

# Winter 2022-23 – 7<sup>th</sup>/8<sup>th</sup> Crusader Basketball



## REGISTRATIONS/PHYSICALS/PAYMENT FOR ALL SPORTS ARE DUE BEFORE STARTING PRACTICE

### General Information

- Registration is online only! Please visit <https://cathedralcrusaders.org/student-life/winter-sports/> (click yellow “Register for Sports”)
- Log on through your PARENT Powerschool account (non CHS families, you will need to create an account). The Powerschool app will not work for registration. Click pay fees, then the soccer ball and begin registration.
- Game Schedules can be found by visiting the CHS website at <https://cathedralcrusaders.org/student-life/winter-sports/>. You can select your sport under “Winter” and find a PDF schedule you can download, or, click the “Sports Schedule” yellow box and you can select a specific date, or select an entire schedule.
- Student athletes must maintain adequate academic standards as determined by their school in order to participate.
- Weather cancellations will be announced at the schools and e-mailed by 1:30pm whenever possible.
- Email communication to parents will happen if there is a change in games/practices. These announcements are also made at school and to the teams. **We will communicate with you, but your athlete is ultimately responsible for sharing information with you.**
- Important websites:
  - <https://cathedralcrusaders.org/student-life/winter-sports/>
  - [www.graniteridgeconference.org](http://www.graniteridgeconference.org) (scroll for maps of conference schools)
- Your athlete must have a current (taken within the last 3 years) physical on file at Cathedral BEFORE they will be allowed to participate. Please mail or drop off physicals to the Activities Office (New building next to Main Office) at Cathedral.
- If you would like to apply for financial aid or make payments (or pay by cash/check), select “Winter- Financial Aid/CashCheck”
- Please honor the coaches time by promptly picking up your athlete after practices and games, they will wait until each athlete is picked up, so please be courteous.
- Team pictures will be scheduled, your athlete will bring home a form once the season begins.
- **Bus/Transportation Info:**
  - Transportation will be provided to games/meets as well as practices. Parents will need to pick up their athlete after every practice at their practice location (Whitney or Cathedral).
  - Students will also be transported back to the Main Door at CHS following out of town games. Transportation home from ‘in town’ games must be arranged for by parents/guardians as the bus will NOT bring them back to CHS. **If the athlete is NOT riding the bus back from the game, the athlete may ONLY ride back with their parents and the parents must provide the coach with a note.**
  - **Location:** The buses for both practice and games will leave from door #22 right after school each day at 3:15pm. Get on the bus right after school. **Basketball players traveling to away games must change into their uniform before they leave CHS (put sweatshirt/sweatpants over top).** Julie Murphy will be there to get them on the correct bus, athletes should go out the Center Building doors after changing (in the Center Gym locker room, Mr. Joel can give you a lock for your locker if you don’t have phy ed this semester).
  - **Bus Rules:** Riding the bus is a privilege, not a right. If an athlete cannot conduct themselves on the bus responsibly, we will have them find alternate transportation (ie – parents). If an athlete misses the bus, they CANNOT walk to practice, they must call for a ride or miss practice. Bus etiquette – get in your seat, stay in your seat. Pick up your garbage, put your window up before you get off the bus...and thank the driver!
  - **Food on bus:** Athletes may have a small snack on the bus, but please remember that there are food allergies!

Also, a reminder that our food service program has bag lunches students can order before school in the morning and pick up right after school (cost is \$5.50 and includes a sandwich, chips, fruit or veggies, and a cookie or bar – it is charged right to the students lunch account).

- **Return times:** Bus return times will be listed on the schedule for out-of-town games. After these games your athlete will be dropped off at the North Gym at Cathedral. The bus return times listed on the schedule **are only an approximation**... sometimes the busses will be earlier or later. **Please be flexible.** ☺
- **Laptops:** At practices, athletes should keep their backpacks/laptops in the gym away from any entrances. For away games in which the bus is returning to Cathedral, athletes should leave their laptops locked up in their school locker, this is the safest spot for their laptop.

### **7th/8th grade Girls Basketball**

**Coaches:** Sarah Desotell and Cora Zenner

**Practices:** Practice starts on Oct. 31 at Whitney. When at Whitney, the bus will bring athletes to practice from CHS, parents pick them up at Whitney at the end of practice

**Practice times/dates:** Practices are Monday through Friday from 3:30-5:00pm

**Participation Cost:** \$200

**Equipment:** shorts, t-shirt, basketball shoes (or any tennis shoe you only wear on the court/in phy ed) You will receive a royal blue jersey to use for the season (return at last game). We have team shorts this year - if there is not a pair that fits your athlete, they will need to wear their own pair of royal blue shorts for games.

**PARKING:** When picking up your athlete from a home game or practice at Whitney, please park in a parking spot, not along the Whitney Center in the Loading Zone. This is used for busses dropping off people for the Senior Center. Please have your athlete meet you in the parking lot, not along the building.

**Teams:** Teams will be split into a more experienced and lesser experienced teams at both grade levels per conference rules (numbers allowing).

**Home game help:** We are in need of parents (or older siblings) to help with the scoreboard at our home games - the score is running time (until the last 2 minutes) so it is really just adding the score and fouls - pretty easy and you get a guaranteed front row seat! Please let the coach know if you can help - or - if you see the table empty, please take charge and volunteer to help!

\*Athletes should bring a filled water bottle to each practice and game.

If you have any concerns/questions, please contact Julie Murphy at 257-2120 or [jmurphy@cathedralcrusaders.org](mailto:jmurphy@cathedralcrusaders.org) or Emmett Keenan at 257-2130 or [ekeenan@cathedralcrusaders.org](mailto:ekeenan@cathedralcrusaders.org).

Parents,

Please support your athlete, your athlete's coaches, and their officials. Everyone is trying their best and we can all agree that we want these athletes to succeed, enjoy being on a team, and learn to win and lose graciously.

Please be a good role model to these athletes. Yelling at coaches, officials and other athletes paints a negative picture of what good sportsmanship is. Just as you do everyday, please continue to be a great example for your child and their teammates. Together, let's make a good representation of Cathedral and Prince of Peace schools, not only to our athletes, but to others in the community.

I look forward to meeting your athlete this season and watching them learn and grow as they progress through 7<sup>th</sup> and 8<sup>th</sup> grade and into high school. If you have any questions, please don't hesitate to contact myself or Emmett Keenan.

Go Crusaders!

~Julie Murphy