Dear Upper School Parents and Student-Athletes,

As the calendar brings us to the end of the school year, it is time for us to start thinking and preparing for next school year. Athletics are an important part of the Newman experience, and it is our hope that you will take advantage of the many athletic opportunities provided by Newman and our talented coaches this summer and next school year.

Much of our success from this past school year starts with the hard work put in by our student-athletes and coaches during the off season. The 2018-19 campaign proved to be another successful year, with several state championships, multiple top five finishes, numerous district and regional championships, and countless All District, All Metro and All State selections. While I am very proud of these results, I am also incredibly grateful for the amount of time, effort, and hard work that our student-athletes and coaches dedicate to making Newman Athletics the very best we can be.

Included below are the expectations of our programs that operate during the summer. For all new-to-Newman students and rising ninth graders, I encourage you to reach out to the coach regarding your participation this summer. Please make sure that all new-to-Newman students have their Magnus Health Forms and LHSAA participation forms fully completed, uploaded, and approved before any workout takes place. Click here for more information on that process. For all returning athletes, this information should have already been communicated to you by your respective coach.

High Performance – Coach Nick Brattain: NickBrattain@newmanschool.org

- The Berger Family Fitness Center will be open beginning June 3 through the end of the summer: Monday - Thursday 6:30 a.m.-11:00 a.m.; Friday 9:30 a.m.-11:00 a.m. (Closed July 4 and 5)
- Each team will have scheduled times for training. They are as follows:
  - **Football** – 2 Groups (Monday through Thursday 6:30 a.m.-8 a.m. & 8a.m. – 9:30a.m.) * 20 required.
  - **Volleyball** – Monday, Wednesday, Friday 9:30 a.m.-10:30 a.m. * 20 required.
  - **Swimming** – Tuesday, Thursday, Friday 9:30 a.m.-10:30 a.m., plus one hour of cardio a week.
  - **Girls Basketball, Soccer, and Lacrosse** – While the Fitness Center will maintain open hours throughout the summer, student athletes that want to get a workout in may come between 8:00 - 10:30 a.m.

Cheerleading – Coach Greg Spencer, espencer490515@gmail.com

- All new and returning Cheerleaders need to be available for the uniform fitting May 14 from noon to 1:00 p.m. in the Athletic Conference Room.
Cheerleaders will be expected to be back on campus for the mandatory technique camp July 30 and July 31. The technique camp will take place from 4:00-6:00 p.m.

Mandatory cheer camp will begin August 1 from noon to 4:00 p.m., and extend to August 2 from 9:00 a.m.-4:00 p.m. and end August 3, 9:00 a.m.-4:00 p.m.

Regular practice will begin August 5 from 4:00-6:00 p.m.

Cross Country – Coach Randy Zell: 504-896-9132, RandyZell@newmanschool.org

- There is an expectation that athletes participate in preparatory training throughout the summer months.
- During June and July, 40+ practice sessions will be offered. Athletes are required to attend at least 20 of these sessions, as well as meet summer mileage requirements.
- Practice times will typically be offered at 6:00 a.m. Monday through Thursday, 6:00 p.m. Tuesday and Thursday, and periodically at 7:00 a.m. on Sunday. All practices meet at the Cross Country/Track & Field Office inside the Facilities Building at the corner of Danneel and Dufossat Streets.
- For more complete details regarding summer training, please contact Coach Zell. He can provide a complete practice schedule for the entire summer.
- The first practice of the 2019 season is scheduled for Thursday, August 1 at 3:30 p.m. The team will meet in the Cross Country/Track & Field Office.
- Once school begins, the team will practice weekdays beginning at 3:45 p.m. and will finish between 6:00 and 6:30 p.m. most days. The team also practices on Saturdays, usually in the mornings, when competitions are not scheduled.

Football – Coach Nelson Stewart: 504-812-7376; NelsonStewart@newmanschool.org

- We ask that our players attend a minimum of 20 workout sessions.
- We will also participate in a 7-7 league on Wednesday mornings for our skill players. The buses will depart at 8:15 a.m. for Laplace and return around 11:30 a.m.
- We will participate in a few 7 on 7 tournaments. This first one will be June 14 in Baton Rouge.
- There will be lineman nights one night a week in June. More details on times to come at a later date.
- We will be off the final week of July and will begin practice Thursday, August 1.

Swimming – Coach Kristi Rigterink: 808-222-6808, rigterin@gmail.com

- Along with the expectations of three sessions a week with High Performance, swimmers are expected to get one hour of cardio/strength training/swimming four times a week.
- The first practice will be Wednesday, August 7 at 4:00 p.m.

Volleyball – Coach Colleen Loerzel: 504-495-7475, ColleenLoerzel@newmanschool.org
- Players are expected to get 20 workouts with the High Performance Program throughout the summer.
- The first official practice will begin Thursday, August 1 at 9:00 a.m. in the Palaestra. The first week of practices will include two-a-days, 9:00-11:00 a.m. and 4:00-6:00 p.m., with Saturday practices from 10:00 a.m.-12:00 p.m.
- More information will be mailed out in the coming weeks.

**Girls Basketball** – Coach Tracy Blackerby: 504-896-6382, TracyBlackerby@newmanschool.org

- Girls Basketball practice will be held over two weeks in June. We will practice from 4:00-5:00 p.m. in the Tuohy Gym. All athletes who are in town are strongly encouraged to participate in team practices.
  - Monday, June 3 – Thursday, June 7
  - Monday, June 17 – Thursday, June 20
- Summer High Performance workouts are recommended for athletes who are in town.
  - The fitness center is open from 8:00-10:30 a.m. beginning Monday, June 3 through Friday, August 2.
  - **The fitness center is closed July 3 and 4.**
- Required small groups and High Performance workouts for non-fall athletes will begin after Labor Day. More information about the 2019-20 season will be mailed out in August.

**Boys Basketball** – Randy Livingston: 504-343-5075, RandyLivingston@newmanschool.org

- The Varsity Boys Basketball team will work out in the Palaestra starting Friday, May 31in the morning. Practice will continue on throughout the month of June in the afternoons from 4:30-6:30 p.m.
- Coach Livingston will provide a more detailed schedule later on in the month of May.

**Boys Soccer** – Coach Tooraj Badie: toorajnewmanschool@gmail.com

- All returning Varsity Soccer players will have the opportunity to participate in a 7 on 7 pick-up league that will begin later in the month of May or in early June and the league will take place at City Park. Specifics will be communicated through the team captains.
- We recommend that our players get a minimum of three hours of cardio a week. The cardio work can take place in the Berger Family Fitness Center.

**Girls Soccer** – Coach Heather Fitzgerald: 985-974-5481, heathernewmanschool@gmail.com

- All returning Varsity Soccer players will have the opportunity to participate in a 7 on 7 pick-up league that will begin later in the month of May or in early June. Specifics will be communicated through the team captains.
All players are recommended to get one hour of cardio three times a week.

**Baseball** – Chad Catalano: 504-220-0055, Chadcat31@yahoo.com

- The Upper School Baseball program will work out, practice, and play beginning the last week of May and going through the end of June
- The Varsity will practice twice a week and play twice a week. The boys will play 8-10 games throughout the month of June, generally between Monday and Thursday, and will not travel more than an hour for a game.
- We hope to field a Metro team. This team will be comprised of rising freshman and a few rising sophomores. This group will be coached by Pat Adams.
- We are still working out the logistics of workouts and games for both teams. Once this information is finalized Coach Catalano and Coach Adams will email you directly.

**Tennis** – Coach Hossam Meligy: 504-908-4811, hmeligy@hotmail.com

- Student athletes who would like to join the Tennis team next spring are highly encouraged to play at least five to six hours a week of tennis in the summer and fall while also playing at least one or two USTA/UTR this summer and in the fall.

**Lacrosse** – Coach Aaron Burns: 301-789-5343, AaronBurns@newmanschool.org

Newman lacrosse does not have a formal summer program due in large part to how many of our athletes are also fall sports athletes. That said, participation in summer teams and lacrosse camps is strongly encouraged. In addition, it is expected that all players make the following commitment to their team and themselves over the summer:

- 90 minutes of cardio each week
- Three hours of stick work each week (wall ball, catch, pick up, etc.)
- Two sessions of strength training each week

Pick-Ups – While we strongly encourage involvement in summer lacrosse teams or camps, we will also introduce a one night a week pick-up game for our players who are in town. This will be an informal way for boys to drop in and practice by simply playing the game. Specifics of night of the week and time will be released as soon as the summer Football schedule is solidified.

All players taking part in other summer athletic programs for Newman are exempt from workouts but everyone is still expected to work on improving their stick skills through the offseason.

**Gymnastics** – Gretchen Schultz; 504-782-6462; audubongym@yahoo.com
- Gymnasts who would like to join the team in January can always attend NOLA Gymnastics Summer Camp as well as NOLA Gymnastics. For information, please contact Coach Gretchen.

If you have any questions, please contact the head coach directly.

Thank you for your interest and investment in Newman Athletics!

All N,

Patrick Summerour
Athletic Director