



LANCER ATHLETICS

Dear SJCA Student Athletes and Parents,

At this time, SJCA is **tentatively** preparing for an April 20th return date to school. Please know that the SJCA Athletic Department is currently working with the Metro Classic Athletic Directors and Conference Commissioner to work out an abbreviated conference Spring Sports schedule.

The WIAA requires each High School sport team to fulfill practice requirements before participating in a game or scrimmage, so our goal is to have everyone able to tentatively participate in practices on April 20th. **With this in mind, please make sure your student/athlete is signed up via our online system before April 20th.** To register, click the link at the bottom of this message. Please note that if the spring sports season is cancelled, you will receive a refund of your Spring Sports Athletic fee.

Regarding Middle School athletic programs, students are required to have a least two practices before competing in a competition.

Listed below are the WIAA practice requirements for each HIGH SCHOOL team.

Baseball/Softball

- After 5 practices = Scrimmage
- After 7 practices = Game

Golf

- After 3 practices = Scrimmage or Competition

Girls Soccer

- After 3 practices = Scrimmage
- After 7 practices = Match

Boys Tennis

- After 4 practices = Scrimmage or Match

Track/Field: only 3 practices/not 7 practices due to starting already

- After 3 practices = Meet

We want all our student athletes to stay motivated, keep up their individual workouts, eat healthy, stay positive, and keep the faith!

If you have any questions, please feel free to contact me at the email listed below.

Thank you,
Dave Witthun

[Click here to register for Spring Sports.](#)

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