



August 10, 2021

Dear Parents and Student Athletes,

Back to School is upon us! This means Outdoor Soccer and Cross Country Running seasons are upon us as well! All students in grades 5-8 are invited to be part of the soccer team; all students in grades 4-8 are invited to come out and run Cross Country. Previous team and/or individual sport experience is nice, ***but not required*** to participate in our athletic program. Our goal is to take each player at his/her current ability and increase individual skills, team concept, and fitness level.

The emphasis of the Anchor Lutheran Athletic Program is on learning and improving skills, putting forth our best effort, and enjoying participation and fellowship with our teammates and opponents. Winning, although a pleasant outcome, is *not* our main goal.

Detailed Information:

Practices for all sports: Tuesdays/Thursdays/Fridays

Times:

Cross Country (August/September) 3:45-5pm

Outdoor Soccer (August/September) 3:45-6pm

Basketball (October/November/early December) 5:30-7pm

Volleyball (January-mid-February) 5:30-7pm

Indoor Soccer (mid-February-early April) 5:30-7pm

Track & Field (April-May) 3:45-6pm

Uniforms: *Players will purchase their uniform for \$25 (a t-shirt with number and Anchor Lutheran logo and option to add name). Please order a size larger than the athlete currently wears so that the uniform will have growth room and might fit your athlete for 2 years.*

Outdoor Soccer and Cross Country Practices:

First practice: *Thursday, September 2*

3:30-3:45pm—Change into practice gear and have light snack (bring snack and water bottle to every practice and game)

3:45pm—Practice begins

*Both soccer players and XC Runners will practice on both the Campbell Creek Greenbelt Trail and the ALS field or alternate site—TBA. **Soccer players will jog with the Cross Country team...Be prepared to jog at every practice.**

***Permission to Participate Forms** are attached to this emailing. These forms *must be* turned in before students will be able to participate in practice. Players showing up without permission forms turned in, or without safety equipment (soccer—shin guards) will be sent to ChildWatch at parents' expense. (Forms are always available near the Sports Board to the left of the library. **A new form must be filled out for each student for every sport he/she will be involved in.**

Please be certain forms are filled out and turned in before the first practice for each sport
No form = No play.

Coaches are required to carry the Permission to Participate form and Birth Certificate for players to all ACSAA (Alaska Christian School Activities Association) events. Therefore, it is very important that these forms are filled out and turned in ***before the first practice begins.***

Information availability: Please regularly check the ALS Sports Bulletin Board, located just outside the library across the main hallway from the office. Weekly emails will also be sent out with the week's schedule and any updates.

Parent Assistance:

* **Transportation:** Assistance is often needed to transport athletes to and from practices and games. Please let coach(es) know if you are available to help. A vehicle insurance verification form must be signed in the office before you may transport students.

* **Referees:** We need certified referees for our games. Please contact Mr. Dirksen if you are a certified referee willing to volunteer some time, or would like to become a certified referee.

* **Organizational Assistance:** Additional assistance is needed in the following areas: changing/updating the sports bulletin board, taking pictures, preparing/distributing flyers, pumping up balls, organizing the athletic banquet, and scorekeeping at games.

* **Runners/Walkers:** Supervision assistance is needed out on the trail for XC/Outdoor Soccer/Track practices on the trail. We have athletes of all abilities and need to provide opportunities for them all to improve. Volunteers of all abilities are welcome!

* **Pictures:** Always needed for the yearbook...its difficult to coach and take pictures at the same time.

** Please contact Mr. Dirksen for volunteer activities or with any questions.*

***There is a per sport fee of \$50.00 for the first sport (plus \$25 uniform fee), and \$30.00 for each additional sport. This will be charged to your school account after the first week of practice.*

Permission to "Participate forms" are attached here, and available near the Sports Bulletin Board, to the left of the trophy case. **Parents—be sure to have Permission forms complete and turned in before our first practice.**

I look forward to having you as a member of our team!

Yours in Christ

Mr. Dirksen
ALS Athletic Director



Anchor Athletics Quick List



Athletic Director: Joe Dirksen email — Mr.Dirksen@ALSalaska.org

Current Physical: We must have a physical on file in the office that is current within the past year to date. Please check the date on your child’s most recent physical, and be sure to get him/her back in for another when needed; be sure to provide a copy of the new physical to the office.

Permission to Participate Form: A separate form must be filled out prior to participation in each sport. **No form = no participation** in practices or games. One side is for the *student-athlete* to read and sign, the other side is for *parents* to read and sign.

Eligible Students: Grades 5-8 — All sports; Grade 4 — Cross Country Running and Track & Field

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| Practices: | XC | Soccer | Site |
| Tue/Thur/Fri | 3:30-5pm | 3:30-6pm | ALS field/Campbell Creek Trail |
| Aug 19-Oct 2 | (Practice site may change to a soccer field off campus for both XC and Soccer.) | | |

1st Practice — Thursday, September 2

Players must verbally check out with coach before leaving practices and games

Parent Volunteers are always needed. Please check with Mrs. Dirksen or the coach(es).

Athletic Fee: \$50—1st sport \$30—each additional sport \$30—Uniform fee
Soccer players—\$10 sock fee *Fees automatically billed to school account

Eligibility:

- * Be in the 5th-8th grade (all sports)
- *4th grade may participate in XC Running and Track & Field
- * Maintain a “C” or better grade point average *in all subjects*
- * Have current physical turned in to the office
(Sports physical must be turned in **yearly**, and be current within the last year.)
- * Regular attendance at practices/ Attend at least 6 practices before participating in competition
(Sports are a team effort, and practicing together creates the team, improving both individual and team skills.
The more practices attended, the better an athlete will be able to perform and help their team.)
- * Have Student Participation/Parent Approval form in to Mr. Dirksen with the appropriate signatures.
(One side signed by student, the other signed by a parent)