

ACS Fall Sports 2009-2010

“From the Inside Out”

Romans 12:2 *“Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God.”*

Dear Parents and Players,

First let me say how excited I am about the 2009-2010 season and our new home. God has blessed us in so many ways. We have an excellent coaching staff this year and our players have been working hard all summer long during summer workouts and conditioning. I want to encourage you as parents to pray daily for your player, their coaches and the program. It is a collective effort to have a winning program and prayer is the foundation.

The Coaching staff for 2009-2010 season is as follows:

Varsity Boys Soccer:

Head Coach: John Von Ins

Cell Phone:864-940-8529/email:jpvonins@hotmail.com

Varsity and Middle School Girls Volleyball

Head Coach: Alison Guthrie

Cell Phone: 864-608-3537/email:aleighuth@yahoo.com

Assistant Coach: Lisa Massey

Varsity Girls Cheerleading

Head Coach: Megan Grand

Cell Phone:864-221-3481/email:megangrand@gmail.com

Assistant Coach: Kathy Welden

Varsity Boys and Girls Cross Country

Head Coach: John Visintainer

Cell Phone:864-202-1486/email:runcoachj@yahoo.com

Athletic Director

Lauren B Von Ins

Cell Phone: 864-940-4079/Office 864-224-7309 ext. 301

Fax:864-224-1085/email:vonins8202@charter.net or l.vonins@acslions.net

Please pray for each of these coaches daily. They are committed to your players and are committing their spare time because of their passion for working with you and athletics.

Practice

All practices are mandatory and closed. Please make sure that your player is on time and appropriately dressed. The dress code for all athletes is shorts no shorter than 3" above the knee and t-shirts (no tank tops or t shirts that have been altered). Volleyball players should also remember their tennis shoes and knee pads, soccer players need their cleats and shin guards and cheerleaders should have tennis shoes. If a player is late to practice or appropriately dressed then consequences such as extra laps or other conditioning exercised will be assigned and completed after practice. Absence from practice will be excused for illness or family emergency. The **PLAYER** must contact the head coach prior to the start of practice. Each coach based off of attendance, attitude and performance at practice will determine playing time.

Games

Varsity Volleyball games will begin with the Jamboree on Saturday August 15th and Middle school games will begin on August 20th. Soccer games will begin August 21st and Cross Country's first meet is September 1. Volleyball and Cross Country season end officially at the end of October. Soccer season will end officially at the beginning of October. Athletes will be asked to dress up from time to time for games or to wear their team shirt on game days. It is the ATHLETE'S responsibility to make sure that they bring all parts of their uniforms to each game. (ex. Home and away or cleats, knee pads etc...). Players are expected to ride the bus to all away games. If your player is not riding home on the bus a travel release form must be turned in to Coach Von Ins by 12pm the day of the game, match or meet. (If one is not turned in then the player must ride the bus home.) This will allow time to type out a bus roster for the coaches and bus driver.

Schedules

A game schedule will be sent home with you tonight. Please realize that this is subject to change. This year the athletic department will be utilizing our school website to post updates to schedules and practices. Please check here regularly for any changes. The website address is www.acslions.net. Once on the home page, click the athletic calendar link to view information. To view complete details, click on the individual date.

Sportsmanship

It is imperative that we present a Christ like attitude at every event. We never know whom maybe watching us and seeking to know the Lord. This is why we need to show others that Christians can be competitive but with a pure spirit. Our actions affect everyone we come in contact with and it is important to be a light in a very dark world. Athletics is not only about winning but also learning discipline and developing relationships that shape and form us into the warriors we need to be for Christ.

Communication

Just wanted to remind players and parents to address the coach or individual with whom a concern or situation arises. If you have done so and still feel no resolution then please contact Coach Von Ins.

Thanks again for your prayers, commitment and desire to make the ACS Fall season a success.

Serving in His Name,

Lauren B Von Ins