

Catholic Diocese of Fort Worth Sports Program

Athletic changes for 2024-2025 school year:

- Participation fee for diocesan tackle football now \$275
- No school softball league, we will do skills nights again
- Track is BACK! We will host meets again at Nolan Catholic and revamp our format!

*****Information below may be copied and pasted into communication to families for basic league information. Please feel free to add your individual campus information such as practice start dates, campus participation fees, deadline to sign up, request for coaches, etc.**

School League Sports Opportunities (Organized and ran through your school campus)

School League Volleyball

- Co-Ed. Three divisions of play: 5th/6th grade, 7th grade, and 8th grade.
- Volleyball games may be held on Monday, Wednesday, and/or Saturday starting 9/16/24-10/19/24.
- Depending on the number of teams in the league, we may need to schedule some Fridays.

School League Soccer

- Co-Ed. Two divisions of play.
 - 5th/6th grades held on Monday/Wednesday
 - 7th/8th grades held on Tuesday/Thursday
- Games play on your league day and possibly Saturdays starting 10/28/24-12/7/24

School League Basketball

- Three divisions of play for each gender: 5th/6th grade, 7th grade, and 8th grade.
- Games may be held on Monday, Wednesday, or Saturday starting 1/11/25 - 2/22/25.
- Depending on the number of teams in the league, we may need to schedule some Fridays.

School League Baseball

- Only boys' grades 6th-8th; One division of play.
- Games may be held on Monday and/or Wednesday, starting 3/31/25-5/3.

School League Track & Field

- Tentative Game Plan: Split Events Meets: A/B/A/B + Finals

- Hosted on Wednesday nights at Nolan Catholic starting 3/25-4/15/25
- Championships hosted on Saturday 26th of April

Diocesan Team Opportunities – (Organized by the Diocesan Athletic Department and hosted at Nolan)

Tackle Football

- Grades 6th-8th
- Spring Training as already started and will continue through summer
 - Wednesdays, 6-8p at Nolan Catholic
- Coming season, we'd like to form two teams depending on if numbers allow: 6th/7th and 8th
- Parent Information Meeting and Coaches Meet & Greet: July 23rd 6-7:30p at Nolan Catholic
- Participation fee of \$275 and includes use of helmets and pads
- SIGN UP- <https://forms.office.com/r/2nakpJtyzz>
- Coach Mike Sferra: msferra@smgschool.org

Flag Football

- Kinder – 6th grade.
- 8-10 am at Nolan Catholic every Saturday 9/21-10/19.
- Athletes are divided up and led through age-appropriate skills and drills for an hour followed by games.
- \$100 Fee charged to RenWeb Fact.
- Cost includes dryfit, use of our softshell helmets.
- Please provide your athlete with a mouth guard.
- SIGN UP- <https://forms.office.com/r/M3RvG43AMe>

Diocesan Volleyball –

- Tryout team (Girls only 6th-8th)
 - Tryout Dates: Wednesday, August 14th and Thursday, August 15th; 6-7:30p
 - Athletes may come to one or both tryouts to be considered for the team. However, please make both dates, if possible.
- A team and B team formed.
- Practice Dates – tentatively set for M/W 6-7:30p
- 8-10 game season + Tournament
- Games will NOT conflict with your school volleyball team.
- Games played on Tuesday and Thursdays starting 9/3/24-10/10/24
- Non-refundable participation fee of \$200 due 9/6/24
- SIGN UP- <https://forms.office.com/r/yJKRnZTefa>

Diocesan Swim Team

- Tryout team – Co-Ed
 - Tryout Dates – TBD End Sept
 - Please only attend one tryout session.
- Season is Oct 2024-Jan 2025.
- Coaches are understanding of multi-sport athlete needing flexibility in attending practices due to other club or sport commitments.
- Participation fee of \$250 includes, swim cap, team shirt, entry fees, facilities/coaching fees
- *In addition to the fee, each family is required to provide swim goggles and competition suit in Royal or Black (patterned ok with royal/black colors).

Diocesan Basketball

- Tryout team (Grades 6th-8th)
- Tryout dates will be in October.
- A team and B team formed for both girls' and boys' divisions.
- Typically, a 10-12 game season + Tournament
- Games played on Mondays and Thursdays starting Mid-November to Mid-January
- Non-refundable participation fee of \$200 due End of October, if make.
- More details will be sent along with the sign-up link in Mid-September.

Diocesan Softball Skills Nights

- Girls' grades 5th-8th
- Wednesday nights in April; 5-7p at Nolan Catholic

Diocesan Sailing Team – Learn to SAIL along Nolan Catholic Vikings!

- 7th and 8th Grade only; co-ed.
- No experience needed!
- 7th graders may learn to sail and practice with the team.
- 8th graders may compete in Regattas!
- Fall and Spring options are available.
 - Typical Fall season Labor Day – Thanksgiving
 - Typical Spring season End of February – May
- Practices held at Fort Worth Boat Club on Eagle Mountain Lake
- Competitions (Regattas) are held local and destination (Austin, Houston, New Orleans)
- Participation fee paid directly to Fort Worth Boat Club. \$125 initial season; \$250 returning sailors.