

St. Bridget Parish School is a welcoming, innovative Catholic community which focuses on faith, family, and individual academic excellence — fostering living examples of God's presence in our world.



Bridget Parish School

135 E. Division Street

River Falls, WI 54022

715/425-1872 www.saintbridgets.org/school

St. Bridget Athletics Overview

Sports St. Bridget Offers

St. Bridget's offers the following sports:

- Volleyball (Girls) – Teams form in August, practices start in late August and competitive season runs early September through mid-October. Matches are typically twice a week after school.
- Basketball – Teams form in mid-October, practices start in early November and competitive season runs from late November through mid-February. Games are one day a week with times varying from immediately after school into the evening.
- Baseball / Softball – Teams form early March, practices start in mid-March and competitive season runs mid-April through late May. Games and practices are immediately after school.

The Catholic Athletic Association (CAA) offers sports for grades 5-8. At St. Bridget we usually need to combine grades in order to field teams. Sometimes St. Bridget includes 4th graders in order to form teams. Our goal is to limit teams to two grades whenever possible. We welcome athletes of all skill levels from beginners to experts!

St. Bridget tries to field Skills and Drills sessions for 3rd and 4th graders in the above sports as an introduction to the sport. These are practices only and last about 6 to 8 weeks. Schedules vary by sport and are determined by the coaches and facility availability.

Other sports that St. Bridget could participate in through the CAA if there is interest.

- Soccer – boys and girls teams play 11 v 11, season in the fall.
- Boys Volleyball – season in the fall
- Cross Country – single CAA-sponsored meet in the fall, 1 to 2 mile race. Other schools occasionally organize races in the fall.
- Hockey – season in the winter
- Swimming – there is a qualifier meet followed by a finals meet. Other schools occasionally organize meets.
- Track – single CAA-sponsored meet in the spring.
- Golf – single CAA-sponsored meet in the spring.

Time commitment

Teams have two activities (games and/or practices) in a typical week. Schedules do adjust periodically depending on weather and other conflicts.

How can parents help?

- Go to Culvers after games. Seriously... kids love it and it is a good way for team bonding and unwinding after games.



Bridget Parish School

135 E. Division Street

River Falls, WI 54022

715/425-1872 www.saintbridgets.org/school

- Run a scoreboard or keep the book at games. Coaches don't like bugging parents when they are trying to get ready for a game. Or help get Confirmation students to do this for their volunteer hours.
- Volunteer to be a coach. We rely on parent coaches for these programs. Even if you don't know much about a given sport, if you can show the athletes you care about them as a person, you will be an amazing coach. We can help you learn about the given sport. Plus you get to set the practice schedule.
- Be communicative with your coaches. Simply letting coaches know when your child will or will not be at a practice or game goes a long way.
- Work in the concession stand at home games. This is a good way for the program to earn extra money for equipment and uniforms.
- Know your role as a sports parent. Please read this excellent blog post. <https://changingthegameproject.com/how-adults-take-the-joy-out-of-sports-and-how-we-can-fix-it/>
- Help find officials. CAA is short of officials for all sports. For some reason, people don't like being yelled at as an official and therefore it is hard to get officials. They do get paid, but don't get rich from officiating. This is great for college kids looking for a few dollars.

Additional Athletic Opportunities Beyond St. Bridgets

St. Bridget's encourages children to participate in other community or club-based athletics in addition to St. Bridget's. We do not want athletes to feel like they must choose one team or the other. Coaches will try and make schedules work whenever possible. Below are other opportunities for athletes.

Volleyball

- River Falls Volleyball Club (<https://www.riverfallsvolleyballclub.com/home>)
 - Spring league grades K-8, Registration is early February with season mid-March through mid-May (less competitive)
 - Rage Junior Olympic, ages 13+ (highly competitive). Tryouts in mid-November. Regular season team play dates/tournaments run January-March.
- Kealy Volleyball Academy (kealyvolleyballacademy.com)
 - Offers Summer and Fall Camps
 - Monthly Winter/Spring Sessions and private lessons
- Many colleges offer camps during the summer.

Basketball:

- Midwest 3 on 3 (<https://www.midwest3on3.com/>) – Play 2 - 20 minutes games per Sunday throughout the session. Parents form teams on their own. Sessions in Hudson and River Falls are in the fall, with a session in Stillwater in the Spring.



Bridget Parish School

135 E. Division Street

River Falls, WI 54022

715/425-1872 www.saintbridgets.org/school

- Boys Travel (<https://www.riverfallsbasketball.com/>) – Skills and Drills for Grades 1 and 2 are on Saturday mornings November and December. Mini NBA program Grades 3 and 4. Program runs November through mid-February. Travel teams form for grades 5-8. Registration is in September. Travel team practices are typically 2 nights a week with tournaments on weekends. Program runs October through February.
- Girls Travel (www.riverfallsgirlsbasketball.com) – Mini Cats program is Saturday mornings for grades 1 -3. November through February. Grade 4 is transition between MiniCats and Travel Program with 3 on 3 teams and some weekend tournament play. Program runs November through mid-February. Travel teams form for grades 5-8. Registration is in September. Travel team practices are typically 2 nights a week with tournaments on weekends. Program runs October through February.
- Many colleges and high schools offer camps during the summer.

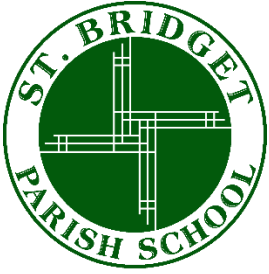
Baseball

- City of River Falls (See City of River Falls Activity Guide). Program ranges from Pre-K through 8th grade. Registration deadlines are late March for mini-traveling (Grade 7/8), and early April for Cub A, Cub B, and Pony (Grades 1-6). T-Ball deadlines are mid-May.
- Travel (<https://riverfallsyouthbaseball.org/>) League play includes weeknight games in the East Metro and Western Wisconsin. Games are played from May through mid-July. Registration takes place in August. The player evaluation session (tryouts) is held in September with informal practices encouraged in the fall and overwinter, with formal practices starting in the spring. Teams are formed by age 9 and older.

Softball

- Hudson Boosters (<https://hudsonboosters.sportngin.com/page/show/657468-in-house-booster-softball>) for T-ball through 8th grade softball. Program ranges from Pre-K through 8th grade. Registration deadlines are late March or early April.
- Travel Softball (<https://www.riverfallsyouthsoftball.org/home>) League play includes weeknight games in the East Metro and Western Wisconsin. Games are played from May through mid-July. The player evaluation session (tryouts) is held in September/October with informal practices encouraged in the fall and overwinter, with formal practices starting in the spring. Teams are formed by age in 2 year windows starting at 9 and older. There is also a Fall season in August and September, with 2 practices during the week and two games on the weekends. Ages 9 and older.

St. Bridget Parish School is a welcoming, innovative Catholic community which focuses on faith, family, and individual academic excellence — fostering living examples of God's presence in our world.



Bridget Parish School

135 E. Division Street

River Falls, WI 54022

715/425-1872 www.saintbridgets.org/school

Golf

- Group lessons are available at Troy Burne Golf Course through Brent Snyder Golf (<http://www.brentsnydergolf.com/>)
 - There are summer programs and group lessons have been organized with St. Bridget athletes in the Fall.