

IRISH NEWS

News and Notes from the Hackett Athletic Department

Physicals

All Athletes are required to have a physical on file in the athletic department. You can pick up physical forms in the Athletic Department or at hackettcatholicprep.org. Athletes will not be able to practice fall sports until a physical is on file.

Fall Parent Meeting

There will be an important meeting for all parents of Fall athletes on Thursday, August 2nd at 6:30pm in the gymnasium. Please make sure at least one parent/guardian will be able to attend this meeting.

Summer Down Period

From Wednesday, August 1st until each teams first practice we will observe the MHSAA mandated "Summer Down Period". Coaches will be allowed to train athletes during this time, but nothing sport specific will take place.

ABOUT ME

Hello! For those of you who do not know me, my name is Chris Abid and I am the new Director of Student Activities at Hackett. I completed my undergrad at Aquinas College in Grand Rapids and graduated from West Catholic High School in Grand Rapids. I coached football at WC for ten seasons and served as the Associate AD as well as some other roles for six years. I am excited about the opportunity to lead the Athletic Department and look forward to working with our coaches and student-athletes. We have a strong athletic tradition here at Hackett and I am hoping to build on that by elevating each and every one of our programs to the highest level.

I have been married to my wife Jenny for nine years now. We have two boys, Carson who will start second grade this fall and Henry who just turned four. We are all eager about becoming a part of the Hackett family! Feel free to contact me with questions about the upcoming year - cabid@hackettcp.org

First Week of Practice

The following are important dates for Fall Sports:

Monday, August 6th - Football practice begins. Times to follow

Wednesday, August 8th - All other sports practices begin. Times and locations to follow.

COACHES CONTACT INFO:

Cheerleading - Jennifer Regulski - jenniferregulski@gmail.com

Cross Country - Charissa Dean - charissa.dean@mpiresearch.com

Football - Jesse Brown - jesse.brown@stryker.com

Girls Golf - Jim Holton - jfh35@me.com

Boys Soccer - Ian Troutman - ianarthur9900@gmail.com

Girls Swim - Kristin Kinzer - kristen.e.kinzer@gmail.com

Boys Tennis - Aaron Conroy - aconroy@burnettefoods.com

Volleyball - Tiffany Sanchez - tiffany_sanchez66@yahoo.com