



Cougar Athletics
"Coaching, Cheering & Playing" ...In Jesus Name
Colossians 3:17
2010/11 INTRAMURAL SPORTS INFORMATION

What are intramural sports?

Intramural refers to athletic competitions that are held on campus against students of the same school.

What grade do I need to be in?

This year we are please to offer opportunities for students in grades K through 6th. Parents – Be sure younger age students are mature enough to participate in this extended program. Also, check each activity for specific grade levels. Dodgeball is the only sports where all grades 1st through 6th participate as a team. All other sports are broken down into smaller grade groupings.

Participation/Discipline

All students must follow regular school rules while on campus and during intramural sports. Crossroad's athletics focus on doing everything in Jesus' name. ***Our key verse is Colossians 3:17... "Whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks through Him to God the Father."*** All students will be taught that even in the heat of competition we are to strive to please Jesus by our actions. Students who need additional assistance with behavior will be counseled. Students who do not desire to improve may be disciplined or removed from the program.

Rainouts/Cancellation

Should a day be canceled due to weather conditions or poor air quality the date will be made up. Please check each sport to see what day will be used as a make up.

How do I register?

Download a registration form. Fill out the form completely and turn it into your child's teacher or the office along with payment. All forms will go to Coach Comfort.

What payments are accepted?

Checks written to "CCS", cash or credit cards. To use a credit card please register in the Elementary office.

If I have further questions whom should I contact?

Elementary/Middle School Athletic Director, Diana Comfort at 951-278-3199, x2179 or e-mail dcomfort@crossroadsschool.org , cell number 951-805-5759.

2010-11 LIST OF INTRAMURAL SPORTS AND DESCRIPTIONS

What sports areas are being offered this year?

Basketball Team Dodgeball
Cheerleading Flag Football
Team 4/Square Track & Field
K-Sports – 2/sport mini clinics for Kindergarteners only.



K-Sports (Fall Session – Flag Football & Kickball) – Kindergarten Only
Tuesdays, 2 to 3 p.m., October 5, 12, 19, 26 Nov. 2.

K-Sports (Winter Session – Basketball & Volleyball) – Kindergarten Only
Tuesdays, 2 to 3 p.m., February 1, 8, 15, 22, March 1.

K-Sports (Spring Session – Track & Soccer) – Kindergarten Only
Tuesdays, 2 to 3 p.m., April 5, 12, 26 May 3, 10.

Students will be picked up at class and taken to the field. At the end of class, staff will take athletes to the front of school for pick-up in car line. Students will be introduced to basic rules and skills for two sports per session, preparing them for future league play. Free 8.5" handball to all students who register. Fee is \$45.00 for 5 weeks. **Maximum 24 kinders per camp.** Fee includes end of session refreshments & participation awards. Rainouts/make-ups will be added to the end of the session.



Open to Grades 1st through 6th

Fall Session – Wednesdays, 2:45 to 4 p.m., October 6, 12, 20, 27, November 3.
(Registration closes September 28th at 5p.m. to form teams)

Spring Session – Wednesdays, 2:45 to 4p.m., April 6, 13, 27, May 4, 11.
(Registration closes March 30th at 5p.m. to form teams)

Teams are mixed grades. Modified National Dodgeball Rules are used. Game rounds are 10 minutes each. Fee includes end-of-season refreshments & awards. Free 8.5" playground ball while supplies last. First day, meet outside of the Athletics office to get your assigned team and team captain. Fee is \$45.00 for 5 weeks. On the last day of each session refreshments & awards will be given and program time is extended until 4:30 p.m. Rainouts/make-ups will be made up at the end of each session.



Cheerleading – Open to Grades K & 1st, 2nd through 5th

Coach H will announce dates after football season.

Students will be taught basic dance and cheers. More information will be released later. Free 8.5" handball to the first 30 students to register. Fee is \$45.00 for 5 weeks. Fee includes end of session refreshments & awards.



Flag Football - Open to Grades 1st through 5th

Wednesdays, 2:45 to 4 p.m., November 17, December 1, 8, 15 (**4 weeks ONLY**)

This skill-building program will focus on the basics. In addition to skills, students will participate in game play (students will be divided into grade levels for play). includes end-of-season refreshments, participation awards, and flag football belts (flag belts given away on the last day). Fee is \$40.00 for 4 weeks. Rainouts will be added to the end of the session.



Basketball - Open to Grades 1st through 5th

Wednesdays, 2:45 to 4 p.m. January 12, 19, 26, February 2, 9,

This skill-building program will focus on the basics. In addition to skills, students will participate in game play and end the season with a Knock-out Tournament for each grade level. Students will be divided into 2 skill levels with work on either a 10-foot basket or and 8-foot basket. Fee includes end-of-season refreshments, awards and basketballs. (Basketballs will be used during the program and given away on the last day). On the last day of the session refreshments & awards will be given. Fee is \$45.00 for 5 weeks. Rainouts will be added to the end of the session.



End of the School Year 4-Square Tournament!!! - Grades 1-5th

2 day –Tournament , Tuesday, May 24th & Wednesday, May 25th , 2:45 to 4 p.m.

Coach's game rules will be played. Game play will be divided up into grade levels.

Games will be timed. Sweet treat give away for the king/queen of the court. Fee is \$20.00 and includes individual awards, pizza & ice cream on the last day!

Registration Form

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Crossroads Christian School – Intramurals Registration Form (Return to office)

Participant

Grade

Classroom
Number

Check Program:

- Dodgeball Fall Session
- Dodgeball Spring Session
- K-Sports Fall Session
- K-Sports Winter Session
- K-Sports Spring Session
- Cheerleading
- Track & Field
- Basketball
- 4-Square Two-Day Tournament
- Flag Football (4 weeks)

Parent's Signature

Enclosed \$ _____ Make all checks out to "CCS". *Fees must be included with registration*
