

Welcome to CBC Football!!!

Most of our information can be
found at

<https://www.cbccadets.org/football>

Attached is our *Important Date
Sheet, Camp Flyer, Eureka
Waiver, and Media Guide Form.*

2023 CBC CADET FOOTBALL IMPORTANT DATES

Jan 19	3-5:00 PM Riddell Fitting for players wanting to buy their own helmet/shoulder pads
March 26	6:00 PM Parent Meeting in Gundaker Theater
March 27	SCHUTT Buying helmet Fitting at 10:50 AM
March 29	RIDDELL Buying Helmets Fitting at 5 PM
March 30	1 st Day of Spring Practice Every Thur/Sun 3:15-4:45 PM until May 11 th (except 4/9)
April 26	Black Shirts and Class of 2024 football equipment pickup
May (TBD)	Football Moms meet-and-greet @ Novelty House
May 18	Class of 2025 and 2026 football equipment pickup
May 24	Camp Flyer and Money is due to Coach Pingel; Camp waiver form due
May 30-June 8	Lifting and conditioning begins; 7AM-9:30AM in CBC weight room
June 12-15	Summer Practice Session Week One Varsity 7AM-9:30AM @ Stadium Freshmen 9:15 AM-11:15AM @ Stadium
June 19-23	Summer Practice Session Week Two Varsity 7AM-9:30AM @ Stadium Freshmen 9:15 AM-11:15AM @ Stadium
June 22-23	Eureka Camp (Varsity and JV only); time and location TBD
June 23	Freshmen Scrimmage @ Eureka TBD
June 26-July 13	Lifting and conditioning; Monday through Thursday, 7:00AM-9:30AM @ CBC
July 1	Paperwork Due (forms on website: www.cbccadets.org) Student Athlete Emergency Form; Player/Parent Expectation Form; MSHSAA physical form, including concussion section to merrisd@cbchs.org
July 17-20	Preseason Practice Session Week One Varsity 7AM-9:30AM @ Stadium, Freshmen 9:15-11:15 AM @ Stadium
July 24-27	Preseason Practice Session Week Two – Varsity/JV Glencoe (sleep away), Freshmen 9:15-11:15 AM @ Stadium
July 29-Aug 6	MSHSSA Dead Week – No practices (great time for family vacations)
August 7	Regular season practice begins for ALL PLAYERS, time TBD
August 12	All items DUE: Media Guide ads, shout outs, Senior baby pics and Senior canvas photo money
August 12	All teams intra-squad scrimmage; team photos; moms' practice. 8AM-12PM @ CBC Stadium
August 18	Jamboree @ Francis Howell High School 6 PM
August 19	Casino Night fundraiser @ CBC, 6 PM
August 25	Varsity season opener v. TBA
October 6	Senior Night (CBC v. Vianney) @ CBC High School, 6 PM
TBD	End of season banquet @ CBC High School, time and date TBD

All things are subject to change if needed

CBC 2023 FOOTBALL CAMP

REGISTRATION: \$200

Summer Session Weeks of: June 12th & June 19th

Pre Season Session Weeks of: July 17th & July 24th

Contact Coach Pingel with any questions pingels@cbchs.org

Specific Times can be found on the CBC Football Website at cbccadets.org/football

The CBC Varsity Football Camp is open to any student entering the 9th-12th grade at CBC in the 2023-24 school year.

All checks should be made out to:

CBC FOOTBALL.

Venmo: @CBCHSCADETS

(Please include the Players Name and Football Camp on the transaction)

The Football Camp is directed by the CBC Football coaches.

PLAYERS SHOULD BRING:

- Cleats and Gym Shoes
- Personal Water Jugs
- Appropriate Clothing for the weather

For more information, call Coach Pingel at

(314) 985-6047

e-mail him at pingels@cbchs.org

Mail or Return to: Attn: Scott Pingel

1850 De La Salle Dr. St. Louis, MO 63141

Student name: _____

Phone #1: _____

Phone #2: _____

Address: _____

Email: _____

Insurance Carrier: _____

Policy #: _____

Because of rising insurance costs and our efforts to keep our fee reasonable, all campers must cover themselves for any injury or sickness incurred while attending CBC Football Camp. I hereby authorize and direct the camp staff to exercise and act in their best judgment in the event any medical emergency regarding my child may arise. I confirm that my son is covered by medical insurance. I hereby give my permission for emergency medical treatment in the event I cannot be reached. This also assures the CBC Football Staff that my son is in good physical condition and health and that he may participate in all camp activities.

Parent/Guardian Name (printed): _____

Signature: _____

Date: _____

CBC follows St. Louis County Health Department guidelines that may be in place at the time camps are conducted. Be prepared to adapt to restrictions such as face covers and social distancing during camps.

2023 Eureka / Summit Competition Team Camp

WAIVER/RELEASE FOR COMMUNICABLE DISEASES, INCLUDING COVID-19, DELTA, AND OMICRON VARIANTS, AND INDEMNITY/HOLD HARMLESS AGREEMENT AND MEDICAL AUTHORIZATION

In consideration of being allowed to participate in Flag Football/Camps sponsored by SJM Resources LLC, which is not affiliated with the Rockwood School District, the undersigned acknowledges, appreciates, certifies, that I/being the parent or legal guardian agree to the following:

1. The participation of my child/ward includes possible exposure to and illness from infectious diseases, including but not limited to MRSA, Influenza, Covid-19, Delta and Omicron Variants. While particular rules and discipline may reduce this risk, the risk of serious illness, injury, and possible death does exist.
 2. If my child/ward has pre-existing health conditions, exposure to Covid-19, Delta or Omicron Variants or any other infectious disease, may more likely cause serious illness, injury, or possible death.
 3. SJM Resources LLC cannot insure that all other participants, including coaches and volunteers, are taking precautionary measures to mitigate risks to ensure the health and safety of other participants, coaches, and volunteers. Therefore participation in Flag Football/Camps involves risk of exposure to infectious disease/injuries.
 4. MY CHILD/WARD KNOWINGLY AND FREELY ASSUMES ALL RISKS, both known and unknown EVEN IF ARISING FROM THE NEGLIGENCE OF OTHERS, and assumed full responsibility of their participation.
 5. I certify that my child/ward has not recently tested positive for and is not exhibiting symptoms of Covid-19, Delta, or Omicron Variants, which include a cough, shortness of breath or difficulty breathing, loss of taste or smell, headache, chills, fatigue, body aches, nausea, fever, vomiting or diarrhea, runny nose or congestion, and/or sore throat.
 6. I certify that my child/ward has not been exposed recently to someone who has tested positive for or exhibited the above referenced symptoms of Covid-19, Delta, or Omicron Variants.
 7. My child/ward willingly agrees to comply with the recommendations of all employees, coaches, and volunteers of SJM Resources LLC to ensure safe play. If however, they observe any unusual or significant hazard during their presence or participation, they will remove themselves from participation and report such hazard to the nearest employee, coach, or volunteer of SJM Resources LLC.
 8. My child/ward and on behalf of their heirs, assigns, personal representative, and next of kin HEREBY RELEASE AND HOLD HARMLESS SJM RESOURCES LLC, and its officers, agents, employees, coaches, volunteers, other participants, and the Rockwood School District, COLLECTIVELY THE "RELEASEES" WITH RESPECT TO ANY AND ALL ILLNESS, INJURY, DISABILITY, POSSIBLE DEATH, or loss/damage to a person/property, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES.
- I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENTS. I FULLY UNDERSTAND ITS TERMS AND HAVE EXPLAINED THE RISK OF PARTICIPATION TO MY CHILD/WARD AND THEIR ADHERING TO THE RULES AND REGULATIONS FOR PROTECTION AGAINST COMMUNICABLE DISEASES AND INJURIES. FURTHERMORE MY CHILD/WARD UNDERSTANDS AND ACCEPTS THE RISKS AND RESPONSIBILITIES OF PARTICIPATION, AS WELL AS I, ALSO I AUTHORIZE SJM RESOURCES LLC AND ITS EMPLOYEES AND AGENTS PERMISSION TO REQUEST EMERGENCY MEDICAL

TREATMENT OR CARE AS NECESSARY, TO INSURE THE WELL-BEING OF MY CHILD/WARD. FURTHER, I CLAIM THAT MY CHILD/WARD IS FOUND PHYSICALLY FIT FOR ALL PHYSICAL ENDEAVORS, AND HAS HAD A VALID PHYSICAL, AS WELL AS BEING COVERED BY VALID MEDICAL INSURANCE. I HAVE ALSO READ THE MRSA MATERIALS ON CONCUSSION, WHICH INCLUDES INFORMATION ON THE DEFINITION OF A CONCUSSION, SYMPTOMS OF A CONCUSSION, WHAT TO DO IF YOU HAVE A CONCUSSION, AND HOW TO PREVENT A CONCUSSION. I DO AGREE AND CONSENT TO THE RELEASE PROVIDED ABOVE REGARDING MY CHILD/WARD. I ALSO AGREE TO RELEASE AND HOLD HARMLESS SJM RESOURCES LLC, AND ITS OFFICERS, AGENTS, EMPLOYEES, COACHES, VOLUNTEERS, OTHER PARTICIPANTS, AND THE ROCKWOOD SCHOOL DISTRICT (RELEASEES) FROM ALL CLAIMS/LAWSUITS WITH RESPECT TO ANY AND ALL ILLNESS, INJURY, DISABILITY, POSSIBLE DEATH, OR LOSS/DAMAGE TO A PERSON/PROPERTY WHICH MAY BE SUSTAINED BY MY CHILD/WARD WHILE PARTICIPATING IN FLAG FOOTBALL/CAMPS, AND ANY FUTURE CLAIMS HEREAFTER PRESENTED BY MY CHILD/WARD OR MYSELF AS A RESULT OF SUCH ILLNESS, INJURY, DISABILITY, POSSIBLE DEATH, OR LOSS/DAMAGE TO A PERSON/PROPERTY EVEN IF ARISING FROM THE "RELEASEES" NEGLIGENCE.

NAME OF CHILD/WARD: _____
(Please Print)

NAME OF PARENT/GUARDIAN: _____
(Please Print)

PARENT/GUARDIAN SIGNATURE: _____

DATE: _____

**2023 CBC Cadet Football Media Guide
Order Form**

It's that time again to place your ad in the CBC Cadet Football Media Guide.

The CBC Cadet Football Media Guide is our professionally printed football program available for purchase. All ad and guide sales go directly to support CBC football.

Deadline for all Ad artwork and payment August 8, 2023

Ad size and rates, indicate your choice

Front Inside Cover	\$700.00
Back Inside Cover	\$600.00
Back Cover	\$700.00
Welcome Page	\$500.00
Team Roster Page	\$500.00
Team Head Shot Photo Pages	\$500.00
Coaches Page	\$500.00
Media Guide Center pages	\$ 900.00

Please consider supporting the printing cost of the 2023 Cadet Football Media Guide donate \$3000.00 and receive ad placement of your choice. (Choose from above available ad placement. Ad placement is subject to availability. Please ask if you are interested)

- Full Page \$150.00
- Half Page \$125.00
- Quarter Page \$ 75.00
- Business Card \$ 50.00

If you want CBC to create the ad then add \$25.00 contact Chris Merris with questions (merrisc@cbchs.org)

Name: _____

Phone: _____ email: _____

Write your ad message below.

Send pictures, ad copy, etc. as an attachment, JPG or PDF to merrisc@cbchs.org , please include the above information with your email. Send payment attached to this form to Attn: Scott Pingel (send thru school/Chris Merris) Ad and payment deadline August 1, 2023. Make checks payable to CBC Football.

Go Cadets!