Last minute preparation and overtraining leads to injuries. Today is a great day to start! To compete in our conference, we need players who not only enjoy the game, but are committed to physical and mental improvement. This can only be achieved through off-season training and an in-season commitment to our teams. Immaculata's sports have a tradition of personal motivation, commitment and work, in addition to team effort and pride. This means that players, coaches, and parents should be on the same page in these efforts. We ask that parents assist us in making sure that players are at practices on time, have proper equipment and attire, and that student-athletes participate in off season training.

COMMUNICATION: All fall head coaches have an official Immaculata email address which should be the **ONLY** way you contact them if you need to reach them. The coaches also use a communication app to reach out to their teams if practices need to change due to poor weather. Please reach out to them now so that you receive all the important information for your chosen sport while school is out.

SUMMER CAMPS: We encourage all of our players to attend a camp. Our coaches are dedicated to these Immaculata programs and fully believe that through hard work, dedication and commitment, especially during the summer camp weeks, we will continue to improve and achieve success during the fall season.

Running:	June 20-June 24	9:00am-12:00pm
Football:	July 11-July 14	9:00am-12:00pm
Volleyball:	July 11-July 15	9:00am-12:00pm
Girls Basketball:	July 18-July 22	9:00am-12:00pm
Boys Soccer:	July 18-July 21	1:00pm-4:00pm
Boys Basketball:	July 25-July 29	9:00pm-12:00pm
Girls Soccer:	July 25-July 28	1:00pm-4:00pm
Boys Lacrosse:	August 1-August 4	1:00pm-4:00pm
Girls Lacrosse:	August 8-August 11	1:00pm-4:00pm

*Register for summer sports camps on the school website:*

[www.Immaculatahighschool.org](http://www.Immaculatahighschool.org) – Go to [Athletics](#) – Go to [Spartan Sports Camps](#)



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**TRANSPORTATION:** There is no school-provided transportation to offsite fields for practices or home games. Bus transportation is provided for all away games. School dismissal is normally at 2:40pm on full school days, which gives players plenty of time to catch rides to get to their respective practice/home game fields and provides an adequate time to warm up.

**PHYSICALS:** – All students will need to be medically cleared by our medical staff prior to any practice or workout. All forms required are online at [www.immaculatahighschool.org](http://www.immaculatahighschool.org). Medical forms for ALL fall athletes are due prior to August 1. Please keep a copy of all forms submitted for your records.

**SCHEDULE NOTIFICATIONS** – [www.SkylandConferenceNJ.org](http://www.SkylandConferenceNJ.org) :

It is essential that all athlete-families receive immediate notification in the event the athletic office makes any changes to our in-season game schedules. **All Spartan athletic families must now register their contact information via this website** to be notified immediately of any sudden change of schedule specifics (field locations, time change, etc.), or even if the athletic office needs to contact families with messages. Your information is secure within this website and you will only receive information from the athletic office based on your choices. Attached to this letter is information for how you can enter as many forms of contact (cell #'s, email addresses, etc.) to receive these notifications. You can even set up personal reminders for our game schedule! Please be sure to register your information ASAP. All 2022 fall sports events are now online!

## **SPECIFIC SPORT INFORMATION FOR PROSPECTIVE FALL ATHLETES**

***If you are interested in playing one of these fall sports, send an email to that head coach to introduce yourself, and to obtain the summer work out and preseason workout schedules.***

**Football:** Coach Columbo has designed a summer workout and preseason schedule. The NJSIAA earliest start date for the first practice is August 10. If you have not received a copy, please send Coach Columbo an email: [mcolumbo@immaculatahighschool.org](mailto:mcolumbo@immaculatahighschool.org)

**Boys Soccer:** Equipment required: Shin guards, mouth guard, turf-worthy soccer shoes. You will not practice or play without them. Buy your shoes early to break them in and avoid blisters. The NJSIAA earliest start date for soccer is August 22. Please send an email to head coach Dominic Rice so he can contact you with specific dates/times of pre-season workouts: [drice@immaculatahighschool.org](mailto:drice@immaculatahighschool.org)

**Girls Soccer:** Equipment required: Shin guards, mouth guard, turf-worthy soccer shoes. You will not practice or play without them. Buy your shoes early to break them in and avoid blisters. The NJSIAA earliest start date for soccer is August 22. Please send an email to head coach Jeremy Beardsley or Assistant Coach Alex Nata so they can contact you with specific dates/times of pre-season workouts: [jbeardsley@immaculatahighschool.org](mailto:jbeardsley@immaculatahighschool.org) or [anata@immaculatahighschool.org](mailto:anata@immaculatahighschool.org)

**Cross Country:** Equipment required: good running shoes! The NJSIAA earliest start date for XC is August 22. Please send an email to head coach Chris Heibell, so he can contact you with summer run and specific dates/times of pre-season workouts: [cheibell@immaculatahighschool.org](mailto:cheibell@immaculatahighschool.org)

**Girls Tennis:** We are thrilled to introduce you to our new head coach Mrs. Fabiana Maia-Davis, our school's French teacher. She is very excited to meet everyone and to help all of our young ladies succeed at this sport! Equipment required: Tennis racquet and court-worthy sneakers. The NJSIAA earliest start date for girls tennis is August 17. Preliminary summer work out information is included in this letter. Please send an email to head coach Maia-Davis so she can contact you with specific dates/times of pre-season workouts: [fdavis@immaculatahighschool.org](mailto:fdavis@immaculatahighschool.org)

**Girls Volleyball:** Head coach Kristen Prisco and assistant coach Kristin Sklios have developed a summer workout schedule. The NJSIAA earliest start date for girls volleyball is August 22. Please send an email to Coach Prisco so she can contact you with specific dates/times of preseason workouts: [kprisco@immaculatahighschool.org](mailto:kprisco@immaculatahighschool.org)



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### How to Receive Notifications for 2022-2023 Spartan Athletic Schedules

Immaculata Athletics utilizes a web-based scheduling software program that provides for immediate notification to your choice of contact (email/text/etc.)

*All student-athlete families are required to register their information to obtain current and future schedules or sudden changes.*

Athletic schedules have a tendency to change quite frequently – sometimes at the last minute – due to opponent changes, weather-related postponements, cancellations, and field site issues.

Log onto: [www.SkylandConferenceNJ.org](http://www.SkylandConferenceNJ.org)

Click on: [Immaculata](#)

#### Obtaining Schedules:

The first screen that appears will show today's athletic schedule. There are options to the far right of this screen that will give you an opportunity to custom fit the schedules you would like to follow:

- o There is a monthly calendar where you can click on a specific date to see which Spartans are playing on a particular date.
- o Directly below the monthly calendar there is a tab "View Schedules" which allows you to customize the schedules you would like to see by the . If you click on a specific team name, their entire season schedule will appear.

#### Notification of Changes:

To enter your information to receive immediate notification of changes to your favorite team's schedule:

- o Look for the 4<sup>th</sup> tab under the monthly calendar "Notify me"
- o Click on that link and you will be able to enter the different Immaculata teams and/or athletic schedule activities you would like to follow.

By following the sequence of the next couple of screens, you will have officially registered your information for the teams you select, which you can change at any time. Now, whenever we make a change to the schedule, you will instantly be notified...it's just that simple.



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# 2022 Fall Sports Off-Campus Field Locations

### **Varsity HOME Football Games and Soccer HOME Games and Practices**

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**NAP TORPEY COMPLEX - 202 Nimitz Street, Bridgewater, NJ 08807**

**From Immaculata:** Route 22 East to Gaston Ave (Sunoco Station on corner). Turn right onto Gaston Ave. Follow to 2<sup>nd</sup> light (East Main St.) Go through light making a quick left then--right, & continue for 1 block on South Gaston Ave. Turn left onto Fairview Ave. Go one block & turn right onto Loeser Ave. Proceed under railroad trestle & turn left onto Nimitz St., a narrow road before sharp right bend in road. Follow Nimitz Street directly to the fields.



### **Varsity HOME Tennis Games and Practices**

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**GREEN KNOLL TENNIS CENTER – 587 Garretson Rd., Bridgewater (Next to Bridgewater YMCA)**

**From Immaculata** – Turn right coming out of the school main driveway. Go under the overpass toward Route 202-206 North (sign will say Morristown). Proceed to the first right exit towards the Mall. Go to the light at the end of the exit ramp & turn **left** onto Commons Way. Proceed to the second light at "T" in the road & turn left turn onto Garretson Rd. Courts are on the right just past Bridgewater YMCA.



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## 2022 Girls Tennis Pre-Season Fitness Program

Welcome to the 2022 Girls Tennis Season. We are asking the girls to put some effort into fitness this year. This is not mandatory; however, the benefits of fitness will definitely help the girls get through those three set matches in the fall, and surely follow them past the tennis season!

Here is a simple, easy to follow workout routine that will help you get in shape for tennis this year. You do not need a gym, you do not need any equipment except a jump rope, and it will not take you more than 30 minutes, 5 days a week – so no excuses!

**Tennis is one of the most physically & mentally demanding sports. It is very important to be healthy and do complete warm-up & stretches before any workout on or off the court.  
So, get fit and get ready for a winning season!**

### Weeks 1-3

<b>M</b>	Jump Rope	5 minutes
	Interval Run	15 minutes
	Push-Ups	2 sets of 10
	Jump Rope	2 minutes
<b>T</b>	Jump Rope	5 minutes
	Push-Ups	4 sets of 10
	Crunches	4 sets of 10
	Mountain Climbers	2 sets of 20
	Jump Rope	5 minutes
<b>W</b>	Jump Rope	3 minutes
	Interval Run	20 minutes
	Push-Ups	2 sets of 15
	Russian Twist	2 sets of 30
<b>Th</b>	Jump Rope	5 minutes
	Side-to-Side Shuffles	5 minutes
	Planks	2 sets of 1 minute each
	Push-Ups	4 sets of 10
	Jump Rope	3 minutes
<b>F</b>	Jump Rope	5 minutes
	Push-Ups	4 sets of 10
	Crunches	4 sets of 10
	Mountain Climbers	2 sets of 20
	Jump Rope	5 minutes

### Weeks 4-6

<b>M</b>	Jump Rope	5 minutes
	Interval Run	25 minutes
<b>T</b>	Jump Rope	5 minutes
	Mountain Climbers	4 sets of 20
	Side-to-Side Shuffles	3 minutes
	Jump Rope	5 minutes
<b>W</b>	Jump Rope	3 minutes
	Push-Ups	5 sets of 15
	Crunches	5 sets of 15
	Jump Rope	3 minutes
<b>Th</b>	Jump Rope	3 minutes
	Planks	2 sets of 2 minutes each
	Push-Ups	6 sets of 15
	Mountain Climbers	3 sets of 15
<b>F</b>	Jump Rope	5 minutes
	Push-Ups	4 sets of 15
	Russian Twists	3 sets of 30
	Mountain Climbers	3 sets of 20
	Jump Rope	5 minutes

\* Look on YouTube if you don't know how to do any of the exercises like Mountain Climbers, Planks, Russian Twists, or Side Shuffles \*

Interval Run Instructions: Run with a stopwatch. Run easy for 3 minutes then really kick it hard for 2 minutes. Repeat this pattern until you finish the amount of time you're supposed to run.