The activities season is beginning.  All VMC students are expected to participate in extra-curricular activities.  The variety of activities allows for both long-term and short-term commitment.

Tryouts for volleyball and soccer are taking place next week.

To follow in the coming weeks and months: track and field, basketball, hockey, futsal, ping-pong, baseball, softball, etc...

Non-sport activity information will follow in mid to late September.

**TRYOUTS FOR VOLLEYBALL** (Practice until 5pm)

Tuesday, September 5 BOYS all levels in the new gym @ VMC

Thursday, September 7 BATAM GIRLS  in the new gym @ VMC

Friday, September 8 JUVENILE AND MIDGET GIRLS in the new gym @ VMC

**TRYOUTS FOR SOCCER**(Shin-guards and soccer cleats are required.)

Tuesday, September 5 BATAM BOYS meet in the cafeteria; Park de la Louisiane (31st and Bellechasse)until 4:30pm

Wednesday, September 6 JUVENILE BOYS turf field @ Etienne Des Marteau (20th avenue and Beaubien, near Rosemont High School) until 5pm

Thursday, September 7 JUVENILE GIRLS Park de la Louisiane until 5pm

Friday, September 8 BATAM GIRLS meet in the cafeteria;  turf field @ Etienne Des Marteau (20th avenue and Beaubien, near Rosemont High School) until 5pm

**GOALIE TRAINING -** VMC will again be offering SOCCER and HOCKEY goalie training.  Info to come.

**HOCKEY (ICE) -**Look for information regarding the ice hockey team in a separate email coming soon.

**SOCCER ITALY TRIP in March for soccer players who are interested.**Interested students can speak to Mr. Cavallaro.  Information will be given to students who are on the soccer teams.

Any changes will be communicated through the school bulleting and in-school announcements.  Our students and parents can access the bulletin on our website at any time.