

July 22, 2010

Dear Seacrest Athletes and Parents,

I hope this letter finds each of you enjoying your summer vacation. I know that you are all anxiously awaiting the start of another fall sports season at Seacrest Country Day School. I have prepared a list of practice start dates, as well as the coach's contact number and an e-mail address for each of them.

***Please remember in order to begin workouts, all athletes must have a current FHSAA sports physical, a parent consent form, and a copy of a birth certificate on file in the athletic office. These forms are included in this e-mail and also available on our website ([www.seacrest.org](http://www.seacrest.org)) or in the school office. Also, those of you who have already done your physicals and turned in your Consent and Release Form, we need to have you do another one. The FHSAA passed a new form in June of 2010. Everyone must fill out the form that states "Revised 06/10".***

**Girls Varsity and Junior Varsity Volleyball (Grades 9 – 12)** – Monday, August 9<sup>th</sup>, 10:00am – 12:00pm and 6:00pm – 8:00pm @ Seacrest. Contact Coach Duarte DaSilveira 595-4921 or [duartedasilveira@aol.com](mailto:duartedasilveira@aol.com) or Coach Bob Madden 249-4896 or [bmadden@seacrest.org](mailto:bmadden@seacrest.org) for more information.

**Boys & Girls Varsity Swimming (Grades 6 – 12)** – Monday, August 9<sup>th</sup>, 10:00am – 11:30am @ Golden Gate Pool. Contact Coach Deborah Richardson 595-3285 or [drichardson@seacrest.org](mailto:drichardson@seacrest.org) for more information.

**Boys Varsity Golf (Grades 6 – 12)** – Monday, August 9<sup>th</sup>, 4:00pm – 6:00pm @ The Quarry. Contact Coach Matt Russell 287-8914 or [matthewrussell@pga.com](mailto:matthewrussell@pga.com) for more information.

**Boys Varsity Cross Country (Grades 6 – 12)** – Monday, August 16<sup>th</sup>, 6:00pm – 7:30pm @ Seacrest. Contact Coach Todd Borden 777-0057 or [tborden@seacrest.org](mailto:tborden@seacrest.org) for more information.

**Girls Varsity Cross Country (Grades 6 – 12)** – Monday, August 16<sup>th</sup>, 6:00pm – 7:30pm @ Seacrest. Contact Coach Lindsay Gualario-Borden or [lgualario-borden@seacrest.org](mailto:lgualario-borden@seacrest.org) for more information.

**Boys & Girls Middle School Cross Country (Grades 6 – 8)** – Monday, August 16<sup>th</sup>, 6:00pm – 7:30pm @ Seacrest. Contact Lindsay Gualario-Borden or [lgualario-borden@seacrest.org](mailto:lgualario-borden@seacrest.org) for more information.

**Girls Middle School A Volleyball (Grades 7 – 8)** – Monday, August 23<sup>rd</sup>, 4:00pm – 5:30pm @ Seacrest. Contact Coach Jamie Kliewe or [jkl Naples@aol.com](mailto:jkl Naples@aol.com) for more information.

**Girls Middle School B Volleyball (Grade 6)** – Monday, August 23<sup>rd</sup>, 4:00pm – 5:30pm @ Seacrest. Coach is TBA.

Mark J. Marsala, C.A.A.

Director of Athletics