



Lourdes Catholic School

Academics ♦ Faith ♦ Community

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Welcome back to another school year at Lourdes Catholic School! This is going to be a very exciting year and Lourdes is excited to offer your child an additional opportunity this school year. Intramurals will be offered for students in grades K-8. The students will be separated into two groups: K-4 and 5-8. Each group will meet once or twice a week from 7:20-8:00 or after school from 3:20-4:15. To be able to participate in intramural athletics, your child will need a permission slip, a ride to school, and a uniform (shirt, shorts, and tennis shoes). It will also be a great idea for students to bring a water bottle and sunscreen if applicable. Students participating in intramurals will have the opportunity to learn about a new sport, enhance skills in a known sport, compete in a welcoming environment, and create friendships with students in your child's homeroom and within our school.

Students participating in intramurals may begin to arrive at 7:10 on your child's scheduled day. Please have your child to the gym by 7:25, as there are times that we will not be in the gym for intramurals. Students are to come to the gym unless otherwise noted through the school doors by the lunchroom. You may drop your child off in their intramural clothing and students may change in the locker rooms before going to their classroom.

The purpose of intramurals at Lourdes is not about winning or losing, but to give our children the opportunity to grow as a whole student. Intramurals will contain an athletic component, a prayer component, as well as various events that will involve the rest of your family. These activities are meant to help your student grow during their time at Lourdes Catholic School.

I again thank you for allowing me to be your athletic director and for your support through these intramural and interscholastic activities. I look forward to a great year inside and outside of our school.

Go Lancers!

Mr. Alec Clark

Athletic Director