

COMET ATHLETICS

PURSuing EXCELLENCE FOR CHRIST



PRACTICE SCHEDULES

Practice schedules will be communicated via each individual coach. Please make sure you get included on their forms of weekly and daily communication. Generally, practice times will look as follows:

JV/VAR girls' volleyball – 3pm to 5pm daily in the main gym

VAR boys' soccer – 3pm to 5pm daily on main field

MS boys' soccer – 3pm to 4:45pm daily at practice field

MS girls' volleyball – 3pm to 4:45pm daily in practice gym

UPDATED FIRST DAY OF FALL PRACTICES

Varsity boys' soccer – August 10

JV/Varsity girls' volleyball – August 10

HS cross country – August 10

MS boys' soccer – August 25 (updated*)

MS girls' volleyball – August 31

MIDDLE SCHOOL VOLLEYBALL COACHES

Middle school volleyball head coaching interviews are in progress this week and we hope to have our coaches finalized by next week in order to announce at the all athlete meeting. We plan on having a 7th grade and 8th grade volleyball team.

FALL GAME SCHEDULES

Schedules are posted online at nmcs.us/athletics via the downloadable link. Click on **FALL SCHEDULES** on the webpage. They are also posted on the school Google calendar.

JV BOYS SOCCER GAMES

Due to large numbers on the varsity boys' soccer team and a large number of interested student athletes in grades 9-12, we are looking to add a few JV games to help get additional playing time for some of our younger student athletes. They will all still be a part of one team but will split for these occasional JV games.

BREAK WEEK

Pre-Season Break Week – August 3 through August 9

- No athletic practices allowed
- Conditioning allowed

VOLUNTEER REQUIREMENTS

Please make every effort to sign up for volunteer shifts. Without volunteers, our athletic events wouldn't be possible.

As a reminder, **each sport played requires the family to sign up for 3 volunteer shifts**. For example, if a family has 2 students and they both play soccer and basketball, they are required to sign up for 3 shifts per sport per student (12 shifts total throughout entire year).

Shifts that are worked do not need to be in the same season as the sport their student is playing.

You can start signing up for shifts now online at nmcs.us/athletics.

FALL ALL ATHLETE/PARENTS MTG.

Mark your calendars for the annual "All Athlete/Parents Mtg." that is scheduled for **August 10 at 6:30pm** in the gym. All students and parents (grades 6-12) should plan to attend to hear important updates about the year ahead. This is for all student athletes in all seasons (fall, winter, and spring). Please make every effort to attend this meeting to kick off the 26-27 athletic year.

PHYSICALS

Students wishing to participate in athletics during the next school year need to have an updated physical on file in the main office. The physical must have taken place after April 15, 2026. These can be done by urgent care offices and primary care doctor's offices for a small fee. Forms can be found online at nmcs.us/athletics.

The physical must be completed and turned in prior to the first day of practice.