



ST. ANDREW'S SEWANEE

290 QUINTARD ROAD
SEWANEE, TENNESSEE 37375-3000
931.598.5651 | www.sasweb.org

May 2023

Dear Fall Athletes and Parents and Potential Fall Athletes and Parents,

My fellow coaches and I look forward to welcoming our athletes to campus. All students are welcome on our teams, however, golf requires a proficiency test.

If you plan to participate:

Be sure the appropriate head coach is aware that you will be on their team.

Cross Country (Gr 6-12)	Fisher Calame, (404) 772-4544	fcalame@sasweb.org
Golf (Gr 8-12)	Sam Johnson, (616) 690-2199	sjohnson@sasweb.org
Mountain Biking (Gr 6-12)	Amy Neubauer, (931) 308-5954	aneubauer@sasweb.org
Girls' Varsity Soccer (Gr 9-12)	Peter Phillips, (336) 403-8502	pPhillips@sasweb.org
Girls' Middle School Soccer (Gr 6-8)	Matt Sparacio, (856)296-0217	msparacio@sasweb.org
Varsity Volleyball (Gr 9-12)	Rob Zeitler, (931) 636-5340	rzeitler@sasweb.org

If you have not yet received one, ask your coach for a summer workout.

By July 19, please:

- 1) Be sure your enrollment deposit is in and you have made any tuition payments required by your contract. Questions? Contact Lindsay Shattuck, lshattuck@sasweb.org, (931) 598-5651 ext. 2115.
- 2) Submit all registration materials, especially your physician-signed athletic physical form. Questions? Contact the nurse at nurses@sasweb.org, (931) 463-2126

If you will be in or near Sewanee for any or all of the summer:

Join us for Summer Strength & Conditioning workouts Mondays, Wednesdays, and Fridays sign up [here](#). **May 22-June 23 and July 10-21, 4:00-5:30.** (Coach Sparacio is happy to devise a workout for those who won't be in town.)

If you are in MIDDLE SCHOOL CROSS COUNTRY, your first practice will be **August 21 at 3:40 p.m.**

If you are in MIDDLE SCHOOL MOUNTAIN BIKING, your first practice will be **August 14-18, 9-11 a.m.**

If you are playing MIDDLE SCHOOL GIRLS' SOCCER, your first practice will be **August 7 at 8:30 a.m.**

ALL GOLFERS who have met the proficiency test will start practice July 31st. If you are new to the golf team, please contact Coach Johnson (sjohnson@sasweb.org) to set up a date for your proficiency test.

VARSITY/JV GIRLS' SOCCER AND VOLLEYBALL: Beginning July 24 from 8:30-10:30 a.m., plan to join us on campus for PRE-SEASON PRACTICE which will continue until two a day practices begins. Although boarding students are not expected to begin until Aug. 7th two a day practices, we welcome students who can find housing in the area to join us for non-boarding pre-season.

VARSITY/JV CROSS COUNTRY, GOLF, MOUNTAIN BIKING, GIRLS' SOCCER, AND VOLLEYBALL: August 7-11 each team will practice twice a day and do team building activities. Individual coaches from each program will send out a letter to the players detailing this week. Note that some teams may stay overnight(s) either on campus or off campus. All athletes (boarding and day students) are encouraged to participate. **August 14th - 18** all teams with the exception of middle school mountain biking practice from 3:30 - 5:30 (unless a team has a competition this week).

LIST FOR PRE-SEASON

(A practice uniform will be handed out)

Bring a water bottle

Sport appropriate footwear and gear

Questions? Please call (931) 463-2147 or email me or the appropriate coach. I look forward to seeing you!

Sincerely,

Rob Zeitler

rzeitler@sasweb.org

Director of Athletics