

PHOENIX ATHLETICS, August 3 2019

www.gophoenixathletics.org (site under construction, check back often for updates)

Facebook : Palmetto Scholars Academy Athletics

Athletic Director Email : shellee.gordon@psaschool.org



Are You Eligible To Participate In Fall Tryouts??

Here's what you need to know ...

Tryouts for JV/Varsity Volleyball and Varsity Cross Country teams (grades 7th-12th) will begin in the next week or so. The deadline to have all paperwork signed and uploaded into PlanethS was August 1st.

In order for an athlete to be eligible to participate in pre-tryout practices and tryouts scheduled after August 2, ALL required forms must be signed by parent/athlete and uploaded into the athlete's PlanethS account. If ANY of these forms are incomplete (missing a parent/athlete signature or not uploaded), the athlete is INELIGIBLE to participate. There are no exceptions. If the account is incomplete, the athlete will be asked to leave practice.

To date, only 33 students have logged into their PlanethS accounts. Many of these accounts are incomplete, missing electronic signatures, physicals or birth certificates. It is strongly recommended that parents AND athletes log into the account by Monday and complete the required forms to avoid any ineligibility issues for practices this coming week.

While some of the technical issues discovered last month on the PlanethS site have been fixed, others were discovered today. PlanethS has been made aware of these and will be corrected next week. These errors include duplicate forms for Parent Permission/Risk and Concussion Statement, and a form not applicable to PSA (the Steadman Hawkins Consent Form). Some of you have signed all of these and your athlete's account is showing complete. That is fine. If you have not signed the duplicate forms, that is OK. Duplicate forms should be removed next week. Just be sure to sign at least ONE of these duplicates to ensure eligibility.

The following 8 forms must be uploaded (where applicable), signed electronically by parent / athlete where required, and approved by the Athletic Director for an athlete to be eligible:

- Pre-Participation Physical Examination Form, Birth Certificate
- Pre-Participation History Form can be uploaded or can be completed on the site
- Parent's Permission/Risk Acknowledgement; Mission Statement; Social Media Policy; Concussion Statement; Transportation Waiver

PARTICIPATION FEE REMINDER:

DO NOT PAY ANY PARTICIPATION FEES UNTIL YOUR ATHLETE HAS ATTENDED AND SUCCESSFULLY MADE IT THROUGH THE TRYOUT PROCESS AND IS ON THE OFFICIAL SEASON ROSTER. REFUNDS WILL NOT BE ISSUED BEFORE, DURING OR AFTER.

PRE-SEASON PRACTICE INFO

VOLLEYBALL:

Monday August 5 to Thursday August 8
545pm-815pm

River Oaks Middle School gym
Enter at back of school
DO NOT ENTER AT FRONT

Arrive no later than 545pm and be prepared to start at 6pm sharp, dressed in practice gear and ready to work hard.

Doors will lock at 545pm.

These will likely be the only practices that will be held before tryouts so it is very important to attend if you have an interest in trying out.

ALL PLANETHS PAPERWORK MUST BE COMPLETED IN ORDER TO PARTICIPATE. CHECK YOUR ACCOUNT AND BE SURE PARENT AND ATHLETE HAVE SIGNED AND UPLOADED EVERY DOCUMENT.

CROSS COUNTRY: Contact sharryn_whitmore@psaschool.org for practice/tryout details

GIRLS TENNIS: Unfortunately, we did not have enough interest by the deadline and will be unable to have a girls' team this fall.

PSA ATHLETICS IS EXCITED TO WELCOME NEW VARSITY AND JV VOLLEYBALL COACHES!!!

Coach Bethany Doman is originally from Strasburg, Virginia, where she was a 3-year, 3-sport varsity athlete at Strasburg High School. She went on to play for Bridgewater College in Virginia as an outside and right-side hitter. Coach Bethany graduated in 2012 with a Business Admin degree and later received her Master's in Sports and Recreation Leadership from James Madison University in 2015. Bethany currently works for the City of Charleston Recreation Department as their Marketing & Special Events Coordinator. She has volunteer coached for 2 years at Camp Road Middle School and will be heading into her 5th season with the Palmetto Strikers Volleyball Club. In addition to coaching, Bethany continues to play competitively in grass, indoor and beach volleyball. She is looking forward to her first season as head varsity coach at Palmetto Scholars Academy with goals of growing the athletes physically, mentally and emotionally on and off the court.

Coach Kara Ludgatis was born in Wichita Falls, Texas. Kara graduated from Hudson High School in Hudson, Wisconsin. While in Hudson, Kara played volleyball and ran track. In high school, she also played club volleyball for Mizuno Northern Lights out of Burnsville, Minnesota. After high school, Kara played for the University of Wisconsin at River Falls, where she was an outside and middle hitter. She then moved to South Carolina where she continued her coaching career coaching for clubs, middle schools and high schools. Kara was the head coach at Pinewood Preparatory School for two years. She has coached boys and girls from ages 10-18 over the last 8 years. Kara is now a stay-at-home mom raising her daughter Quinn but still plays volleyball competitively both indoor and grass. Although Kara took a couple years off of coaching to start a family, she is excited to start coaching again!

VOLLEYBALL TRYOUT INFORMATION

Palmetto Scholars Academy JV & Varsity volleyball tryouts will be held on Thursday, August 15 & Friday, August 16 from 4:30pm-6:30pm each day in the PSA Gym. THERE ARE NO MAKEUP DATES and attendance at both tryout dates is mandatory.

On Friday after tryouts, the coaches will have individual meetings with each girl to discuss results.

If you are interested in trying out for volleyball, come prepared with athletic shoes, kneepads, shorts/spandex and a t-shirt. Please arrive at the gym no later than 4:00pm each day to sign in, receive your tryout number, and to begin getting warmed up. Tryouts are closed and doors will be shut promptly at 4:15pm.

Since this is a new year with new coaching staff, it's a blank slate and fresh start for everyone. Come with positive energy and an open mind to try new things and be ready to work hard!