



2019 SUMMER AND FALL SPORTS INFORMATION

Building the Saber Sports Culture

Saber Sports needs a grade, or a group, or a team that is willing to come together – for each other and for our school – to WORK toward shared goals. Why not you? Why not now?

Saber Strong Summer Program: Monday, June 10 – Thursday, August 8 Mondays, Tuesdays, & Thursdays, 6pm

Get better, bigger, faster, and stronger with your teammates this summer. Strength, speed, mobility, and agility training sessions will be held for Sabers 3 nights/week all summer long. Summer is the best time of year for school-aged athletes to focus on physical development and injury prevention for the coming school year. Emphasis will be placed on age-appropriate, safe, and proper exercise technique. Saber Strong is not meant to take precedent over family obligations and vacations, but to reach our goals it **MUST** supersede complacency, passivity, and disinterest. When you're in town and have a ride, we want you there!

- TNCS gym, field, & weight room
- FREE of charge. No registration necessary. Just COME.
- Open to all rising TNCS 8th - 12th graders
- Basketball skill work and pick-up games 2x/week after workouts
 - SKILLS CLINICS and Pick-Up Games – Saber Sports has arranged with More Shots Basketball Training to offer basketball skills clinics each Tuesday and Thursday in June and July. Players who come to Saber Strong at 6:00 can stay for skills work and games with More Shots Coach Carson Smith from 7-8pm.
- Volleyball skill work and pick-up games Monday nights after workouts
 - Rising 8-12th graders playing TNCS volleyball in the fall are encouraged to do the Saber Strong workout at 6pm on Monday nights and stay for volleyball in the gym from 6-7, with Coach Katie Wood.
 - Come improve your skills, bolster your experience, and increase your ability to contribute to the success of our program.

Saber Sports Fall Season

Following are the start dates that correspond with practice start dates from each of the last 2 school years. All players are expected to begin practicing with their team on the dates listed above. Many of our teams are oversubscribed. **Not being with a team at the start of the season jeopardizes a student's spot on the roster.**

- US practice for boys soccer and cross country begins Monday, August 12
- MS practice for boys soccer and cross country begins Tuesday, August 20
- Sign-ups for fall Saber Sports will be held on campus in May.

Athletic Physicals were administered on campus on Thursday, May 2. Thank you to the 55 families who already have next year's forms turned-in!