

St Benedict

AT AUBURNDALE

Fall Sports

Football
Cross Country
Girls Soccer
Volleyball
Golf
Competitive Cheer
Dance

Winter Sports

Bowling
Wrestling
Basketball
Swimming

Spring Sports

Track and Field
Tennis
Boys Soccer
Baseball
Softball
Lacrosse
Water Polo
Trap and Skeet

Dead Period

June 24-July 7
Athletic Facilities will be closed

Campbell Clinic

We will have an all-school physical day at SBA on May 2 from 3:30-6:00pm. This is a **FREE** physical evaluation.

Important To Know...

The Tennessee Secondary School Athletic Association (TSSAA)

St. Benedict is a long time member and complies with the by-laws and regulations of the TSSAA. Any student-athlete enrolled at SBA, who meets the various academic and athletic requirements as set forth by SBA and the TSSAA, may try out for any interscholastic sport.

8th Grade Students who currently participate in a high school sport

If any incoming freshmen has participated on a high school team at any level as an eighth grader or maintains an athletic record at the previous school, please notify the Athletic Office at the time of enrollment.

Transfer Students

If any incoming 10th, 11th, or 12th grade student-athlete participated on any high school athletic team at their previous school, please notify the Athletic Office at the time of enrollment.

Sports Physicals (Required)

Any student participating in Athletics at SBA is required to have a TSSAA Physical Form and Permission Form on file in the Athletic Office before the first day of school. All forms can be found on our website at www.sbaeagles.org. SBA will now hosting a physical day on May 2 from 3:30-6:00pm. ***Please note that Physical Day at SBA is MANDATORY for all returning student-athletes.*** This is a FREE physical evaluation.

Participation Fee

All sports require a participation fee to be paid once the team's roster has been set. The fees include **\$100** to participate in a sport, **\$50** to participate in a second sport, and **FREE** to participate in a third sport.

Coaches Contact

John Cooley- Football
(cooleyj@sbaeagles.org)

Erica Lear - Volleyball
(learmetrovbtc@gmail.com)

Nancy Wehby - Cross Country
(wehbyn@sbaeagles.org)

Nick Dressman - Boys Soccer
(dressmann@sbaeagles.org)

Hugh Jackson - Girls Soccer
(jacksonh@sbaeagles.org)

Barbara Hervey - Golf/Tennis
(tellpro@aol.com)

Caleb Marcum - Girls Basketball
(marcumc@sbaeagles.org)

Rob Sabau - Boys Basketball
(sabaur@sbaeagles.org)

Heather Freel - Cheer
(freelh@sbaeagles.org)

Don Madeksho - Wrestling
(madekshod@sbaeagles.org)

Jeff Drzycimski - Bowling
(deacon@sbaeagles.org)

Molly Pickering - Swim
(pickeringm@sbaeagles.org)

Nancy Wehby - Track
(wehbyn@sbaeagles.org)

Brandon Patton - Baseball
(pattonb@sbaeagles.org)

Ashley Scarborough - Softball
(ashley.scarborough@sfawolves.org)

Nesto Rivas- Girls Lacrosse
(nesto.rivas@navy.mil)

Steven Shipowitz - Boys Lacrosse
(stevenshipo@gmail.com)

Molly Pickering - Water Polo
(pickeringm@sbaeagles.org)

Elizabeth Fischer - Dance
(fischere@sbaeagles.org)

Important Summer Dates (times TBA)

Boys and Girls Basketball Evaluations - June 1

Football Summer Program - June 1

Girls and Boys Soccer Program - June 1

Boys and Girls Golf Program - June 1

Baseball Summer Evaluations - June 1

The St. Benedict Athletic Program is committed to the highest level of competition. Our athletes understand the value of a competitive spirit and winning attitude, coupled with sportsmanship, character, and class. The coaching staff at SBA is committed to preparing student-athletes for life and to be Godly examples on and off the field. We want to be enthusiastic and intentional in everything we do. Our coaches understand that success is not given, but rather earned, and we are committed to many off-season programs that involve strength and conditioning, speed and agility, flexibility, and performance based training and nutrition.

