

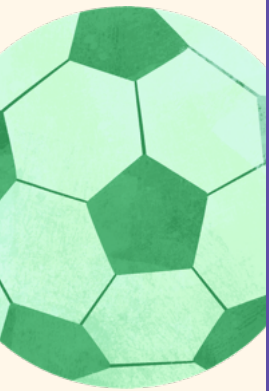




WELCOME TO PE/ATHLETICS

Howdy y'all!

I am excited to be here for my third year at First Lutheran and my 16th year coaching and teaching. I teach PE and I am also the Athletic Director.

Important things to know about PE

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- Please wear tennis shoes on PE days.
 - 5th-8th grade students have the option to change into athletic clothes.
 - Proper athletic clothes: First Lutheran shirt, shorts that are mid-thigh or longer in length, and jogger pants. Leggings can be worn, but must have a shirt that covers their bottom without pulling down their shirt. All students must change back into uniform attire at the end of PE.
 - All students must participate in daily activities.
 - If your student cannot participate in PE or athletics for any reason, please send me an email or a doctor's note with instructions.
 - We do fitness testing
 - Field Day for K-8 is on May 14, 2027
 - Participate, have fun, and find a lifetime activity you love!

Athletic Activities for Students

A sports physical is required for some sports activities. Please have sports physical done before sports season begins. Sports physical forms can be found in the school office or table across from the school office.

Volleyball, Basketball,
Cheer, and Soccer: Grades
5th-8th

*Needs an athletic physical on file.

Pep Squad: Grades 1st-4th
Little Lions: Grades 1st-4th

Cross Country: Grades 3rd-8th grade

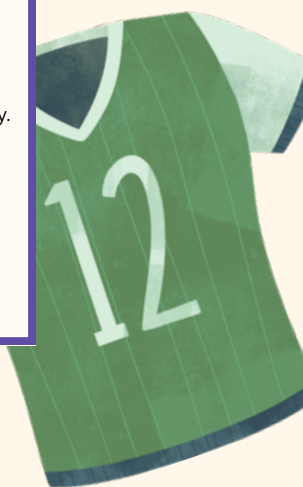



*Needs an athletic physical on file.

** Sports activities available are subject to change if we do not meet the numbers needed to play that sports activity.

Contact Me

Email: athletics@firstlutheranschool.com

Phone: (865) 524-0308





WELCOME TO PE/ATHLETICS

Important Athletic Dates

- Aug. 6, 2026- First day of volleyball practice
- Aug. 7, 2026- First Day of cross Country practice
- Aug. 10, 2026- Volleyball and Cross Country parent meeting
- Aug. 22, 2026- Germanfest
- Sept. 28- Oct. 2, 2026- Volleyball End of Season Tournament
- Oct. 3, 2026- Cross Country Area Championships
- Oct. 24, 2026- Cross Country State Championships
- Oct. 12, 2026- First Day of basketball, cheer, and pep squad practices for boys and girls
- Oct. 20, 2026- Basketball and Cheer parent meeting
- Oct. 27, 2026- pep squad parent meeting
- Jan. 15- 17, 2027- Lutheran Basketball Tournament at St. Stephens Lutheran School- Hickory, NC
- Feb. 1-5, 2027- Basketball End of Season Tournament
- Feb. 8- March 5, 2027- Little Lions Basketball
- Feb. 16, 2027- Little Lion parent meeting
- Feb. 16- April 30, 2027- MS Soccer Season
- May 14, 2027- Field Day K-8th grades

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