

**Sacred Heart fall athletic programs and first practice details are as follows:**

**High School Boys Soccer:** Coached by Warren Dey (573-301-7707) and assisted by Billy Hammerly (816-686-4782).

**High School Volleyball:** Coached by Marlo Siron ([msiron@gogremlins.com](mailto:msiron@gogremlins.com)) assisted by Jen Volcko. Practices will begin Monday, August 8 in the McGremlin Gym from 8 AM - 11 AM M-F through August 18 and Friday, August 19 3-6 pm

**High School Cross Country:** Coached by Kara Hill ([kahill@gogremlins.com](mailto:kahill@gogremlins.com)). Cross Country will meet 7-9am Aug 8-12 and Aug 15-18. Starting Aug 19, we will practice 3:15-5:30pm. We will start at the school (for now). Other places we will run will be Bothwell Lodge trails and Clover Dell Park. Make sure you have water and good running shoes.

**High School Girls Golf:** Coached by Rachel Newkirk ([rnewkirk@gogremlins.com](mailto:rnewkirk@gogremlins.com)). Season will begin on Monday, August 8th with a meeting in the commons at Sacred Heart at 3:45, all players must attend. Practices will begin at the Sedalia Country Club on Tuesday, August 9th starting promptly at 3:45pm. The girls will need golf clubs, water bottles, golf shoes, and appropriate golf attire. We will practice until 5:30 the latest.

**JH Soccer:** Coached by Nick Turner (573-999-3436) assisted by Dan Cahill (660-281-1643). JH practices will start on August 15th The Junior High will be practicing out at Clover Dell Park from 4-6 PM. Players must bring cleats, shin guards, and water bottles.

**JH Volleyball:** Coached by Joyce Shiney (913-706-8129) assisted by Mandy Prewitt (660-221-9064) and Lacy Judd. JH practices will start on August 15th. Practice will be 3:45 to 5:45 in the Hoying gym, Monday-Friday. Make sure you have shoes, knee pads and gym clothes for practice.