REQUIRED:
Before tryouts all students must turn in the following completed paperwork:
- KSHSAA pre-participation physical evaluation form and checklist (Physical dated 5/1/2021 or later for the 2021-2022 school year)
- KSHSAA concussion & head injury information release
- KSHSAA COVID-19 Questionnaire
- KMC parental consent form
- Ascension Via Christi liability waiver form

Links for forms are on the KMC Athletics home page, www.kapaun.org/athletics. Completed forms may be turned in or emailed at any time to the athletic office. Contact the athletic office with any questions: Pam Simonitsch, psimonitsch@kapaun.org

Baseball
Tryouts for Varsity and Junior Varsity baseball are the first week of the spring sports season. After the teams are chosen practice is every day after school and on Saturdays. Practices are held during spring break. Players are required to provide their own glove and cleats. Players not involved in a fall or winter sport should be active in the KMC off-season conditioning program. Head Coach: Ryan Burr, rburr@kapaun.org

Basketball
This is a team sport focusing on individual and team skill development and competition. This sport fields Varsity, Junior Varsity, Sophomore, and Freshman teams. Our JV, Sophomore and Freshman programs focus on skill development and individual improvement, while our Varsity program competes at one of the highest levels in the state at 5A, in the toughest basketball league in the state. This activity keeps about 10-12 athletes per boys' team and 6-8 athletes for girls' team, with competitive tryouts to make these teams. Both girls and boys basketball begin the Monday of the week before Thanksgiving and run until the second week of March. KMC summer camp is strongly recommended. See the coach for these dates. Head Girls Coach: Billy Graf, bgraf@kapaun.org Head Boys Coach: James Vanek, jvanek@kapaun.org

Bowling
Both girls' and boys' bowling are a winter sport played during January and February. Varsity and Junior Varsity teams each have six bowlers (twelve total participants for boys and twelve for girls). Tryouts are held in early December to determine the team members and up to two alternate male and female bowlers. Head Boys and Girls Coach: Marcus Carrillo, mcarrillo@kapaun.org

Cross-Country
Cross country is a fall sport for athletes who enjoy running. It provides good conditioning for participation in other sports as well (particularly soccer and swimming). The season runs from mid-August to late October. The top 7-10 runners typically compete in varsity competition and there is usually open competition at the JV and/or C team levels which will allow all athletes an opportunity to compete in at least 6-7 competitions throughout the season. Most meets are held on Saturday mornings. The official race distance is 5K (3.1 miles) for both boys and girls. Those who enjoy a challenge are encouraged to give cross country a try. No athlete is excluded on the basis of ability. Participation in pre-season conditioning is strongly encouraged and begins in June. Head Boys Coach: Gage Garcia, ggarcia@kapaun.org Head Girls Coach: Gretchen Bina, gbina@kapaun.org

Football
Varsity football includes nine regular season games, plus regional, sub-state, and possible state qualification. Junior Varsity and Freshman football schedules include seven - nine games. Summer conditioning and KMC football camp is strongly recommended. Varsity football has required practice mid-August through October. Contact the coach for exact dates and times for all camps and practices. Head Coach: Weston Schartz, wschartz@kapaun.org

Golf
Kapaun Mt. Carmel's golf teams are regulated by the Greater Wichita Athletic League rules, which limits the golf team to twelve players. Practice scores determine the top twelve players. Each player will be allowed several practice rounds prior to the first day of the Varsity match. Girls' golf team practice begins on the first day of fall practice for all fall sports. Boys' golf team practice begins on the first day of spring practice for all spring sports. Both girls' and boys' teams will practice at Crestview Country Club. Practice
time is approximately 3:30 p.m. each day for two to three hours.  

Head Boys Coach: Corey Novascone, cnovascone@kapaun.org  
Head Girls Coach: Marie Thomas, mthomas@kapaun.org

Soccer
Girls' soccer is a spring sport.  Tryouts are during the first week of practice for spring sports.  Pre-season conditioning begins the week after Thanksgiving break.  Summer camps are available.  This sport fields Varsity and Junior Varsity squads. Boys' soccer is a fall sport.  Tryouts are usually the first week of fall practice. Pre-season conditioning begins the first week in June. Summer camps are available.  This sport fields Varsity and Junior Varsity squads.  Head Boys and Girls Coach: Anthony Cantele, acantele@kapaun.org

Softball
The softball season begins with tryouts during the first week of practice for spring sports. Pre-season conditioning starts in January and includes weightlifting and running.  Practice is held both indoors and outdoors depending on the weather.  Depending on the number of girls interested, there will be a Varsity team and a JV team. Players are required to furnish their own bat, glove, and cleats.  
Head Coach: LeRoy Kreutzer, ikreutzer@kapaun.org

Spirit Squads
The Kapaun Mt. Carmel Spirit Squads consist of both the Cheerleader and the Pom-Pom squads.  The Cheerleading squad will consist of Varsity (15-20 members) and Junior Varsity (6-10 members). The Pom-Pom squad will consist of 12 to 18 members. Tryouts for the next year are held every spring for girls who will be in the 9th -12th grades. Practice starts immediately after tryouts and summer camp is mandatory. Participants will spend a minimum of four school nights/early mornings per week at practice or activities.  
Cheer Coach: Carla Burgardt, cburgardt@kapaun.org  
Pom Coach: Maddy Beck, mbeck@kapaun.org

Swim/Dive
Girls' swim/dive is a spring sport.  Practice begins on the first day of spring practice for all spring sports. Some skill in swimming/diving is necessary. Boys' swim/dive is a winter sport. Practice begins on the first day of practice for winter sports. Some skill in swimming/diving is necessary. Both teams practice at the Wichita Swim Club.  
Head Boys and Girls Coach: Haley Knapp, hknapp@kapaun.org

Tennis
Tennis is both an individual and team sport, focusing on individual skills and competition. This is both a Varsity and Junior Varsity activity. Our JV program focuses on skill development and individual improvement, while our Varsity program competes at one of the highest levels in the state at 5A. Competitive tryouts are required to make varsity teams. Girls' tennis is a fall sport. Practice begins on the first day of fall practice. Boys' tennis is a spring sport. Practice begins on the first day of spring practice. Players need to have their own racquets, tennis shoes, and purchase a uniform.  
Head Girls and Boys Coach: Kathy Schulte, kschulte@kapaun.org

Track and Field
Practice for track and field begins on the first day of practice for all spring sports.  The state track meet is held at Wichita State University.  The Kapaun Mt. Carmel track and field team will compete in eight Varsity meets, six to eight Junior Varsity meets and six to eight Freshman/Sophomore meets throughout the season.  
Head Boys and Girls Coaches: John “JK” Kornelson, jkornelson@kapaun.org & Marvin Estes, mestes@kapaun.org

Volleyball
Preseason conditioning begins in early July, with options for a summer league/open gym/training in June. Tryouts begin the first day of practice for fall sports. There is a Varsity, JV and freshman girls team with around 10-12 girls per team. Summer camps are available (dates TBA). A physical is required for participation. 
Head coach: Taryn Scott, tscott@kapaun.org

Wrestling
Preseason conditioning is not required but highly advised.  Wrestling season lasts from mid-November through the end of February. This sport fields Varsity and Junior Varsity teams. Girls are now permitted to wrestle. Team members must furnish their own mat shoes and practice shirt and shorts.  
Head Coach: Roy Oeser, roeser@kapaun.org

Dedicated to the education and formation of the total person in the image of Jesus Christ.