

POTENTIAL CHRISTIAN ACADEMY

ATHLETICS INFORMATION PACKET





Hello Parents!

We hope you and your children have had an amazing summer, filled with refreshing time connecting with family and friends combined with lots of rest and relaxation. It is with great anticipation and excitement that we begin to prepare for our upcoming 2023-2024 season of PCA Panther Athletics! Our PCA Athletics program will offer multiple opportunities for after school sports for students ranging from K5 through 8th grade. Please note that registration forms will be available each quarter for students to sign up for an Athletic program that meets their skill level.

Our PCA Athletic program offers four different levels to develop the athletic skills of our students each quarter, which consist of Cubs, Intramurals, Junior Varsity and Varsity.

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- **CUBS:** K5 & 1st – 2nd grades (description located below)
 - **INTRAMURALS:** 3rd – 5th grades (description located below)
 - **JUNIOR VARSITY (JV):** 3rd – 5th grade (description located below)
 - **VARSITY (V)** 6th – 8th grades (description located below)
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PRACTICE SCHEDULES:

CUBS practices for K5 & 1st – 2nd grade students is held every Monday and Tuesday students are in school. CUBS K5 will meet every Tuesday and CUBS 1st – 2nd will meet on Monday. The 1st day of practice will begin on Monday, August 21st from 3:00 - 4:30 pm for CUBS 1st – 2nd. CUBS K5 will meet on Tuesday, August 22, 2023 from 3:00 – 4:00 pm.

INTRAMURAL practices for 3rd – 5th grade students is held every Friday students are in school. The 1st day of practice will begin on Friday, August 25th from 3:00 – 4:30 pm.

JV AND V tryouts will begin August 21st from 3:00 – 4:30 pm. JV and V will practice/play games on Mondays, Tuesdays, Thursdays, and Fridays.

- Please note that only 14 players for each boys and girls team will be selected to participate for **JV & Varsity**. Students in grades 3 – 5 who are not selected for the JV team will be automatically placed in intramurals as a means for providing them with more fundamental training to assist with their athletic development. Pricing may vary. Students who desire to participate on the JV & V teams should select it on their athletic form (see below).
- Parents please be sure to make arrangements to pick your child up from practice at the appropriate time. Any parents that are late to pick up students are expected to notify their coach, so their child can be placed in aftercare. An upcharge may occur if players are consistently placed into after-care due to late pick-ups.



PCA Athletics

2023 – 2024 Program Descriptions

CUBS: (K5 & 1st – 2nd)



The Cub Sports program is geared towards teaching the basics to our younger athletes and is made up of two separate groups CUBS K5 & CUBS 1st – 2nd. CUBS K5 Sports is offered to students in K5 only and meets on Tuesdays after school from 3:00 – 4:00 pm. The CUBS 1st – 2nd Sports program meets on Monday after school from 3:00 - 4:30 pm. The CUBS Sports program will help get PCA's future Panthers ready for intramurals, junior varsity, and varsity teams of the future. COACH GINA

INTRAMURAL — FLAG FOOTBALL:



The Intramural sports program is geared towards helping prepare the student athlete by improving their fundamentals and understanding of the game, in an attempt to assist them with making our JV & Varsity teams in the future. The Intramural sports program will take place on Friday after school from 3:00 - 5:00 pm. The intramural program will help get students ready to play for PCA's Junior Varsity and Varsity teams. COACH GINA



JUNIOR VARSITY — BOYS FLAG FOOTBALL:

The elementary school Boys Flag Football team ranges from grades 3 - 5. The Boys Elementary school Flag Football team practices Monday, Tuesday, Thursday, and Friday from 3:00-4:30 pm on the football field across the street (Flamingo West Park). The elementary school boys will learn to work together and develop as a team and as Christian athletes. COACH DAMIEN



VARSITY — BOYS FLAG FOOTBALL:

The middle school Boys Flag Football team ranges from grades 6 - 8. The Boys middle school Flag Football team practices on Monday, Tuesday, Thursday, & Friday from 3:00-4:30 on the football field across the street (Flamingo West Park). The middle school boys will learn to work together and develop as a team and as Christian athletes. COACH DAMIAN



JUNIOR VARSITY — GIRLS VOLLEYBALL: The elementary school Girls Volleyball team ranges from grades 3 - 5. The elementary school Girls Volleyball team will practice Monday, Tuesday, Thursday, and Friday from 3:00-4:30 pm on the green court. The elementary school Girls Volleyball team will learn to work together and develop as a team and as Christian athletes. COACH JESSICA & JENNA



VARSITY — Girls Volleyball: The middle school Girls Volleyball team ranges from grades 6 - 8. The middle school Girls Volleyball team will practice Monday, Tuesday, Thursday, and Friday from 3:00-4:30 pm on the blue court. Our middle school Girls Volleyball team will learn to work together and develop as a team and as Christian athletes. COACH TIFFANY

PCA Athletics

2023-24 - Quarter 1 Registration Form



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.

It is important to note that there will be try-outs for the JV & V programs on the 1st day of school. Final rosters will be determined by coaches based on indicated student interest and try-out results.

Program descriptions are also located on the previous page. All fees will be processed through your FACTS account and will be finalized within two weeks of the athletic team's start date. Please note that your FACTS account must be in good financial standing in order to participate in athletics.

<u>PROGRAM</u>	<u>GRADE</u>	<u>PRACTICE DAYS / TIME</u>	<u>DATES</u>	<u>COST</u>
____ CUBS (K5) Flag Football	K5	Tuesday, 3pm - 4:00pm	Aug. 22 – Oct. 17	\$100
____ CUBS (1 st – 2 nd) Flag Football	1 st – 2 nd	Monday, 3pm – 4:30pm	Aug. 21 – Oct. 16	\$100
____ Intramural – Flag Football	3 rd – 5 th	Friday, 3pm - 5:00pm	Aug. 25 – Oct. 13	\$135
____ JV – Girls Volleyball	3 rd – 5 th	Monday, Tuesday, Thursday, & Friday, 3pm-4:30pm	Aug. 21 – Oct. 19	\$175
____ Varsity – Girls Volleyball	6 th – 8 th	Monday, Tuesday, Thursday, & Friday, 3pm-4:30pm	Aug. 21 – Oct. 19	\$175
____ JV – Boys Flag Football	3 rd – 5 th	Monday, Tuesday, Thursday, & Friday, 3pm-4:30pm	Aug. 21 – Oct. 19	\$175
____ Varsity – Boys Flag Football	6 th – 8 th	Monday, Tuesday, Thursday, & Friday, 3pm-4:30pm	Aug. 21 – Oct. 19	\$175

FOR OFFICE USE ONLY:

COACH ASSIGNMENT

____ CUBS (K5) Flag Football	____ JV – Girls Volleyball	____ Varsity – Boys Flag Football
____ CUBS (1 st – 2 nd) Flag Football	____ Varsity – Girls Volleyball	
____ Intramural – Flag Football	____ JV – Boys Flag Football	

PCA Athletics

2023-24 - Quarter 1 Schedules

Practice Schedule



Program	Monday	Tuesday	Wednesday	Thursday	Friday
CUBS (K5) Flag Football		3:00 - 4:00 pm			
CUBS (1st – 2nd) Flag Football	3:00 - 4:30 pm				
Intramural – Flag Football					3:00 – 5:00 pm
JV – Boys Flag Football	3:00 - 4:30 pm	3:00 – 4:30 pm		3:00 – 4:30 pm	3:00 – 4:30 pm
Varsity – Boys Flag Football	3:00 - 4:30 pm	3:00 – 4:30 pm		3:00 – 4:30 pm	3:00 – 4:30 pm
JV – Girls Volleyball	3:00 - 4:30 pm	3:00 – 4:30 pm		3:00 – 4:30 pm	3:00 – 4:30 pm
Varsity – Girls Volleyball	3:00 - 4:30 pm	3:00 – 4:30 pm		3:00 – 4:30 pm	3:00 – 4:30 pm

JV & Varsity Game Schedule

Date	Day of Week	Opponent
September 5 th	Tuesday	Home -- Parkway Volleyball & Flag Football
September 8 th	Friday	Home -- Bethany Christian Volleyball & Flag Football
September 12 th	Tuesday	Home -- 1 st Baptist Volleyball & Flag Football
September 14 th	Thursday	Away -- Parkway Christian Volleyball & Flag Football
September 18 th	Monday	Away – 1 st Baptist Volleyball & Flag Football
September 21 st	Thursday	Home – Fidelis Christian Academy Flag Football (Elem & MS only)
September 26 th	Tuesday	Home – Summit Questa Volleyball & Flag Football
October 3 rd	Tuesday	Away – Bethany Christian Volleyball & Flag Football
October 6 th	Friday	Away – St. Marks Flag Football (Elem & MS only)
October 10 th	Tuesday	Away – Summit Questa Volleyball and Flag Football
October 13 th	Friday	Home – Plantation Baptist Volleyball and Flag Football

- Dates and locations are subject to change due to weather conditions, etc.
- All home volleyball games will be played on the blue court at the school and football games.
- All home football games will be played across the street at Flamingo West Park.



PCA Athletics Mission Statement

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



Vinnie Blye, Ed.D.
Athletic Director
Potential Christian Academy



Anthony Calbo
Assistant Athletic Director
Potential Christian Academy

SSAL League



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

Let the players play; let the coaches' 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.

"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 _____