

AFTERSCHOOL ACTIVITIES



Preschool Sports

Preschool Sports- \$135 per quarter

Preschool for boys and girls: Coach Jennifer Diaz graduated from Bryan College with a Physical Education degree and a minor in history, where she played volleyball, basketball, and softball. Before PCA, she was a physical education teacher for 11 years and coached for 15 years. She coached college basketball with two conference championships and several district high school championships in volleyball, basketball, track, and softball. She has been at PCA for 17 years and has taught preschool sports programs for 15 years.

The following skills will be taught:

1st quarter: Soccer- Dribbling, kicking, throwing, and defense

2nd quarter: Basketball- Dribbling, passing, shooting, and defense

3rd quarter: T-ball- Catching, hitting, throwing, and running bases.

4th quarter: Soccer- Dribbling, kicking, throwing, and defense



PCA Pearls Dance Team

PCA Pearls & Mini Pearls Dance Team- \$160 per quarter

(dance uniform package not included)

Janill Mateo is excited to partner with your kids this year! This might be her second year here at PCA, but she has taught in the public school system for nine years. Not to mention, Mrs. Mateo has taught dance to students from kindergarten through 8th grade for over 8 years. She also enjoyed taking her team to various community performances, talent shows, and competitions. Her love for dance started at a young age, and she plans to share that passion throughout PCA. Mrs. Mateo looks forward to growing with this program and working with all our students to honor God through dance!

The dance styles offered are as follows:

Quarter 1: Jazz and Ribbon Dancing

Quarter 2: Holiday Performance (A mix of the best Christmas hits) and Ribbon Dancing to lyrical

Quarter 3: Hip Hop

Quarter 4: Lyrical

For more information or questions, feel free to contact Mrs. Mateo at Janill.mateo06@gmail.com



Ballet

Ballet (K3/K4) - \$135 per quarter

Mrs. Laura Smalley is thrilled to introduce our ballet class, designed specifically for our preschoolers. Miss Laura, a lifelong ballerina with extensive performance and teaching experience, will lead this class.

This class will introduce your child to:

Playful movements and imagination play

Foundational Ballet techniques and skills

Creative expression and self-expression

Music awareness and rhythm exploration



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Music Keyboarding- \$145 per quarter

Cory Smalley has been teaching music for four years. He began teaching at a music store in Boca Raton and progressed to private lessons. Mr. Smalley is PCA's music teacher. The goal of this class is to inspire and equip students to worship God through music. The class will focus on learning how to play the keyboard, read music, play chords, and play scales. There will be an opportunity to perform in front of their peers. A practice book and on-campus keyboard will be provided. For more information, please contact cory.smalley@ilovepca.com.



Cheerios Cheerleading (K4-K5)- \$135 per quarter

Cheerleading JV (1-3) - \$160 per quarter

Cheerleading Varsity (3-8)- \$160 per quarter.

Mrs. Toombs will be coaching with Ms. Hannah. She has been coaching cheerleading for over 20 years, winning many competitions at all levels. This will be her 12th year coaching cheer at PCA. Ms. Hannah was a cheerleader for 13 years, including optimist, middle school, high school, and competitive level. As an all-star cheerleader, Hannah earned many state and national championship titles. She has also been coaching cheer at PCA for the last six years.

Together they will teach the fundamentals of cheerleading, tumbling, stunting, dance, jumps, and teamwork skills. The uniform will be a glitter cheer shirt (for a small fee), black leggings, a provided bow, and pom-poms. Your cheerleader will need flexible solid white cheer sneakers. Let's go!



Content Creation (MS only) - \$135 per quarter

The Middle School Content Creator After-School Program is an inspiring initiative for young creatives. Students will explore digital media through the lens of faith, learning video production, podcasting, graphic design, and social media management. Guided by our middle school Bible Teacher, Patrick Howell, participants will develop original content that reflects Christian values, enhancing their technical skills while deepening their faith. This program fosters creativity, teamwork, and spiritual growth, empowering students to share their message and make a positive impact in the digital world. Join us for a transformative and faith-centered creative journey!



AFTERSCHOOL ACTIVITIES



Preschool Gymnastics- \$135 per quarter

Preschool gymnastics for boys and girls. Coach Jennifer Diaz graduated from Bryan College with a Physical Education degree with a minor in history. Before coming to PCA, she was a physical education teacher for 11 years where she would teach gymnastics in physical education classes. She has been at PCA for 19 years and teaching preschool sports programs for 17 years.

The following skills will be taught:

Forward roll, backward roll, tripod stance, headstand, handstand, jumping, stretching, flexibility, strength, and balance.

The students will practice on a balance beam and use a mushroom mat and rings.



Lacrosse- \$135 per quarter

Lacrosse for boys and girls. Coach Jennifer Diaz graduated from Bryan College with a Physical Education degree with a minor in history. Before coming to PCA, she was a physical education teacher for 11 years where she would teach gymnastics in physical education classes. She has been at PCA for 19 years and teaching preschool sports programs for 17 years. Coach Jen has helped coach lacrosse with her sons for nine years and has even been an assistant coach at Archbishop High School.

Skills taught:

They will cradle, scoop, catch, shoot, ground balls, dodge, and pass. Other activities they will participate in are running and static stretching exercises. Once the students practice and learn the appropriate skills, practice games will begin.

We will not require any equipment.



AFTERSCHOOL ACTIVITIES



Fine Arts- \$150 per quarter

Fine Arts

Is your child a budding Picasso or a mini Da Vinci? Ms. Vargas's Fine Arts Program is the perfect place for kids from kindergarten to 5th grade to explore their artistic potential and let their imaginations soar!

Artistic Adventures Await!

From painting to pottery, art history to art theory, our program offers a diverse range of activities and training that cater to very young artists. With over 25 years of experience in the Fine Arts, Ms. Vargas is passionate about nurturing your child's creativity and skill in a fun, supportive environment.

Create and Grow!

Our program provides opportunities for display, exhibitions, and personal growth. Watch as your child's confidence blooms along with their artistic abilities. Our personalized approach ensures that every student gets the attention they need to thrive.



DJ Connection- \$150 per quarter

The DJ Connection After School Program is a dynamic and uplifting experience for young music enthusiasts. Students will learn the art of DJing, including mixing, beat matching, and music production. All while integrating Christian values and messages. Led by our middle school Bible teacher Patrick Howell, participants will create original DJ sets that inspire and uplift. Using music as a powerful tool for positive influence. This program promotes creativity, teamwork, and spiritual growth, empowering students to express their faith through music. Join us for an exciting and faith-centered musical journey!



Chess Club - \$150 per quarter

Our Chess Club invites Christian elementary and middle school students to dive into the exciting world of chess, a game that challenges your mind and fosters wisdom. Just as Proverbs 2:6 reminds us that "the Lord gives wisdom; from His mouth comes knowledge and understanding," playing chess can teach us how to plan carefully, think ahead, and make decisions guided by Godly principles.

In chess, every move matters, just as in life, where we are called to walk in wisdom and purpose (Ephesians 5:15-16). Through this timeless game, you will not only learn to think critically but also discover how to apply Biblical truths, such as perseverance, patience, and the importance of considering others before making decisions.

Updated 8/8/24

QUARTER 1 ATHLETICS



Cubs: Intro To Sports- \$110 per quarter

Grades K5 and 1-2. Cubs school sports programs emphasize developing athletic abilities through Christian character. Activities such as soccer, basketball, and flag football provide opportunities for children to learn teamwork, perseverance, and respect, all within a framework of biblical values. Coaches guide students with the principle of Colossians 3:23 in mind, "Whatever you do, work at it with all your heart, as working for the Lord, not for human master." Through these programs, students will not only enhance their physical skills but also grow spiritually, building lasting friendships and a strong sense of community. The Cubs sports experience is designed to integrate faith and fitness, encouraging students to embody Christian virtues in every game and practice.



Intramural Flag Football- \$150 per quarter

Grades 3-5. This program is designed to provide students with the opportunity to engage in a variety of activities, develop their physical skills, and learn the value of teamwork, all within a supportive and Christ-centered environment. Our goal is to encourage physical fitness, foster friendships, and instill biblical principles through sports.



JV Cross Country- \$150 per quarter

Grades 3-5. Cross country at Potential Christian Academy is a unique sport that combines physical endurance, mental toughness, and spiritual growth. Students run in various natural settings, developing their stamina and appreciation for God's creation. Our Cross Country program aims to build strong, resilient athletes who honor God through dedication, teamwork, and sportsmanship.



QUARTER 1 ATHLETICS



JV Boys Flag Football- \$190 per quarter

Grades 3-5: The coaches will teach the athletes skills to help them succeed and compete in flag football, integrating faith and humility in both wins and losses.

The following skills will be taught:

- General Football Rules
- Offensive Alignments
- Defensive Alignments
- Offensive Plays
- Defensive Plays
- Route Running
- Catching
- Throwing
- Flag Pulling



JV Girls Volleyball- \$190 per quarter

Grades 3-5: The coaches will teach the athletes skills to help them succeed and compete in volleyball. They will also integrate faith and humility in both wins and losses. Teams will participate in League Play against other schools in the SSAL League.

The following skills will be taught:

- General Volleyball Rules
- Offensive Rotations
- Defensive Rotations
- Offensive Plays
- Defensive Plays
- Volleying
- Setting
- Digging
- Serving



QUARTER 1 ATHLETICS



Varsity Boys Flag Football- \$190 per quarter

Grades 6-8: The coaches will teach the athletes skills to help them succeed and compete in flag football, integrating faith and humility in both wins and losses.

The following skills will be taught:

- General Football Rules
- Offensive Alignments
- Defensive Alignments
- Offensive Plays
- Defensive Plays
- Route Running
- Catching
- Throwing
- Flag Pulling



Varsity Girls Volleyball- \$190 per quarter

Grades 6-8: The coaches will teach the athletes skills that will help them be successful and competitive in volleyball. They will also integrate faith and humility in both wins and losses. Teams will participate in League Play against other schools in the SSAL League.

The following skills will be taught:

- General Volleyball Rules
- Offensive Rotations
- Defensive Rotations
- Offensive Plays
- Defensive Plays
- Volleying
- Setting
- Digging
- Serving



QUARTER 2 ATHLETICS



JV Boys Soccer- \$190 per quarter

Grades 3-5. The coaches will teach the athletes skills to help them succeed and compete in soccer, integrating faith and humility in both wins and losses. Teams will participate in League Play against other schools in the SSAL League.

The following skills will be taught:

General Soccer Rules

Offensive Plays and Rotations

Defensive Plays and Rotations

Dribbling

Passing

Shooting (Corner Kicks, Penalty Kick, Short Shots, Midrange Shots, Long Shots)

Defense (Marking Your Man, Standing Tackle, Slide Tackle, Goal Keeping)



JV Girls Basketball- \$190 per quarter

Grades 3-5. The coaches will teach the athletes skills to help them succeed and compete in basketball, integrating faith and humility in both wins and losses. Teams will participate in League Play against other schools in the SSAL League.

The following skills will be taught:

General Basketball Rules

Offensive Plays and Rotations

Defensive Plays and Rotations

Dribbling

Passing

Shooting (Layups, Jump Shots, 3-pointers, Free Throws)

Defense (Guarding, Steals, Blocks)



QUARTER 2 ATHLETICS



Varsity Boys Soccer- \$190 per quarter

Grades 6-8. The coaches will teach the athletes skills to help them succeed and compete in soccer, integrating faith and humility in both wins and losses. Teams will participate in League Play against other schools in the SSAL League.

The following skills will be taught:

General Soccer Rules

Offensive Plays and Rotations

Defensive Plays and Rotations

Dribbling

Passing

Shooting (Corner Kicks, Penalty Kick, Short Shots, Midrange Shots, Long Shots)

Defense (Marking Your Man, Standing Tackle, Slide Tackle, Goal Keeping)



Varsity Girls Basketball- \$190 per quarter

Grades 6-8. The coaches will teach the athletes skills to help them succeed and compete in basketball, integrating faith and humility in both wins and losses. Teams will be participating in League Play against other schools in the SSAL League

The following skills will be taught:

General Basketball Rules

Offensive Plays and Rotations

Defensive Plays and Rotations

Dribbling

Passing

Shooting (Layups, Jump Shots, 3-pointers, Free Throws)

Defense (Guarding, Steals, Blocks)



QUARTER 3 ATHLETICS



JV Boys Basketball- \$190 per quarter

Grades 3-5. The coaches will teach the athletes skills that will help them succeed and compete in basketball, along with integrating faith and humility in both wins and losses. Teams will participate in League Play against other schools in the SSAL League.

The following skills will be taught:

General Basketball Rules

Offensive Plays and Rotations

Defensive Plays and Rotations

Dribbling

Passing

Shooting (Layups, Jump Shots, 3-pointers, Free Throws)

Defense (Guarding, Steals, Blocks)



JV Girls Soccer- \$190 per quarter

Grades 3-5. The coaches will teach the athletes skills to help them succeed and compete in soccer, integrating faith and humility in both wins and losses. Teams will participate in League Play against other schools in the SSAL League.

The following skills will be taught:

General Soccer Rules

Offensive Plays and Rotations

Defensive Plays and Rotations

Dribbling

Passing

Shooting (Corner Kicks, Penalty Kick, Short Shots, Midrange Shots, Long Shots)

Defense (Marking Your Man, Standing Tackle, Slide Tackle, Goal Keeping)



QUARTER 3 ATHLETICS



Varsity Boys Basketball- \$190 per quarter

Grades 6-8. The coaches will teach the athletes skills to help them succeed and compete in basketball, integrating faith and humility in both wins and losses. Teams will participate in League Play against other schools in the SSAL League.

The following skills will be taught:

General Basketball Rules

Offensive Plays and Rotations

Defensive Plays and Rotations

Dribbling

Passing

Shooting (Layups, Jump Shots, 3-pointers, Free Throws)

Defense (Guarding, Steals, Blocks)



Varsity Girls Soccer- \$190 per quarter

Grades 6-8. The coaches will teach the athletes skills that will help them be successful and competitive in soccer, along with the integration of faith and humility in both wins and losses. Teams will participate in League Play against other schools in the SSAL League.

The following skills will be taught:

General Soccer Rules

Offensive Plays and Rotations

Defensive Plays and Rotations

Dribbling

Passing

Shooting (Corner Kicks, Penalty Kick, Short Shots, Midrange Shots, Long Shots)

Defense (Marking Your Man, Standing Tackle, Slide Tackle, Goal Keeping)



QUARTER 4 ATHLETICS



JV Boys Volleyball- \$190 per quarter

Grades 3-5. The coaches will teach the athletes skills that will help them succeed and compete in volleyball, along with the integration of faith and humility in both wins and losses. Teams will be participating in League Play against other schools in the SSAL League.

The following skills will be taught:

- General Volleyball Rules
- Offensive Rotations
- Defensive Rotations
- Offensive Plays
- Defensive Plays
- Volleying
- Setting
- Digging
- Serving



JV Girls Flag Football- \$190 per quarter

Grades 3-5: The coaches will teach the athletes skills that will help them be successful and competitive in flag football. They will also integrate faith and humility in both wins and losses.

The following skills will be taught:

- General Football Rules
- Offensive Alignments
- Defensive Alignments
- Offensive Plays
- Defensive Plays
- Route Running
- Catching
- Throwing
- Flag Pulling
- Competitive Spirit



QUARTER 4 ATHLETICS



Varsity Boys Volleyball- \$190 per quarter

Grades 6-8. The coaches will teach the athletes skills that will help them succeed and compete in volleyball, along with the integration of faith and humility in both wins and losses. Teams will participate in League Play against other schools in the SSAL League.

The following skills will be taught:

- General Volleyball Rules
- Offensive Rotations
- Defensive Rotations
- Offensive Plays
- Defensive Plays
- Volleying
- Setting
- Digging
- Serving



Varsity Girls Flag Football- \$190 per quarter

Grades 6-8. The coaches will teach the athletes skills that will help them be successful and competitive in flag football, along with the integration of faith and humility in both wins and losses.

The following skills will be taught:

- General Football Rules
- Offensive Alignments
- Defensive Alignments
- Offensive Plays
- Defensive Plays
- Route Running
- Catching
- Throwing
- Flag Pulling
- Competitive Spirit