



*“Catch The Spirit” of Cougar Athletics*  
**Show RESPECT!**  
2009/10 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 6<sup>th</sup>. Check each activity for specific grade levels.

Participation/Discipline

All students must follow regular school rules while on campus and during intramural sports. This year’s athletics focus will be on “Respect”. All students are expected to show respect to themselves, others and God. Students not able to show respect will be counseled which may result in discipline and/or removal from the program.

Rainouts/Cancellation

Should a day be canceled due to weather or poor air quality 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?

Coach Diana Comfort at 951-278-3199, x2179 or e-mail [dcomfort@crossroadsschool.org](mailto:dcomfort@crossroadsschool.org) , cell number 951-805-5759.

What sports areas are being offered this year?

Basketball  
Cheerleading  
Dodgeball  
Flag Football  
Multi-Sports Clinics (K-2<sup>nd</sup>) Dodgeball, Flag, Soccer, 4/Square, Track  
Team 4/Square  
Track & Field

## **Program Dates & Descriptions – Listed By Earliest Date**

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### **Team Dodgeball** - Open to Grades 2<sup>nd</sup> through 6<sup>th</sup>

**Fall Session** – Wednesdays, 2:45 to 4p.m., September 23<sup>rd</sup> to October 21<sup>st</sup>.

(Registration closes September 21<sup>st</sup> at 5p.m. to form teams)

**Spring Session** – Wednesdays, 2:45 to 4p.m., March 3<sup>rd</sup> to April 14<sup>th</sup>

(Registration closes March 1<sup>st</sup> at 5p.m. to form teams, No Meeting March 17<sup>th</sup>)

Teams are mixed grades. Modified National Dodgeball Rules are used. Game rounds are 10 minutes each. Fee includes end-of-season refreshments & awards. Free “Catch the Spirit” 8” handball to the first 30 students to register. 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 for the fall & spring session will be held on the following Monday.

### **Cheerleading** – Open to Grades K & 1<sup>st</sup>, 2<sup>nd</sup> through 5<sup>th</sup>

**K & 1<sup>st</sup>** – Mondays, 2:45 to 4 p.m., Sept. 28<sup>th</sup> (no class 10/12) – November 2<sup>nd</sup>.

**2<sup>nd</sup>-5<sup>th</sup>** - Wednesdays, 2:45 to 4 p.m., September 30 – October 28<sup>th</sup>

Students (K & 1<sup>st</sup>) will be taught basic cheers and cheer at two Monday openings dates TBA. Students (2<sup>nd</sup> – 5<sup>th</sup>) will be taught basic cheers & dance, and cheer at two Monday openings dates TBA. Free “Catch the Spirit” 8” handball to the first 30 students to register. Fee is \$45.00 for 5 weeks. Fee includes end of session refreshments & awards

### **Sports Clinic (Dodgeball/Flag Football/4-Square)** – K through 2<sup>nd</sup> Grades

**Fall Session** – Thursdays, 2:45 to 4p.m., October 1<sup>st</sup> to October 29<sup>th</sup>.

Younger age athletes will get an introduction to three sports played at Crossroads. Students will get a lesson on basic rules and skills, to prepare them for future league play. Free “Catch the Spirit” 8” handball to the first 30 students to register. Fee is \$45.00 for 5 weeks. Fee includes end of session refreshments & participation awards. Rainouts will be added to the end of the session.

### **Flag Football** - Open to Grades K through 6<sup>th</sup>

Wednesdays, 2:45 to 4p.m. (10/28/09 to 12/2/09) – No Program 11/25

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) and end the season with an individual punt, pass & kick competition for each grade level. Fee includes end-of-season refreshments, awards, and flag football belts (flag belts given away on the last day). Fee is \$45.00 for 5 weeks. Rainouts will be held on Thursdays beginning in November.

### **Basketball** - Open to Grades 2<sup>nd</sup> through 6<sup>th</sup>

Wednesdays, 2:45 to 4p.m. (12/9/09 to 1/20/10) – No Program 12/23 & 12/30

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 and program time is extended until 4:30 p.m. Fee is \$45.00 for 5 weeks. Rainouts will be made up on Thursdays.

**Track & Field** – Open to Grades 2<sup>nd</sup> through 6<sup>th</sup>  
Wednesdays, 2:45 to 4p.m. (1/27 to 2/24/10)

Program will cover basic track & field events including, 50M & 100M runs, shuttle relays, modified high jump, softball throw, shot put and 50M hurdles. The program will end with a track & field meet. Parents are encouraged & welcome to help run events, sign-up when you register your child. At the meet all athletics will participate in a grade level shuttle relay (ribbon award) plus three individual events of their choice (2 medal events & 1 ribbon event). Medals will be awarded for two events and ribbons for two events. Fee is \$45.00 for 5 weeks. Fee includes, track & field awards, & meet refreshments. On the last day of the session the time is extended until 4:30 p.m. Rainouts will be held on Thursdays.

**Sports Clinic (Soccer/ Track/Dodgeball)** – K through 2<sup>nd</sup> Grades  
Spring Session – Thursdays, 2:45 to 4p.m., February 25<sup>th</sup> to March 25<sup>th</sup> .

Younger age athletes will get an introduction to three sports played at Crossroads. Students will get a lesson on basic rules and skills, to prepare them for future league play. Free "Catch the Spirit" 8" handball to the first 30 students to register. Fee is \$45.00 for 5 weeks. Fee includes end of session refreshments & participation awards. Rainouts will be added to the end of the session.

**Team Dodgeball** - Open to Grades 2<sup>nd</sup> through 6<sup>th</sup>  
Spring Session – Wednesdays, 2:45 to 4p.m., March 3<sup>rd</sup> to April 14<sup>th</sup>  
(Registration closes March 1<sup>st</sup> at 5p.m. to form teams, No Meeting March 17<sup>th</sup>)

Teams are mixed grades. Modified National Dodgeball Rules are used. Game rounds are 10 minutes each. Fee includes end-of-season refreshments & awards. Free "Catch the Spirit" 8" handball to the first 30 students to register. 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 will be held on the following Monday.

**Team 4-Square** – Open to Grades 2<sup>nd</sup> through 6<sup>th</sup>  
Wednesdays, 2:45 to 4p.m. (4/21/10 to 5/19/10)

School game rules will be played. Game play will be divided up into grade levels. Free "Catch the Spirit" 8" handball to the first 30 students to register. On the last day of the session refreshments & awards will be given and program time is extended until 4:30 p.m. Fee is \$45.00 for 5 weeks. Rainouts will be held on Thursdays.

**CCS Intramurals Registration Form - (Return to office)**

**Check Program:**

- FALL DODGEBALL
- SPRING DODGEBALL
- CHEERLEADING
- FALL SPORTS CLINIC
- SPRING SPORTS CLINIC
- TRACK & FIELD
- BASKETBALL
- 4-SQUARE
- FLAG FOOTBALL

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Participant

Grade:

Classroom Number:

Parent's Signature:

Parent's Email (for registration confirmation & score updates):  
PLEASE PRINT

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

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- 4-SQUARE
- FLAG FOOTBALL

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