



Athletic Department

Integrity ♦ Honor ♦ Excellence

WELCOME TO CHRISTIAN BROTHERS!

New Parent Athletic Orientation

Wednesday, September 12, 2018



New Parent Athletic Orientation 2018–19

Athletic Department Staff and Contact Information

Dale Milton – Athletic Director	916-733-3672	dmilton@cbhs-sacramento.org
Tyler Almond– Assist. Athletic Director	916-733-3683	talmond@cbhs-sacramento.org
Jacob Hunley '96 –Assist. Athletic Director .	916 773-3623	jhunley@cbhs-sacramento.org
Gloria Bauer – Athletic Admin. Assist.	916-733-3610	gbauer@cbhs-sacramento.org
Darci Calista – Athletic Trainer	916-733-3671	dcalista@cbhs-sacramento.org
Kolby Kuhn – Athletic Trainer	916-733-3671	kkuhn@cbhs-sacramento.org
Jamie Ralph'12– Athletic Trainer	916-733-3671	jralph@cbhs-sacramento.org



- Enrollment
 - Upload physical that will last entire season of sport.
 - If multiple sports (e.g. football and baseball, physical that lasts through May). **After your enrollment is accepted please add your athlete to teams by the green tryout button. Parent must add them to a team.**
- Any questions see Gloria Bauer in the Athletic Department. 916 733-3610



Facts for you and your child to consider when deciding whether to participate in CB athletics:

- 1) The administration encourages all students to tryout for athletic teams and supports the multi-sport option.
- 2) High school athletics can be more competitive and requires more time than what your son or daughter is used to.
- 3) Choosing to be a student-athlete means you and your family will have more time constraints than others students.
 - i. Academics
 - ii. Vacations – Summer, Thanksgiving, Christmas, Easter
(check early with the coach)
 - iii. Flexible practice schedule as well as offsite practices as well



What is expected of you as parents:

- 1) To represent and support CB Athletics in a Lasallian manner.
- 2) Support all coaches, players and officials as well as visiting teams.
- 3) You are expected to let the coaches coach their respective teams in the manner they see appropriate. Questions or concerns should be directed to the coach at the appropriate time. (24 hour rule)
- 4) Please do not disrupt a coach during practice, games, or meeting times. This is their classroom which needs to be respected.
- 5) Practice and game times will be listed on the website, but communicate with your child about last minute practice and game changes.



What should your child expect:

1. To be coached in a Lasallian manner.
2. That all sports are considered important by the administration of Christian Brothers High School.
3. To have a fair opportunity to make an athletic team.
4. To be guaranteed practice time, not game time.
5. To have a wide variety of sports to choose from.



Things to consider:

- 1) Don't compare your child's abilities with others.
- 2) Please follow the appropriate procedures when you have questions or concerns.
- 3) Acknowledge the commitment the coaches are making to the athletes.

What must each student have to participate on a team:

- 1) An Athletic file completed and turned into Appryse. Students are not allowed to condition, tryout or participate without current completed forms on file.
- 2) CIF Standards – minimum of 2.0 G.P.A. at each quarter's grading period. Students who fall below must wait until the next grading period to become eligible again.
- 3) Athletic Department Standards – minimum 2.0 G.P.A. during season of participation. Grades will be checked periodically and students falling below minimum standards will:
 - i. Be temporarily suspended from practice and games until minimum standards are met.
 - ii. Attend mandatory study hall Monday – Thursday (school days) from 3:15 – 4:30



Transportation:

1. Transportation will not be provided:
 - 1) Varsity contests within greater Sacramento area
 - 2) All contests beginning after 6:00pm
 - 3) Weekend and non-school days
2. When buses are used they will be drop only and parents will be expected to plan for transporting their children home.

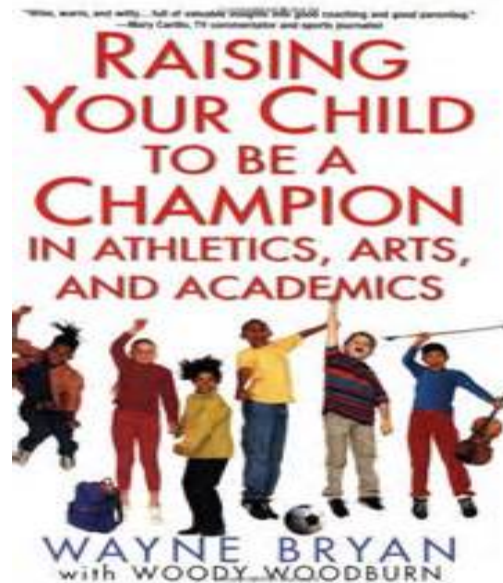


Other Information:

- 1) Participation in sports outside of Christian Brothers – the head coach will determine the policy for allowing student-athletes to compete on a different non-school sports team during their high school season. High school athletics takes priority over all outside participation.
- 2) **There is a non-refundable athletic fee (\$110) for each participant during each season of sport.**
- 3) The Student-Parent Athletic Handbook is part of the School Handbook that each family will receive at the beginning of the school year. Please read the entire handbook carefully. Also found under info and forms on the CB Athletics Website.
- 4) A student-athlete who quits a sport or is dropped from one sport for disciplinary reasons will not be permitted to participate in a second sport until the first sport ends..
- 5) Christian Brothers competes in the Capital Athletic League, a Division 3 League against. El Camino, Vista De Lago and Rio Americano, Del Campo, Sacramento High and Capital Christian.

Wayne Bryan

Raising Your Child To BE A Champion in Athletics, Arts, And Academics



Wayne Bryan

- Two Great Chapters:
A Secondary Passion and Tough Times



Role of Parents?

- Before the season - understand why they play
- During a contest – be a positive role model
- After a contest – give them time

Why is your son/daughter playing the sport?

- Do you know why he/she is playing high school sports?
- Whose choice is it to play?
- 30 Million High School Athletes; **1% play in College at Div I, II, III.** Is she/he playing for the right reasons? Enjoying the experience?

Proactive Coaching

Empowering Messages for Parents