



Our Lady of Sorrows School Athletic Department

September 5, 2023

Dear Parents,

The volleyball season is once again upon us. We are hoping for an excellent turnout for this year and we expect to have competitive teams at the Senior, Junior, and Juvenile levels. Last year, our Seniors were CISVA Silver Medalists and Junior girls were the CISVA Gold Medal Champions. Our hope is that we have just a successful season. I like to welcome Mrs. Liz Mobilio to our program this year, as she will be assisting Miss Natasha Spartano with the Juvenile Girls. Practices will begin next week, according to the following schedule.

Senior Girls (Gr. 7)

Coaches: *Mrs. Crescenzo*
bcrescenzo@myolosschool.com

Tuesday 7:45 - 8:45 am

Wednesday 3:00 - 4:00 pm

Thursday 7:45 - 8:45 am

Junior Girls (Gr. 6)

Coaches: *Mrs. Longo &*
Mrs. Cirotto
flongo@myolosschool.com

Monday 7:45 - 8:45 am

Tuesday 3:00 - 4:00 pm

Friday 7:45 - 8:45 am

Juvenile Girls (Gr. 5)

Coaches: *Miss Spartano*
& Mrs. Mobilio
nspartano@myolosschool.com

Monday 3:00 - 4:00 pm

Tuesday 12:00 - 12:45 pm

Wednesday 7:45 - 8:45 am

(Friday at 3:00pm for first 2 weeks of October due to holidays)

Please note that there may be changes to this practice schedule once the game schedule is available. Once these decisions have been finalized, you will be given a revised practice and game schedule, along with guidelines for games and tournaments.

Please note that these are closed practices and siblings and parents will not be able to enter the gymnasium. Alternate arrangements will need to be made for siblings' drop off or pick-up, as our focus needs to be on the team we are coaching. All communication will be through notices sent with players or via email. Any other important questions for coaches should be directed to them via email or calling the school between 8:30am and 3:15pm.

Please remember that this is a team sport and it relies on the consistent commitment of all its players and coaches. If this is a commitment your child wants to make and they are excited to play volleyball, please sign the attached consent form allowing her to participate in the program and return this form before the first scheduled practice.

Sincerely,

Mrs. B. Crescenzo
Girls Volleyball Coordinator



Our Lady of Sorrows School Athletic Department

575 Slocan Street, Vancouver, BC, V5K 3X5

Phone: 604.253.2434 / Fax: 604.253.1523



OLS Eagles Girls Volleyball Program

I hereby authorize my child _____ to participate on the Grade _____ Volleyball Team, including practices, games, tournaments, and meetings for the 2023 fall season.

My child is attending these meetings, practices, games, tournaments of their own free will, and I hereby release Our Lady of Sorrows Parish Education Committee, members of its staff, and its officials from any liability in connection with their transportation to and from the games/practices/tournaments and their attendance thereat.

Student's Full Name _____

Parent Signature _____

Date: _____

September Volleyball Practice Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------|------------------------------|------------------------------|---------------------------|-----------------|-------------------------------------|
| Morning | JR Girls (Fernanda/Maria) | SR Girls (Barb) | JV Girls (Natasha/Liz) | SR Girls (Barb) | JR Girls (Fernanda/Maria) |
| Lunch | | JV Girls (Natasha/Liz) | | | |
| After School | JV Girls (Natasha) | JR Girls (Fernanda/Maria) | SR Girls (Barb) | | JV Girls (Natasha) Holiday weeks |

This schedule will likely change once games are scheduled. For September, however, the boys could practice at lunch Monday, Wednesday, Thursday, or Friday.