CBC ATHLETICS

“Meet the Coach”
Lord,

Help us to remember that sports are about having fun. Help us through the chaos, the rushing, the meals on the run and to remember all of the equipment he needs. May I cheer, even when my child is on the bench, through rain or snow and if I’m cold and drenched. I know that showing my support is what my son needs and his time in High School is so short; I thank you for having this opportunity to share this experience with him, for your glory. AMEN
Follow on Twitter #cbccadets

- For up-to-the-minute schedule changes and other significant event information.
- Individual programs/teams may have a twitter account for results and team specific news/announcements.
CBC ATHLETICS

“Things the Athletic Director Tells People”
Christian Brothers College High School prepares students from all backgrounds for success in college and for lives of leadership and service. Our Athletic Department plays a critical role in that mission by teaching the value of teamwork and commitment; setting high standards for character and accountability; and building bonds of brotherhood that our young men will carry with them throughout the rest of their lives.
Preparing today’s BOYS for the challenges they’ll face tomorrow as MEN
You're not always going to win

NO participation trophies in life

I’ve failed over and over and over again in my life and that is why I succeed.

-Michael Jordan
You won’t always get what you want (playing time)

Adults know that their boss isn’t interested in what they think they deserve
Life has risks, don’t be afraid to “get into the game” and play to win

He who is not courageous enough to take risks will accomplish nothing in life.

Muhammad Ali

BrainyQuote
Sometimes your best effort isn’t good enough- It’s the *Journey* NOT the *Result*
Things I tell Students

1. It’s never OK to yell at officials.
2. It IS OK to yell *for your* team... as loudly as you possibly can.
3. It is never OK to jeer, make fun of, ridicule players from the opposing team.
4. It IS OK to stand the whole game in the bleachers and have fun!
5. It is never OK to go on to the playing surface after the game is completed.
Sidebar – schedules

- One reason sportsmanship is so important is that it is VERY difficult for us to find games. We want our opponents to have a good experience along with their defeat.
- Which is why we have to travel so much, and that’s expensive and hard on our boys, particularly academically.
Things I tell Coaches

1. Effective Coaches find power is in being a “Positive Coach”
2. You’re making a difference in the lives of these young men.
3. Communicate effectively with everyone connected to the program. Use the various forms of communication appropriately.
4. Have FUN!
What I tell the Players

1. You are held to a high standard; sportsmanship and conduct
   We have a code of conduct regarding drugs, alcohol, and tobacco. **VAPING**
   - first offense is out 25% of games
   - Can “self-report” for a 10% suspension
   - Second offense is a one year full suspension
What I tell the Players

2. Eligibility- Academics first

☐ Students on Academic Probation at CBC may not compete OR practice. That’s a 2.0 GPA (1.75 for Freshmen). Actually a higher requirement than MSHSAA asks for.
3. The pinnacle of most people's athletic career is High School. The “next level” is giant leap.
<table>
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<th>CORE GPA</th>
<th>ACT Sum of Sub-scores</th>
<th>ACT (Composite)</th>
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<td>37</td>
<td>10</td>
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<tr>
<td>3.25</td>
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<tr>
<td>2.5</td>
<td>68</td>
<td>17</td>
</tr>
<tr>
<td>2.25</td>
<td><strong>Academically Ineligible to Play</strong></td>
<td></td>
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What’s the “Eligibility Center”?  

- That simply means register through the NCAA Clearinghouse.
- We have a direct link to the Clearing House through our web site under the tab “Parent Resources”
- Also, right above the Clearing House link is an NCAA publication for college bound student-athletes
Web Site

Upcoming Events

MSHSA Sports
Dead Week
(Athletics)
- Saturday, August 3, 2019
- All day
- NO Camps and/or Practices for all MSHSA sports

MSHSA Sports
Dead Week
(Athletics)
- Sunday, August 4, 2019
- All day
- NO Camps and/or Practices for all MSHSA sports

Fall Football Practice
Monday, August 12th. See Football Calendar for Details

Fall Soccer Tryouts
Monday, August 19th. See Soccer Page for Details

Fall Cross Country Practice
Monday, August 19th. See Cross Country Page for Details

Fall Swim/Dive Practice
Monday, August 19th. See Swimming Page for Details

Tweets

@cbcsalets
Mon Jul 01 2019

The MSHSA Required “Dead Week” Period CBC will observe this coming summer will be from 12:01 am on Saturday, August 3rd through 11:59 pm Sunday, August 11th. School facilities are closed and Coaches are not to have contact with High School athletes of ANY Season.

@cbcsalets
Thu Jun 27 2019

AJ Woodman ‘19 leaves for West Point tomorrow and we invited him back to campus to see his tennis singles state championship banner before he heads to college. Congratulations, AJ!
National Letter of Intent (NLI)

- Must be a Senior to sign an NLI; DIV I, II or JUCO
- Juniors and below can “verbally commit” to a school
- The Early Signing period is first week of November
- The regular signing period begins on the first Wednesday on the first week of February
- This is when we have our College Signing Ceremony
- If you decide to sign early (November) we can do a “signing” for media requests
- If you are offered after February same thing as above
For the Grown-ups

- Permitting the presence of alcohol at a high school athletic event would be a violation of MSHSAA By-Laws.
- Penalties for such violations range from censure of a school to suspension from postseason play for teams.
- Member schools are expected to implement policies and procedures to eliminate such activity by fans.
To that end our policies include:

- Prohibiting outside food or drink into the stadium and gym.
- No Re-entry. If fans leave the stadium they can not return on a previously used ticket stub.
- High School aged students are not permitted re-entry under any circumstances.
Concussions

☐ We use a SCAT 5 Form
☐ Refer to physician as needed, preference is always a specialist
☐ Impact testing is offered, mandatory for all soccer and football ($15). Optional to all other athletes
☐ RTP protocol and paperwork per MSHSAA
☐ Trainer always has the final game time say regarding return to play
Theater- Baseball
Gymnasium West- Volleyball
Gymnasium East- Golf
Ross Hall North- Tennis
Ross Hall South- Track
Faculty Dining Room- Water Polo
St. John Baptist DeLa Salle-
“Pray for us”

Live, Jesus in our Hearts-
“Forever”