

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.

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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