



ATHLETIC NEWS

SUMMER 2018: UPDATED June 4



CHRIST CHAPEL
A C A D E M Y

All summer activities will be on schedule star. On schedule star, if you sign up for alerts you will be automatically alerted whenever there is a change in schedule

Sports Physical and Forms to Complete Before Tryouts

Every athlete who wants to participate in sports next year must have a current sports physical before they tryout for a team. The form can be downloaded from the CCA website under athletics. You can get a physical at a doctor's office or urgent care facility.

- Other forms that need to be turned in to the athletic office are: all can be downloaded from CCA website under athletics or picked up in the athletic office.
 - a. Concussion form
 - b. Informed Consent form
 - c. CCA Athletic Policy and Procedures form
 - d. Weight Room Consent form

The athletic fee of \$75 must be paid before the first game

If you have any questions please contact Mr. Edgar at aedgar@christchapel.org

Sports physicals are be on file before a student can try out for a sport. Sports physicals must be dated on or after May 1, 2018 to be valid for the 2018-2019 school year.

All athletes and parents are to read and complete the Heads Up Concussion Form.

Volleyball

Volleyball Skills Development: Conditioning and Skills Development for volleyball will take place Tuesday, Wednesday, and Thursday : June: 26, 27, 28 and July: 24, 25, 26. They will meet from 4:00-5:30.

Volleyball Camp 1: The volleyball camp will teach fundamental skills to include serving, passing, setting, hitting, defense, and game play. The camp is open to all girls ages 11-18 and in grades 6-12 during the 2018-19 school year. The clinic will be directed by American Volleyball Club Coaches Sandy Gibbs. Coach Gibbs is a Prince William County and VHSL certified coach. Coach Gibbs is also Impact, CAP I and CAP II certified with USA Volleyball. She is Gold Medal Squared Volleyball certified. Coach Dejan Pejic played for a Men's city league in Serbia. Coach Pejic is an American Volleyball Club coach and is USAV Impact and Safesport certified.

The camp will be held **July 16, 17 and 19, 20** from **6:30-9:00 p.m.** All athletes should wear shorts, t-shirts, knee pads and indoor court shoes.

Volleyball Camp 2: A second camp will be held July 30, 31, Aug 2, 3 7:00 – 8:30.

FOR MORE INFORMATION CONTACT:

Coach Sandy Gibbs

Email: trilivin@yahoo.com

Phone #: 757-848-3709

**Complete the registration form and mail it no later than July 2, 2019 for Camp 1 and July 16 for Camp 2
Cost for the camp is \$50.00 per student.**

Late registrations will be taken on the first day of camp and will be \$55.00.

There are 24 spots for the camp so get your forms in early.

Middle School, JV and Varsity Volleyball Tryouts:

Tryouts: (at the Christ Chapel Academy gymnasium): August 6 -7 for all levels (varsity, JV, and middle school) from 4:00-5:30

Practice: Aug13, 14, 16,17 4:00 – 6:00 Aug 20, 21, 23, 24 4:00 – 6:00

Cross Country

Coach Shannon Andes. Contact the coach for any other information about cross country.

Boys Soccer

Soccer (Boys 6th – 12th) – The first practice for all boys is Aug 27th from 4:00 – 5:30 at Christ Chapel Academy. If you have any questions please contact Coach David Dawdy at ddawdy@christchapel.org. Please check the workout schedule on schedule star.

The dates and times for the weight room will be listed on Christ Chapel Academy Schedule Star. Contact Mr. Dawdy at ddawdy@christchapel.org with any questions.

Boys Basketball

Basketball Skills Development:

- Open gym for boys: Every Monday and Thursday starting June 7 and ending July 26 from 7:00 - 9:00
- Skills development for the boys will begin in August on the following Saturdays: Aug. 4, 11, 18, 25.

The times for these dates will be 1:30-4:30. Contact Coach Clinton Simmons if you have any questions. csimmons@henninger.com

Basketball Camp – for boys and girls ages 6-14, June 18-22 and July 16-20, 9:00am-12:00pm at CCA. \$125 early registration or \$140 at the door. Contact Coach Simmons if you have any questions at manuptraining@gmail.com or call at 571-259-3914.

Girls Basketball

Basketball (Girls 6th – 12th) – We will have a weekly training session, please talk with Mr. Dawdy at ddawdy@christchapel.org for dates and times.

Soccer/Basketball/Weight Training/Plyometric

The dates and times for the weight room will be listed on Christ Chapel Academy Schedule Star. Contact Mr. Dawdy at ddawdy@christchapel.org with any questions.

If you would like to increase your skill in soccer/basketball or increase overall core/body strength and increase your speed/vertical please contact Coach Dawdy (no cost required/only commitment) at ddawdy@christchapel.org.

Football

CHAMP CAMP (Football FUNdamentals) after school program starting Monday June 11 thru Friday August 17 from 4 to 6 pm Monday thru Friday. Open to CCA boys and girls ages 6-12. Cost is a 1x \$50.00 registration fee plus a \$10.00/day/student participation fee. Register at championsallstar.org or contact Coach Jeff Mills at 571-264-1313 or coachmills7@championsallstar.org.