

Dear Parents,

Welcome to another great year of Redeemer sports.

The purpose of Redeemer Athletics teaches our athletes values and lifelong habits such as - Christian leadership skills, accountability, sportsmanship, confidence, organizational skills, persistence, work ethic, self discipline, social skills, teamwork, performing under pressure, and the ability to take instruction while striving for excellence. We hope that your child will participate in the many sports programs that we offer here.

Below is some information that you may need for this upcoming sports season.

NEEDED: If you are interested in coaching, please contact Coach Mercado

“Varsity” teams (grades 6-8) are competitive, and equal playing time in team sports is not guaranteed for athletes (although coaches will try to make sure everyone can participate). On “Junior Varsity” teams (grades 5-6); the goal is for all team members to participate. Special consideration is given during tournaments of team sports, and students at the 5-6 level may not receive equal playing time at tournaments. 5th & 6th graders are allowed to participate on both JV and varsity teams, so your child may be asked to play on both teams.

Note * Flag football players will be able to compete in cross country as well as flag football. They can miss cross country practice as long as they are attending flag football practice.

Most meets are days when there are no other games going on, so we encourage doing both.

There is a sports fee for each sport your child participates in. Please make sure to check the Parent/Student Handbook for further athletic information.

Redeemer does not have a bus, so parents are in charge of making sure that their children have rides to and from away games. Parents usually carpool. If you are driving other kids, please make sure Mrs. Cowles (Heather) has a copy of your driver’s license. Also, make sure that you are aware of which children you are bringing, and parents, make sure that your children know who they are riding with.

Sports pick-up will be in the front Church lot afterschool. Park, then walk to the gym to pick up your child(ren).

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Important information

1. Make sure your child has an **Athletic physical form** by the first practice. They are located on the athletic page of the school website, the school office, or you can print one. (see below)
2. The fall schedule and ALL tournament dates are online. All dates are subject to change.
3. Please make sure you look at future tournament dates. It is important that your child is here for those dates.
4. Please note that we need **volunteers** for all sports including the Ram Jam in January.
5. We are in need of some coaches. Please contact Coach Mercado ASAP if you are interested in coaching.

[Redeemer Sports Page](#)

Note: Always check the schedule for updates and changes. Thank you!

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If you have any questions, please contact:

Athletic Director: Ricky Mercado rmercado@rlcsrams.com

Soccer Coach: **NEEDED**

Volleyball Coach: Janaina Miranda _jm_10@icloud.com

Basketball Coach: **NEEDED**

Girls Basketball: Coach Mercado rmercado@rlcsrams.com

Cross Country Coach: **NEEDED**

Varsity Boys Flag Football: **NEEDED**

Girls Flag Football Coach: Nick DeTure ndeture@msn.com

As you can see, we are in need of some coaches. Please contact Coach Mercado ASAP if you are interested. Without coaches, we may not be able to field those teams.

Soccer: grades 5-8 (co-ed) possibly 4th grade if needed for JV

1. Team jersey provided by Redeemer, black shorts (PE shorts are good) for games.
2. Shin Guards. **Must be NOCSAE** approved (label on the inside of shin guard).
3. Black soccer type socks
4. Soccer cleats
5. Water bottle

Practice:

1. T-shirt, Athletic shorts, Water bottle, shin guards, soccer cleats & Socks.

While it isn't required, we encourage athletes to bring a practice ball. JV is a size 4 and varsity is a size 5

We play all of our Home games at Guy Davis Park in Stuart. (Games subject to change)

Practice will be from 3:30-4:45 on Mon, Tues, and Thurs, when there are no games to be played.

Please be on time! (Practices are subject to change)

Most of the time there will be NO JV practice when varsity has a home or away game, but the coaches will make that call when the time comes.

All practice and game times/places are subject to change. Due to weather, some games and practices can be canceled. We will let you and your child know of any changes via email, text and/or phone.

Volleyball: grades 5-8 (girls) possibly 4th grade if needed for JV

1. Varsity Team jersey & spandex provided by Redeemer (must where team provided shorts). JV Jersey provided. Black Spandex, 4" or longer for games. If the coach notices that the shorts are too short, the player may be required to wear their PE shorts.

2. Volleyball shoes, or any shoe appropriate for jumping

3. Black volleyball socks.

Note: most years the players purchased team socks ranging from \$6-\$10. This will be determined when practice begins.

4. Volleyball knee pads (black)

5. Hair ties, hair must be pulled back

Note: much like the socks, the players may be asked to purchase hair ties and bows to match the team color. TBD later.

Practice:

1. T-shirt

2. Practice spandex shorts **4" or longer** (any color)

3. Socks that cover the ankle

4. Knee Pads

5. Hair ties, hair must be tied back.

Coach Janaina may require other items. She or a parent liaison will let you know ASAP.

Practice will be Mon, Tues, Thurs, and Fri, till 5 pm when there are no games to be played.

Most of the time there will be NO JV practice when varsity has a home or away game, but the coaches will make that call when the time comes.

All practice and game times/places are subject to change. Due to weather, some games and practices can be cancelled. We will let you and your child know of any changes via email, text and/or phone.

We will need Volunteers to help fill the role of Line judge, scoreboard operator and scorebook keeper. These jobs are very easy and will count towards volunteer hours. Without help, we may not be able to host our home games. Please let me know if you are willing to help out.

Basketball boys & girls: grades 5-8 possibly 4th grade if needed for JV

1. Team jersey & shorts provided by Redeemer
2. Basketball sneakers are preferred.

Practice:

1. T-shirt, Athletic shorts, sneakers, water bottles.

Practice: Mon, Tues, Thu, Fri. Times TBD

All practice and game times/places are subject to change. Due to weather, some games and practices can be cancelled. We will let you and your child know of any changes via email, text and/or phone.

We will need Volunteers to help fill the role of scoreboard operator and scorebook keeper. These jobs are very easy and will count towards volunteer hours. Without help, we may not be able to host our home games. Please let me know if you are willing to help out.

Cross Country: grades 4-8 (co-ed)

Athletes will be able to compete in cross country and flag football if they choose.

They can miss cross country practice as long as they are attending football practice..

Most meets on are days when there are no other games going on.

1. Team uniform provided by Redeemer
2. Running shoes
3. Water bottle

Practices:

1. T-shirt
2. Athletic shorts
3. Water bottle
4. Running shoes
5. Hat

Runners must compete in at least half of the meets to be eligible for the finals.

Schedules and Practices are subject to change. We will let you know if any changes occur ASAP.

All meets are away from campus.

First practice date TBD.

We will need parent volunteers to help with the team. Please contact Coach Mercado to see where you can help!

Boys Flag Football 6-8 grade

Girls flag football: 6-8 grade

1. Team Jerseys provided by Redeemer. Black PE shorts for games are fine.
2. Cleats. Football preferred, but soccer will work
3. Mouth piece. (pack extra)
4. Water bottle

Practice

1. Athletic shorts and t shirt
2. Cleats
3. Mouth piece
4. Water bottle

We play all of our Home games at the YMCA in Stuart.

Practice will be from 3:15-4:55 on Mon, Tues, Thurs, and Fri, when there are no games to be played.
Please be on time!

All practice and game times/places are subject to change. Due to weather, some games and practices can be canceled. We will let you and your child know of any changes via email, text and/or phone.