



8100 Arctic Blvd, Anchorage, AK 99518
(907) 522-3636 ALS@alaska.org

Dear Parents and Student Athletes,

Its time to think about Back to School; which means, Outdoor Soccer and Cross Country Running seasons are just around the corner! 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—Outdoor sports (Outdoor Soccer/Track & Field)—3:45-6pm (XC—3:45-5:00p); Indoor Sports (BB/VB/Indoor Soccer)— 5:30-7pm

Hopefully our student athletes have been active over the summer. Running, biking, hiking, etc. are all great ways to prepare for the coming athletic seasons. Its not too late to get out and be active now. All activity you do before season begins will help prepare you for the game! **Soccer players:** Get your feet and body on a ball. Juggle, pass, dribble around the yard, play soccer tennis.

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.*

****Last year's athletes—find your jersey and be sure it still fits. Let Mrs. Dirksen know if you need a replacement.***

Outdoor Soccer and Cross Country Practices:

Practice will begin Tuesday, August 14, 5-6 (XC); 5-7pm (Soccer). Please arrive a bit early for this first practice to fill out paperwork and be ready to begin on time.

Regular practice time once school begins:

Tue/Thurs/Fri— XC— 3:45-5p; Soccer — 3:45-6pm

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** will be handed out prior to the beginning of each sport season. (Forms are always available near the Sports Board to the left of the library, and on Mrs. Dirksen's FastDirect bulletin board, .) **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: The list of sports seasons, schedules, and other relevant information will be posted on both the **Sports Information Board** outside the Library and my **Fast Direct bulletin board**. Individual sport schedules will be emailed out directly to players' families as well.

Parent Assistance:

* **Volunteers:** In order to continue to provide a safe and enjoyable program for our students and athletes we need all volunteers to make sure they have a background check on file in the office before they volunteer. If you are driving please make sure you have a vehicle insurance verification form and driving record check, in the office before you may transport students.

* **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.

* **Referees:** We need certified referees for our games. Please contact Mrs. 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 Mrs. 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 \$35.00 for each additional sport. This will be charged to your school account after the first week of practice.***

Mrs. Dirksen will have Permission to "Participate forms" available at the first practice. **Parents—be sure to come and complete paperwork before leaving your child at practice.** There will be a table set up at the top of the hill above the playground (left side of school bldg). Forms are available now on my FastDirect bulletin board and near the Sports Information Board by Library in main hallway.

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

Yours in Christ,

Mrs. Dirksen
ALS Athletic Director



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Anchor Athletics Quick List

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

Practices:	XC	Soccer	Site
Aug. 14, 16, 17, Tue/Thur/Fri	5-6pm	5-7pm	ALS field/Trail (before school begins)
Aug 21-Oct. 6 Tue/Thur/Fri	3:30-5pm	3:30-6pm	ALS field/Campbell Creek Trail

1st XC & Soccer Practice—Tuesday, August 14

Players must 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 \$35—each additional sport
\$25—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. 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 Mrs. Dirksen with the appropriate signatures. *(One side signed by student, the other signed by a parent)*