

### **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 bat, glove, and cleats. Preseason conditioning will be the first week of January for those boys who are not participating in a winter sport. A physical is required for participation. **Head Coach: Ryan Burr**

### **Basketball**

This is a team sport focusing on individual and team skill development and competition. This sport fields Varsity, Junior Varsity, Sophomore, and Freshmen teams. Our JV, Sophomore and Freshmen 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 team, with competitive tryouts to make these teams. A physical is required for participation. 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    Head Boys Coach: John Cherne III Ed.S**

### **Bowling**

Both girls' and boys' bowling is 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). A physical is required for participation. **Head Boys and Girls Coach: Marcus Carrillo**

### **Cross-Country**

This sport is for those who enjoy running competitively as well as recreationally. We have competitive teams that compete at a very high level. We also have several athletes that enjoy the camaraderie of the team and run at the Junior Varsity level. We do not "cut" - there is a place for everyone on the team and there is no limit to the number of runners that can race for a team. It is not uncommon for us to have over 35 runners compete at a given meet. Both girls and boys compete in the fall. The season starts in the middle of August and culminates at state the last weekend of October. The boys run a 5K (3.1 miles) while the girls run 4K at the state level. A physical is required for participation.

**Head Coach: Jim Vanek**

### **Football**

Varsity football includes nine regular season games, plus regional, sub-state, and possible state qualification. Junior Varsity and Freshmen football schedules include nine games and some sophomore games are added to the schedule. Summer conditioning and KMC Football Camp is strongly recommended for any boy who is interested in Crusader football. Varsity football has required practice mid-August through November. Freshmen football has required practice mid-August through October. Contact the coach for exact dates and times for all camps and practices.

**Head Coach: Dan Adelhardt**

**Fees:** Camp fee and t-shirt/shorts/socks

**Other Requirements:**

KMC Football Information Sheet  
Physical Examination Sheet  
Parent Consent Form  
Student-Athlete Personal Data Sheet  
Medical History Sheet  
Summer Camp Application  
Purchase Shoes and Mouthpiece

### **Golf**

Kapaun Mt. Carmel's golf team is 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. A physical is required for participation. 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 Braeburn Golf Club at Wichita State University. Practice time is approximately 3:30 p.m. each day for two to three hours. **Head Boys and Girls Coach: Dan Harrison**

## Soccer

Girls' soccer is a spring sport. Tryouts are during the first week of practice for spring sports. Conditioning begins the first or second week in December. Summer camps are available. This sport fields Varsity and Junior Varsity squads. A physical is required for participation. Boys' soccer is a fall sport. Tryouts are usually the first week of fall practice. Daily conditioning begins the second week in June. Summer camps are available. This sport fields Varsity and Junior Varsity squads. Each squad has a maximum of twenty players. A physical is required for participation. **Head Boys and Girls Coach: Anthony Cantele**

## Softball

The softball season begins with tryouts during the first week of practice for spring sports. Pre-season conditioning starts in February and includes weightlifting and running. Practice is held both indoors and outdoors. There will be a Varsity, twelve-member team, and a Junior Varsity, 18-member team. Players are required to furnish their own bat, glove, and cleats. A physical is required for participation. **Head Coach: Doug Cline**

## 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 (10-15 members), Junior Varsity (6-10 members), Varsity Wrestling (6-10 members), and Freshmen (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 9<sup>th</sup>-12<sup>th</sup> 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. A physical is required for participation. **Cheer Coach: Ashley Amend** **Pom Coach: Erica Enstrom**

## Swimming

Girls' swimming is a spring sport. Practice begins on the first day of spring practice for all spring sports. Some skill in swimming is necessary. Boys' swimming is a fall sport. Practice begins on the first day of fall practice for all fall sports. Some skill in swimming is necessary. Both teams practice at the Wichita Swim Club. A physical is required for participation. **Head Boys & Girls Coach: Chris Erickson**

## Tennis

Tennis is 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 for all fall sports. Boys' tennis is a spring sport. Practice begins on the first day of spring practice for all spring sports. Players will furnish their own racquets. A physical is required for participation. **Head Girls Coach: Kathy Schulte** **Asst Coach: Nick Schulte**

## 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 Freshmen/Sophomore meets throughout the season. A physical is required for participation. **Head Boys and Girls Coach: John Kornelson "JK" & Marvin Estes**

## Volleyball

Preseason conditioning begins in early July. Tryouts begin the first day of practice for fall sports. This sport fields Varsity, Junior Varsity, and Freshmen girls' teams. Summer camps are available. A physical is required for participation. **Head Coach: Amanda Neppi**

## 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. You may wrestle at any weight you like, not losing more than 10% of your physical weight. Girls are **not** permitted to wrestle by rule from the Wichita Diocese and Kapaun-Mt. Carmel Catholic High School. Team members must furnish their own mat shoes and practice shirt and shorts. A physical is required for participation. **Head Coach: Jacob Klein**