



PCA Athletic Programs

2022-23 - Quarter 3

Hello, parents!

This year we have some amazing new opportunities with the Potential Christian Academy sports program. We will offer programs ranging from kindergarten all the way to 8th grade. First, we will have a Cub sports program for our K-2nd Graders, and they will meet on Mondays after school. Next, we will have an intramural program for our 3rd-5th graders that are not on our Junior Varsity travel team, and they will meet on Wednesdays and Fridays after school. Next, we have our Junior Varsity team for our 3rd-5th graders, and they will be playing other schools and they will have practice on Mondays, Tuesdays, Thursdays, and Fridays. Lastly, we have our Varsity team that is for our 6th-8th graders, and they will also be playing games against other schools and their practices will be on Mondays, Tuesdays, Thursdays, and Fridays after school.

In practices and games, students must wear cleats and shin guards. Every player on the Junior Varsity and Varsity teams will be issued a uniform and will be responsible to turn it in the same condition as received. All uniforms should be washed in the delicate cycle please.

****On January 12th and 13th, we will have a tryout for our Elementary Basketball team, and our coaches will then determine what program is best suited for the student athlete to participate in during the Third Quarter (January 12 – March 15).**

And moving forward this will be the process for all elementary sports**

PCA Athletics Mission Statement

As an Athletic department, our mission is to partner with PCA and Potential Church to help our students best represent themselves as Christ followers. We will strive to serve our school and church well, by always competing with integrity, character, and passion, all while glorifying God. We take pride in helping every student reach their full potential.

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Student's Name: _____ Grade: _____

Parent's Name: _____ Cell: _____

Email: _____ Return to Aftercare: Yes ___ No ___

Allergies/Special Needs: _____

Parent Signature (authorization to charge FACTS): _____

Please indicate your program of interest below. Please note there will be try-outs for each program the first week of the quarter and program assignment (s) will be determined by the coaches based on indicated student interest and try-out results. Program descriptions are also located on the following page.

All fees will be processed through your FACTS account and will be finalized within two weeks of the athletic start date. Please note that your FACTS account must be in good financial standing in order to participate in athletics.

PROGRAM	GRADE	PRACTICE DAYS / TIME	DATES	COST
_____ CUBS – Sports	K5 – 2 nd	Mondays, 3pm - 4:30pm	Jan. 12 – Mar. 15	\$100
_____ Intramural – Basketball	3 rd – 5 th	Wednesdays 3pm - 5:00pm	Jan. 18 – Mar. 15	\$135
_____ JV – Girls Soccer	3 rd – 5 th	Monday, Tuesday, Thursday, & Fridays, 3pm-4:30pm	Jan. 12 – Mar. 15	\$175
_____ Varsity – Girls Soccer	6 th – 8 th	Monday, Tuesday, Thursday, & Fridays, 3pm-4:30pm	Jan. 12 – Mar. 15	\$175
_____ JV – Boys Basketball	3 rd – 5 th	Monday, Tuesday, Thursday, & Fridays, 3pm-4:30pm	Jan. 12 – Mar. 15	\$175
_____ Varsity – Boys Basketball	6 th – 8 th	Monday, Tuesday, Thursday, & Fridays, 3pm-4:30pm	Jan. 12 – Mar. 15	\$175

FOR OFFICE USE ONLY:

COACH ASSIGNMENT

FINANCE

- | | | |
|--|-------|-------|
| <input type="checkbox"/> CUBS – Sports _____ | _____ | _____ |
| <input type="checkbox"/> Intramural – Basketball _____ | _____ | _____ |
| <input type="checkbox"/> JV Girls Soccer _____ | _____ | _____ |
| <input type="checkbox"/> Varsity Girls Soccer _____ | _____ | _____ |
| <input type="checkbox"/> JV Boys Basketball _____ | _____ | _____ |
| <input type="checkbox"/> Varsity Boys Basketball _____ | _____ | _____ |

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CUBS — Sports: *This is our cub sports program that is geared towards teaching the basics to our younger athletes. Cub Sports is offered to those from K-2nd grades. Our Cubs will meet on Mondays after school from 3:00-4:30. Our Cub sports program will help get our future panthers ready for intramurals, Junior Varsity, and Varsity teams of the future.*



INTRAMURAL — Basketball: *This is our Intramural sports program geared towards helping prepare your student athlete get to the next level by improving fundamentals and their understanding for sports. Our Intramural sports program will take place on Wednesdays and Fridays after school from 3:00-4:30. Our Intramural program will help get students ready to play for the Junior Varsity and Varsity teams of the future.*



JUNIOR VARSITY — Girls Soccer: *This is our Elementary school Girls Soccer team ranging from grades 3rd - 5th. Our Elementary school Girls Basketball team will practice Monday, Tuesday, Thursday, and Friday from 3:00-4:30 on the soccer field. Our Elementary school Girls Soccer team will learn to work together and grow as a team for both the Soccer team and as Christian Athletes.*



VARSITY — Girls Soccer: *This is our Middle school Girls Soccer team ranging from grades 6th - 8th. Our Middle school Girls Soccer team will practice Monday, Tuesday, Thursday, and Friday from 3:00-4:30 on the soccer field. Our Middle school Girls Soccer team will learn to work together and grow as a team for both the Soccer team and as Christian Athletes.*



JUNIOR VARSITY — Boys Basketball: *This is our Elementary school Boys Basketball team ranging from grades 3rd - 5th. Our Boys Elementary School Soccer team will practice Monday, Tuesday, Thursday, and Friday from 3:00-4:30 on the Blue court. Our Elementary school Boys will learn to work together and grow as a team for both the Soccer team and as Christian Athletes.*



VARSITY — Boys Basketball: *This is our Middle school boys Basketball team ranging from grades 6th - 8th. Our Boys Middle School Basketball team will practice Monday, Tuesday, Thursday, and Friday from 3:00-4:30 on the Blue court. Our Middle school Boys will learn to work together and grow as a team for both the Basketball team and as Christian Athletes.*

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Practice Schedule

Program	Monday	Tuesday	Wednesday	Thursday	Friday
Cubs – Sports	3:00pm – 4:30pm				
Intramural – Basketball			3:00pm – 5:00pm		
JV – Boys Basketball	3:00pm – 4:30pm	3:00pm – 4:30pm		3:00pm – 4:30pm	3:00pm – 4:30pm
Varsity – Boys Basketball	3:00pm – 4:30pm	3:00pm – 4:30pm		3:00pm – 4:30pm	3:00pm – 4:30pm
JV – Girls Soccer	3:00pm – 4:30pm	3:00pm – 4:30pm		3:00pm – 4:30pm	3:00pm – 4:30pm
Varsity – Girls Soccer	3:00pm – 4:30pm	3:00pm – 4:30pm		3:00pm – 4:30pm	3:00pm – 4:30pm

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SSAL League

Where **SPORTSMANSHIP** is an **EXPECTATION**

Let the players play; let the coach's coach; let the officials officiate; let the spectators be **POSITIVE!**

SSAL LEAGUE “3R’s (Roles - Rules - Repercussions)” GUIDELINES

The SSAL’s (Small School Athletic League) Mission Statement is to build a family environment and relationships within the league without hardships; to strive for fair game play and fun for all who are participating - Athletic Directors (AD’s), coaches, officials, Board Members, athletes and parents. In support of these goals, we have put together the “**3 R’s (Roles - Rules - Repercussions)**” guidelines. All parents, coaches and AD’S will need to sign this form acknowledging that these are the guidelines expected to be followed at ALL games and events being held within the SSAL.

ATHLETIC DIRECTORS (AD’S) - The AD’s **role** is to trust in those who teach and/or coach out of respect for all who participate. The AD’s **rules** are as follows: recap games with coaches and athletes as needed; set up and oversee all school sports; be responsible for hiring officials and making sure they are on time and assigned for their games. * AD’s WILL NOT address officials on the field until after the game is completed.

COACHES - The coaches’ **role** is to be a teacher and/or mentor for all school athletes. The coaches’ **rules** are as follows: allow athletes to learn and play games with confidence; be responsible for guiding athletes and encouraging them to learn from their mistakes; ensure athletes play with maximum effort and sportsmanship.

OFFICIALS - The officials’ **role** is to keep the games fair and FUN. The officials’ **rules** are as follows: call the games fairly and abide by the game rules and regulations; arrive at games 15 minutes prior to the designated start time. * NOTE: all parties involved within the SSAL must allow officials to call the game and trust and abide by their calls. (NOT ALWAYS FAIR).

SSAL BOARD MEMBER - The Board Members’ **role** is to maintain a level playing field for all teams and athletes. The Board Members’ **rules** are as follows: The SSAL Board will be made up of four (4) members; Board Members will address any concerns or needs of any school on issues arising within the league; the SSAL Board will address all league matters as a quorum; the SSAL Board will strive to maintain a fun and fair environment for all schools.

PARENTS - The parents’ **role** is to be a loving and supportive individual who cares for their student athlete. The parents’ **rules** are as follows: support and cheer for their schools in a positive and encouraging manner.

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“3R’S GUIDELINES - REPERCUSSIONS: Any deviation from these guidelines will result in the following:

- | | | |
|-------------------------------|--|---|
| 1. WARNING –
FROM OFFICIAL | 2. PENALTY against TEAM
(pertains to ALL members of the
SSAL):
- Parents
- Coaches
- Team and Individual Player | 3. REMOVAL (from game):
- Will be asked to leave the
game
- Coaches: 1 game suspension |
|-------------------------------|--|---|

Must be signed by all Athletic Directors, coaches, SSAL Board Members, and parents.

Name (Please Print): _____ Date: _____

Signature _____