

Immanuel Lutheran Tiger Fall Sports Information 2023

Cross Country

Cross Country is a sport that could lead into a healthy lifetime activity. Cross Country is offered to students in grades 3rd-5th and 6th-8th. The 3rd-5th grades will run 1 mile, the 6th-8th will run 2 miles. We will have 1 or 2 practices a week and ask the students to train on their own the rest of the time. Last year meet days were Monday 3rd-5th, Tuesday 6th-8th starting at: 5:00. Meet days are subject to change. The season runs August thru October. Teams will be divided as follows: 3rd-5th girls, 3rd-5th boys, 6th-8th girls and 6th-8th boys.

Soccer

Soccer is offered to the students in 1st- 6th grades. We will have 2 practices a week and games are on Saturdays and Sundays. The season runs from August thru October. Teams will be divided as follows: 1st/2nd boys, 1st/2nd girls, 3rd/4th boys, 3rd/4th girls, 5th/6th boys, 5th/6th girls.

Volleyball

Volleyball is offered to girls in the 4th- 8th grade. We will have 2 practices a week. They generally play 1 match during the week and 1 match on the weekend. The season runs from August thru October. Teams will be divided as follows 4th/5th/6th girls, 7th/8th girls.

The registration fee to play sports at ILS:

Soccer and Volleyball \$50.00

Cross Country \$25.00

Sign up now so we can have an accurate number for each team to register for the fall sports season. I will let you know by August 1st if we have teams in your child's sports age division.

The following forms need to be completed to play sports at ILS

[Registration Sheet](#)

[Sports Medical Form](#)

[Concussion and Cardiac Arrest Symptoms Form](#)

[A Reminder to Our Fans Sheet](#)

All forms are available using the links above or on our website

<https://ilsmemphis.org/athletics>

Fill out the required forms and turn them into the school office by Tuesday, August 1st, 2023. To alleviate scheduling conflicts with physicians, Students will be allowed to practice without the attached physical complete, but will be required to have it to the school front office prior to any games.

The Registration Sheet, fees, Concussion Forms, Cardiac Arrest Symptoms Form, and Reminder to our fans MUST be completed and submitted to the front office prior to any practice!