

CBC ATHLETICS

“Meet the Coach”

Sports Parents Prayer

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”**

Why We Play

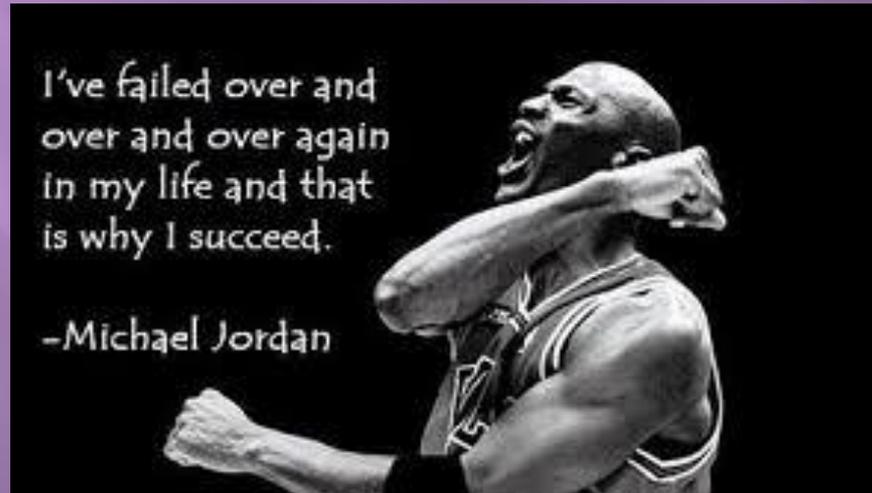
Christian Brothers College High School prepares students from all backgrounds for success in college and for lives of leadership and service. Our Athletic Department plays a critical role in that mission by teaching the value of teamwork and commitment; setting high standards for character and accountability; 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



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



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.**

What I tell the Players

3. The pinnacle of most people's athletic career is High School. The “next level” is giant leap.



Estimated Probability of Competing in College Athletics

	High School Participants	NCAA Participants	Overall % HS to NCAA	% HS to NCAA Division I	% HS to NCAA Division II	% HS to NCAA Division III
ten						
Baseball	482,629	33,431	6.9%	2.1%	2.1%	2.7%
Basketball	541,054	18,320	3.4%	1.0%	1.0%	1.4%
Cross Country	252,547	14,218	5.6%	1.9%	1.4%	2.4%
Football	1,093,234	71,291	6.5%	2.5%	1.7%	2.3%
Golf	152,647	8,654	5.7%	1.9%	1.6%	2.1%
Ice Hockey	35,393	3,976	11.2%	4.6%	0.5%	6.1%
Lacrosse	106,720	12,682	11.9%	2.9%	2.1%	6.9%
Soccer	417,419	23,602	5.7%	1.4%	1.4%	2.8%
Swimming	138,373	9,630	7.0%	2.8%	1.0%	3.2%
Tennis	160,545	8,081	5.0%	1.7%	1.1%	2.3%
Track	580,321	27,514	4.7%	1.9%	1.1%	1.7%
Volleyball	52,149	1,720	3.3%	0.9%	0.7%	1.7%
Water Polo	21,451	1,051	4.9%	2.7%	0.7%	1.5%
Wrestling	269,514	6,982	2.6%	0.9%	0.7%	1.0%

NCAA Requirements

CORE GPA	ACT Sum of Sub- scores	ACT (Composite)
3.55+	37	10
3.25	46	12
2.75	59	15
2.5	68	17
2.25	Academically Ineligible to Play	

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

CBC ATHLETICS



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Upcoming Events Today >

3
AUG

MSHSAA Sports Dead Week (Athletics)

- Saturday, August 3, 2019
- All day
- NO Camps and/or Practices for all MSHSAA sports

4
AUG

MSHSAA Sports Dead Week (Athletics)

- Sunday, August 4, 2019
- All day
- NO Camps and/or Practices for all MSHSAA sports

FALL FOOTBALL PRACTICE

MONDAY AUGUST 12TH SEE FOOTBALL CALENDAR FOR DETAILS

FALL SOCCER TRYOUTS

MONDAY AUGUST 12TH SEE SOCCER PAGE FOR DETAILS

FALL CROSS COUNTRY PRACTICE

MONDAY AUGUST 12TH SEE CROSS COUNTRY PAGE FOR DETAILS

FALL SWIM/DIVE PRACTICE

MONDAY AUGUST 12TH SEE SWIMMING PAGE FOR DETAILS

Tweets

@cbccadets Mon Jul 01 2019

The MSHSAA 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.

@cbccadets 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 All!

Parent Resources Tab

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Saturday, August 3, 2019

All day

NO Camps and/or Practices for all MSHSAA sports

4 AUG MSHSAA Sports Dead Week (Athletics)

Sunday, August 4, 2019

All day

NO Camps and/or Practices for all MSHSAA sports

5 AUG MSHSAA Sports Dead Week (Athletics)

Monday, August 5, 2019

ATHLETIC REPUBLIC
PERFORMANCE SPORTS

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ATHLETICREPUBLICSTL.COM

- CBC Parent Presentation Code of Conduct
- MSHSAA Concussion Guide
- MSHSAA Concussion Video
- Concussion Return Form
- Parent Transportation Release
- MSHSAA Eligibility
- NCAA College Bound Guide
- NCAA Clearing House

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@cbccadets 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! We all know you'll excel at the next level and are so glad to have you in the CBC family!
<https://t.co/X9H2ehl1jx>

@cbccadets Sat Jun 15 2019

NCAA Clearinghouse Link



2018 Graduates - Please review these important reminders regarding your final certification.



Student Email

Password

Login

Help

High School Administrators

Forgot your password?

WANT TO PLAY COLLEGE SPORTS?

Creating an account is the first step to becoming an NCAA student-athlete



REGISTER

Coaches Meeting....pptx

Show all

Type here to search

12:37 PM
7/17/2018

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.

Athletic Trainer

Kristen Jeans

- Preventative care, emergency, and some Rehab
- Availability; 2:45 until practices finish and/or the end of any home event
- kristen.jeans@mercy.net

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”