

# PCA Athletics

## 2023-24 – Spring Registration Form



Please email completed form to: [laura.cruz@ilovepca.com](mailto:laura.cruz@ilovepca.com)

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 teams on the 1<sup>st</sup> day of the program. 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) Multi-sport	K5	Tuesdays, 3pm - 4:00pm	Mar. 12 – May 7	\$100
____ CUBS (1 <sup>st</sup> – 2 <sup>nd</sup> ) Multi-sport	1 <sup>st</sup> – 2 <sup>nd</sup>	Mondays, 3pm – 4:30pm	Mar. 11 – May 6	\$100
____ Intramural – Floor Hockey	3 <sup>rd</sup> – 5 <sup>th</sup>	Fridays, 3pm - 5:00pm	Mar. 8 – May 3	\$135
____ JV – Girls Flag Football	3 <sup>rd</sup> – 5 <sup>th</sup>	Monday, Tuesday, Thursday, & Fridays, 3pm-4:30pm	Mar. 4 – May 9	\$175
____ Varsity – Girls Flag Football	6 <sup>th</sup> – 8 <sup>th</sup>	Monday, Tuesday, Thursday, & Fridays, 3pm-4:30pm	Mar. 4 – May 9	\$175
____ JV – Boys Volleyball	3 <sup>rd</sup> – 5 <sup>th</sup>	Monday, Tuesday, Thursday, & Fridays, 3pm-4:30pm	Mar. 4 – May 9	\$175
____ Varsity – Boys Volleyball	6 <sup>th</sup> – 8 <sup>th</sup>	Monday, Tuesday, Thursday, & Fridays, 3pm-4:30pm	Mar. 4 – May 9	\$175

### FOR OFFICE USE ONLY:

#### COACH ASSIGNMENT

____ CUBS (K5) Multi-sport	____ JV – Girls Flag Football	____ Varsity – Boys Volleyball
____ CUBS (1 <sup>st</sup> – 2 <sup>nd</sup> ) Multi-sport	____ Varsity – Girls Flag Football	____ JV – Girls Soccer
____ Intramural – Floor Hockey	____ JV – Boys Volleyball	____ Varsity – Girls Soccer
		____ JV – Boys Basketball
		____ Varsity – Boys Basketball

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

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

Name (Please Print): \_\_\_\_\_ Date: \_\_\_\_\_

Signature \_\_\_\_\_