



Athletic Department

Integrity ♦ Honor ♦ Excellence

WELCOME TO CHRISTIAN BROTHERS!

Parent Athletic Orientation



Parent Athletic Orientation 2021– 2022

Athletic Department Staff and Contact Information

Dale Milton- Athletic Director 916-733-3672 dmilton@cbhs-sacramento.org

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CB ATHLETICS “WHY” GOALS VS PURPOSE

**-INTEGRITY -HONOR
-EXCELLENCE**

**SUCCESS IS PEACE OF MIND ATTAINED ONLY THROUGH SELF-SATISFACTION IN KNOWING YOU MADE
THE EFFORT TO BECOME THE BEST YOU ARE CAPABLE.**

JOHN WOODEN 1934



Lasallian Five Core Principles

- **Faith** in the Presence of God. Belief in the living presence of God in our world. ...
- **Respect** for All Persons. A concerted effort by the school to **respect** the **dignity** of all persons.
- Inclusive Community. ...
- Concern for the Poor and Social **Justice**. ...
- Quality **Education**.

• **The Patron Saint of Teachers**

Saint John Baptist de La Salle



CHRISTIAN BROTHERS

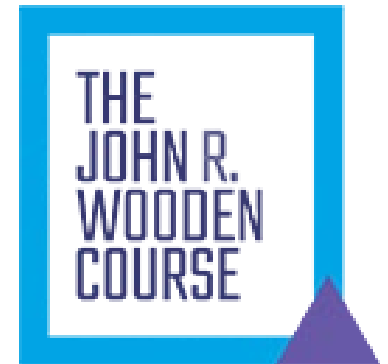
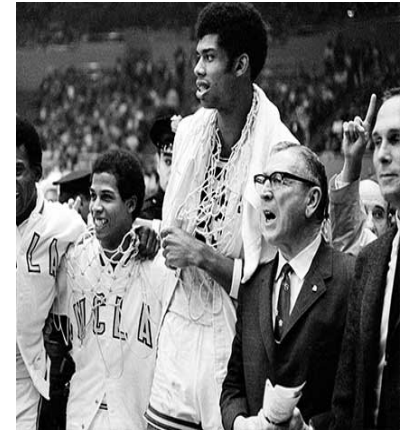
FALCONS

Seven Point Creed

John Wooden was incredibly influenced by his father, Joshua Wooden.

A timeless gift that his father gave him as a teenager was entitled “Seven Things to Do” – which Coach later coined as his famous “Seven Point Creed.”

- 1. Be true to yourself.**
- 2. Help others.**
- 3. Make each day your masterpiece.**
- 4. Drink deeply from good books, especially the Bible.**
- 5. Make friendship a fine art.**
- 6. Build a shelter against a rainy day.**
- 7. Pray for guidance and give thanks for your blessings every day.**



FINAL FORMS

- Enrollment
 - Upload physical that will last entire season of sport.
 - If multiple sports (e.g. football and baseball, physical that lasts through May).
 - Any questions see Gloria Barela in the Athletic Department. 916 733-3610 gbarela@cbhs-sacramento.org

CHRISTIAN BROTHERS

FALCONS

- Follow us all season long on your mobile device.
- The official app for Christian Brothers High School athletics brings fans closer to the team than ever before. Get game coverage, player interviews, game previews and recaps, postgame highlights, enhanced stats, customized game alerts, player profiles and much more!

- Download the CB Falcons App





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.



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 under each sport heading, but communicate with your **child** about last minute practice and game changes.



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 other students.
 - i. Academics
 - ii. Vacations – Summer, Thanksgiving, Christmas, Easter
(check early with the coach) Holiday Tournaments
 - iii. Flexible practice schedule as well as offsite practices as well



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 Final Forms. 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.

COVID 19 could change the travel policy



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.

CHRISTIAN BROTHERS FALCONS

Fall

Cheer

Cross Country

Football

Women's Golf

Women's Tennis

Women's Volleyball

Men's Water Polo

Women's Water Polo

CHRISTIAN BROTHERS

FALCONS

Winter

Men's Basketball

Women's Basketball

Men's Soccer

Women's Soccer

Spring

Baseball

Diving

Men's Golf

Men's Lacrosse

Women's Lacrosse

Rugby

Softball

Swimming

Men's Tennis

Track & Field

Men's Volleyball



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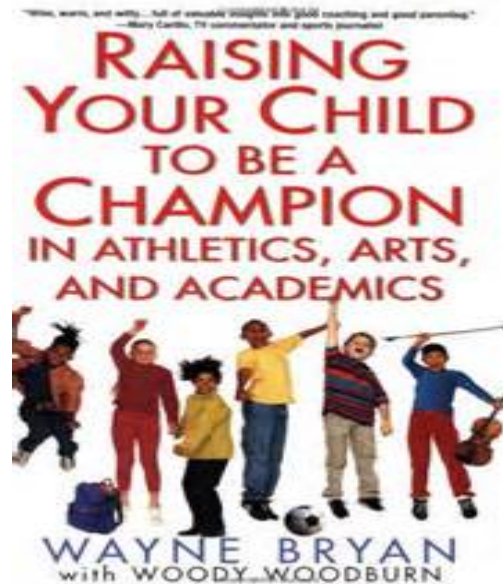
<https://www.cbhs-sacramento.org/>

<https://www.capitalathleticleague.com/>

<https://www.cifsjs.org/landing/index>

Wayne Bryan

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



Wayne Bryan

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

- Two Great Chapters:
A Secondary Passion and Tough Times



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?

Role of Parents?

- Before the season - understand why they play
- During a contest – be a positive role model
- After a contest – give them time
- Three Questions- After a contest-
Gatorade or water? If over 16 do you want to drive or me? What would you like to Eat?