



FOURTH BAPTIST

CHRISTIAN SCHOOL

August 9, 2023

Dear 6th-8th Grade Parents,

We are excited to share with you this information about the upcoming JH volleyball and soccer season at Fourth Baptist. All 6th-8th grade girls are invited to participate in volleyball. Boys are invited to participate in soccer.

Practice begins on Monday, August 28th (first day of school). Normal practice days will be Mon, Tues, Thurs & Fri, 2:30-3:45. Please pre-register if your child intends to play this year: <https://forms.gle/XFeXSM9MNSTqVuLU9>

- Practice: Athletes should get dressed and into the gym/soccer field for practice ASAP.
- Bring your own water bottle
- Volleyball: Wear gym shoes (volleyball shoes preferred, but not required) & knee pads
- Soccer: Wear soccer cleats and shin guards
- Wear athletic shorts and t-shirt (no tank tops). Shorts must be loose fitting and closer to the knee (no leggings, spandex or tight fitting shorts)
- Athletic forms due to the office by **Wed, Aug. 30th**:
 - 1) Current MSHSL sports clearance physical or annual health questionnaire
 - 2) Copy of athlete's insurance card.

GAMES

Our JH volleyball and soccer programs participate in the North Suburban Parochial League. The NSPSL is made up of area parochial and evangelical middle schools with the purpose of helping teams participate in their respective sport in a faith-based environment. The league schedules approximately 10 regular season games with an end of season tournament. Because these games are scheduled by the NSPSL, the game schedule will not be available until after Labor Day.

On occasion, one or both JH teams will compete against a MN Association of Christian Schools team. MACS is the league where our high school JV and Varsity teams compete. Not all MACS schools have JH teams available to play, but there may be a game or two throughout the season.

All Games will be posted on the FBCS Athletics Google Calendar. You can find the link for this calendar on the main school website:

<http://fourthbaptistchristianschool.org>.

Join our Facebook group (private group for FBCS fans only) for occasional live-stream, pictures and updates: FBCS Warrior Athletics

<https://www.facebook.com/groups/1923120101243870/>

Uniforms

Uniforms will be distributed to the team prior to the first game of the season. Players are responsible for their uniforms throughout the season. Uniforms should be washed immediately after each game. Please HANG DRY uniforms – do not put in the dryer.

Coaches & Athletic Department:

Volleyball

Team White – (6th graders and possibly some 7th graders)

Coach TBD

Team Blue – (some 7th/all 8th grade)

Claire Bouwman, claireelizabethpeterson@gmail.com, 612-800-1384

Soccer

Erik Fredericksen, efredericksen@fourthbaptist.org, athletic office: 763-417-8205

Athletic Director

Sarah Stephens

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