



CRUSADER FOOTBALL

John Bapst Memorial High School

Summer Workout Schedule

Workouts Begin June 19, 2017

Days: Monday, Wednesday

Time: 5:30pm – 7:30pm

Thursday

Time: 9:00am-11:00am

Location: John Bapst

All workouts will consist of a combination of **weight training, conditioning, polymeric training,** and skill development.

Participants should plan to be dropped off and picked up at John Bapst for each workout unless otherwise informed.

Participants should bring **athletic clothing, sneakers and cleats,** and an individual **water bottle** to all workouts.

There will be other events going on throughout the summer.

They include, but are not limited to: Team and Individual Camps, Fundraisers and 7 on 7 Passing League.

(The schedules for these events will be provided as dates are confirmed.)

If there are any questions or concerns, or you will not be able to attend a workout, please contact Coach O'Connell at 207-949-7618.

GO CRUSADERS!



2017 Cheerleading Camp

Anyone who is interested in cheering for John Bapst High School is welcome to come to our annual cheering camp!

When: July 10, 11 & 12th 2017

Where: John Bapst High School Auditorium

Time: 9:00am - 2:00pm

Cost: \$50.00

(price includes: Camp T-Shirt, Camp Cheer Bow, Cheer Bow Keychain, Daily Snacks, Water and Lunch on July 12th)

**To Sign Up or For More
Information Contact:** Coach Eva
Deans

Email: eva.deans2012@gmail.com

**Please Include: Cheerleaders Name, Grade, T-Shirt Size and ANY
food allergies**

Girls' Summer Basketball Schedule

At press time, the Girls' Summer Basketball Schedule had not been finalized. Please know we will forward all the appropriate times and dates for the summer program as soon as they are official.

Thus far, we have committed to a set of summer league basketball games. They will take place at Orono High School.

The schedule is as follows:

DATE	LOCATION	TIME	OPPONENT
6/19	Orono H.S.	6pm	Old Town
6/28	Orono H.S.	6pm	Foxcroft Academy
7/10	Orono H.S.	8pm	Dexter
7/17 (1)	Orono H.S.	5pm	Orono
7/17 (2)	Orono H.S.	7pm	Stearns

Please continue to check our website at www.johnbapst.org, and like us on facebook @ John Bapst Athletics for an updated schedule as it becomes available.

If you have any questions or concerns please contact the Athletic Office at John Bapst.

Thank You!

Boys' Summer Soccer Schedule

Workouts Begin June 20, 2017

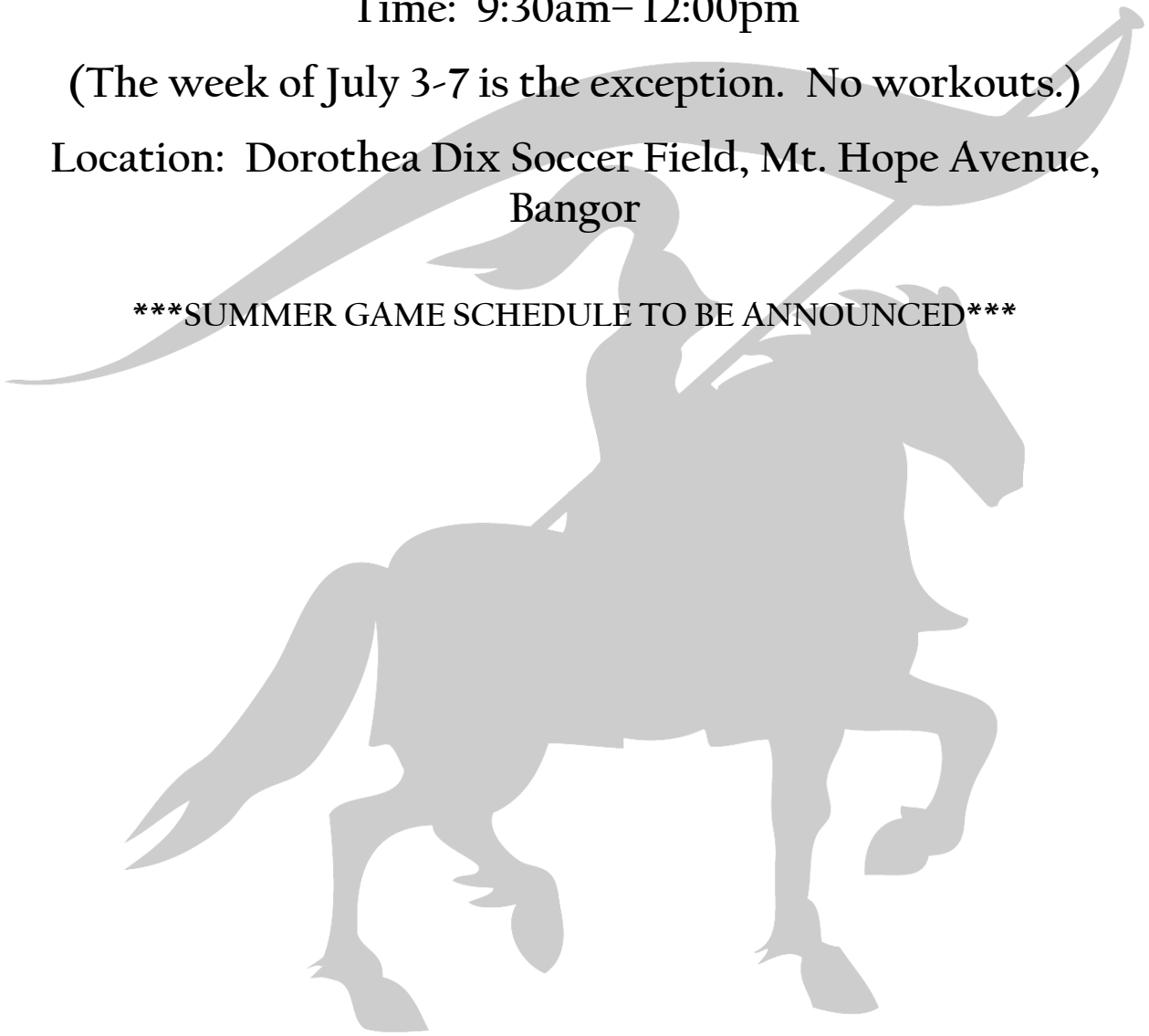
Days: Tuesdays and Thursdays

Time: 9:30am– 12:00pm

(The week of July 3-7 is the exception. No workouts.)

Location: Dorothea Dix Soccer Field, Mt. Hope Avenue,
Bangor

SUMMER GAME SCHEDULE TO BE ANNOUNCED



Girls' Summer Soccer Schedule

Dear Parents and Players,

I hope this email finds you well. As we approach the beginning of the 2017 Soccer Season, I would like to take this opportunity to outline important information and news regarding John Bapst Summer Soccer Program for your daughter.

Objective: Summer Training Program

At this age group, our goal is to assist the girls in developing motivating players in the principles of technical, physical, social and psychological development.

This year's summer coaches are:

Jennifer Plourde(Head Coach), Jonathan Fischer(Junior Varsity Coach), Karrie O'Donnell(Asst. Varsity Coach) and Courtney Benson(Asst. Coach).

Player Commitment

John Bapst tries to work with the all summer sports schedules to avoid or minimize conflicts. However, once the schedule for each summer has been finalized, we expect that each player makes the best effort to attend all the trainings and games.

Fields & Schedule

John Bapst soccer field is located on Mt. Hope Ave. (Dorthea Dix Complex). We will have a game or practice 2 times a week. See page 2 for summer soccer schedule.

Communication

The primary means of communication this summer and throughout the season will be our Facebook page "John Bapst Girls Soccer". If you have questions or need more information, please contact me at jennifer_lee06@hotmail.com.

I am looking forward to a fun and enjoyable 2017 season.

Sincerely,
Jennifer Plourde
John Bapst Varsity Soccer

Summer Game Schedule

July 5th Practice 6-7:30

July 6th vs Orono @6

July 11th Practice 6-7:30

July 12th vs Brewer & PVHS 4 & 5:15

July 18th Practice 6-7:30

July 19th vs Fort Kent & PVHS @3:30 & 6:00

July 26th Practice 6-7:30

July 27th vs Orono @6:00

PVHS Round Robin July 28 (Returning Varsity Players ONLY)

Preseason Starts August 14th @ 8am

All practices and home games will be held at Dorothea Dix soccer field on Mt.
Hope Avenue in Bangor.



Boys Summer Basketball Schedule

At press time, the Boys Summer Basketball Schedule had not been finalized. Please know we will forward all the appropriate times and dates for the summer program as soon as they are official.

Thus far, however, we have committed to a set of summer league basketball games. They will take place at Orono (Varsity) and Hermon (JV) High School.

Date	Location	Time	Team
Week 1			
6/19	Orono High School	4:30	Varsity
	Orono High School	6:30	Varsity
6/20	Hermon High School	7:00	JV
6/21	Orono High School	5:30	Varsity
6/22	Hermon High School	6:00	JV
Week 2			
6/26	Orono High School	7:30	Varsity
6/27	Hermon High School	7:00	JV
6/28	Orono High School	4:30	Varsity
	Orono High School	5:30	Varsity
6/30	Hermon High School	7:00	JV
Week 3			
7/5	John Bapst	3 – 5	All Players
	Hermon High School	7:00	JV
7/6	Hermon High School	7:00	JV
Week 4			
7/10	Orono High School	5:30	Varsity
7/11	Hermon High School	8:00	JV
7/12	John Bapst	3 – 5	All Players
7/13	Hermon High School	7:00	JV
Week 5			
7/17	John Bapst	3 – 5	All Players
7/18	Hermon High School	5:00	JV
7/19	Orono High School	6:30	Varsity
7/20	Hermon High School	6:00	JV
Week 6			
7/24	Orono High School	4:30	Varsity
7/25	Hermon High School	5:00	JV
7/26	Orono High School	4:00	Varsity
7/27	Hermon High School	6:00	JV

Summer Hockey Schedule

Hello Hockey Families,

Please enjoy the attached **Summer Hockey ice time, training and team event schedule!** Thank you Coach Tanis for organizing everything!! Ice time is at Brewer.

1. **Summer Hockey** will be roughly \$125 per player (let me know of any assistance needs) payable to JB Hockey Boosters on the first day. Please look at the schedule and let me know if there are days you are unable to make it. We will open it up to other skaters if we are short on #'s to keep costs down and numbers up. The format will be skills for the first half and scrimmage for the second.

2. For the **Paintball Activity**, we need to reserve, and have an idea of numbers. Please let me know if you plan to come so I have an estimate of numbers.

3. **Carwash/Bottle Drive for Charity**: we discussed July 29th. Details to follow; possible Bar-b-q or team event to follow.

Please share this information with any incoming Freshmen Hockey players and let me know their contacts.

Have a great day!

Meg

Meg Granger—John Bapst Hockey Boosters



June On Ice Training:

Tues 6/13 2:40pm-4:50pm

Thur 6/15 2:40pm-4:50pm

Tues 6/20 2:40pm-4:50pm

Thur 6/22 2:40pm-4:50pm

Tues 6/27 2:40pm-4:50pm

Thur 6/29 2:40pm-4:50pm

July Off Ice Training/Team Building:

Tues 7/11 Disc Golf at DR in Orrington 4pm (\$6 per person includes a rental disc & 18 holes)

Thur 7/13 Dryland Training at Cameron Stadium 5:30 pm

Tues 7/18 Hike Bald Mt-Dedham 5:30pm (Take Upper Dedham Rd by G&M Market on 1A 6mi.)

Thur 7/20 Dryland Training at Cameron Stadium 5:30 pm

Tues 7/25 Paintball at Maine Military Supply 4pm – On 1A Holden

Thur 7/27 Dryland Training at Cameron Stadium 5:30 pm

Summer Golf Schedule

The golf team will be having a clinic with Colin Gillies (Club Pro-Traditions Golf Course) and Coach Tom Winston on June 19, 2017.

This clinic will be from 10-11am. Please arrive by 9:45am.

The clinic will be free for each participant. .

The goal is to give each person a plan for things to work on for the rest of the summer at the clinic.

To register, please call Coach Winston @ 991-2607, no later than Saturday, June 17.

Everyone is encouraged to attend. Current members of the John Bapst Golf team are **STRONGLY** encouraged to attend.

Remaining summer plans for the golf team will be discussed at this outing.

GO CRUSADERS!



Summer Field Hockey Schedule

Date	Event	Time	Location
6/14	Practice	5-7PM	Umaine
6/16	7v7 Games	TBA	Umaine
6/21	Practice	5-7PM	Umaine
6/23	7v7 Games	TBA	Umaine
6/27	11v11 Games	5-7PM	Hampden Academy
6/28	Practice	5-7PM	Umaine
6/30	7v7 Games	TBA	Umaine
7/5	Practice	5-7PM	Umaine
7/7	7v7 Games	TBA	Umaine
7/11	11v11 Games	6-8PM	Hampden Academy
7/12	Practice	5-7PM	Umaine
7/14	7v7 Games	TBA	Umaine
7/19	Practice	5-7PM	Umaine
7/21	7v7 Games	TBA	Umaine
7/26	Practice	5-7PM	Umaine
7/28	7v7 Games	TBA	Umaine
7/29	Maine FH Festival		Thomas College

Playing Surface and Equipment: The UMaine Field Hockey field is an astro-turf surface that requires turf shoes or sneakers. Cleats are not permitted or safe. The field is located near the new Recreation Center on the UMaine campus, adjacent to the softball and baseball fields. Proper footwear, shin guards, mouth guards, sticks, and goggles are required for each practice.

If you have any questions or concerns please contact Coach Courtney Withee at

jbfieldhockey@gmail.com

Summer Cross Country Schedule

Dear Bapst Ninth Grader:

If you are interested in running Cross country for John Bapst Memorial High School, I have an opportunity for you to get into very fine shape and, at the same time, to get to know some of your classmates and teammates: **The Summer Running Club**.

My name is John Emerson, and I am the Cross Country Coach. I will be hosting the **Summer Running Club**, one goal of which is to get in nine days of group practice before the formal start of the 2017 cross country season (August 14th).

Building a mileage base over the summer is the key to having the most successful cross country season. You will be better able to handle the higher training intensity of the actual season, you will be less prone to injury, and you will be much better prepared for our first meet: The Ellsworth Invitational on Saturday, September 2nd.

Here is the Running Club schedule:

July 3, 6: Learning the course and the neighborhood
July 10, 13 Learning the course,
neighborhood and the hills
July 17, 20 The track and a counted
workout
July 24 an hour's
worth
July 31 Timed
running

We will meet all the softball diamond at the Dorothea Dix Psychiatric center at 5:15 in the evening just off Mt. Hope Avenue near Hogan Road). We will warm up; have a bit of conversation train then stretch. The workouts will be individualized in consideration of your conditioning, but we will never not work hard. On off-days, you should also do some, although I am in favor of cross training-swimming, roller blading, hiking, bicycling, or pushing a lawn mower with a little more than a leisurely effort.

Now, because it is summer, you are to feel free to make plans and to meet

other commitments; I am sure that things will come up for me, too. But if you are serious. about running well during the season, you will run this summer. What I am offering g through **Summer Running Club** is a chance for you to enjoy your teammates company, to learn much about running, and to feed off each other's motivation. We will be a great group, close and mutually supportive respected by other schools, and consistently successful.

If you are interested, please send an e-mail to me (jemerson@johnbapst.org). J will get back to you. Or just show up on time.

Yours Truly,

John Emerson
Bapst Cross Country Coach

