



# The Crusader Connection Summer Edition

June 19, 2009

## CHANGE IN PE UNIFORM POLICY

We have transferred the sale of our PE uniforms over to Educational Outfitters. In years past, we have provided PE uniforms for students, but this year, students who need PE uniforms will need to purchase them from Educational Outfitters. If you have leftover PE uniforms from this year or past years, your child may use them for next year as well. We will be using the same style of uniform, and there is no requirement that a new uniform be purchased.



## SCHOOL BUS UPDATE & ADDITIONAL LOSSES



Thank you for all your prayers and phone calls regarding our bus fire. We are in the process of assessing the cause and waiting for the amount we will receive to purchase new buses. Please continue to pray that we will find buses that will meet our needs and that we can financially afford. Also lost in the fire were 2 mowers and a drag rake machine, all used to maintain our athletic facilities. The SCA Athletic Department is looking to borrow or rent a commercial-type mower (Dixie Chopper, Hustler, etc.) for one day each week for the next couple of months, until insurance money comes for the school to be able to purchase new mowers. This is very important to be able to maintain our athletic facilities. If you would be willing to help, or know someone that would be willing to help, please contact Mr. Holmes at ext. 225 or [aholmes@scacrusaders.com](mailto:aholmes@scacrusaders.com).

## IMPORTANT CALENDAR CHANGE FOR NEXT YEAR

We are adding one extra day to the 2009-10 school year, which means High School Graduation and our last day of school will be Friday, June 4. By adding an extra day, we can get all our exams in during the week of June 1, as opposed to having to start them on Friday, May 28. Please make these changes on your calendars.



## SUMMER OFFICE HOURS



Just a reminder that our school office remains open during the summer, with the exception of being closed June 3rd in observance of Fourth of July. Office hours are 7:30 to 4:00. Please feel free to contact us with any questions that you may have for the upcoming school year. Also, all information is updated daily on our school website [www.SCAcrusaders.com](http://www.SCAcrusaders.com). +

## ATHLETIC DEPARTMENT IMPROVEMENTS

SCA is needing new team bench chairs for the gym. The approximate cost of the chairs is \$3,000-3,500. If you are interested in helping our Athletic Program obtain the chairs, please contact Mr. Holmes at x225 or email [aholmes@scacrusaders.com](mailto:aholmes@scacrusaders.com).



## STUDENTS NOT RETURNING TO SCA

We ask that any student not returning to SCA for the 2009-10 school year please contact the school office so that your records are handled correctly.

Please visit our website @ [www.scacrusaders.com](http://www.scacrusaders.com) for additional information.

# CHECK OUT WHATS GOING ON THIS SUMMER AT SCA!

## USED UNIFORM SALE PROCEEDS USED TO ENHANCE SCA PROGRAMS

We will be having our annual used uniform sale again this summer. All proceeds from this sale will be used to enhance SCA programs. If you have any uniforms you would like to donate you may begin dropping them off in the school office in July. All uniforms will be accepted as donations only this year, we will be happy to give you a tax deduction form. We have changed our format and will not be consigning uniforms beginning this year. Only items in good condition will be accepted. Please continue to check our website ([SCAcrusaders.com](http://SCAcrusaders.com)) about upcoming information on this sale.



### ELEMENTARY SOCCER CAMP JUNE 22-25

For girls and boys ages 7-12. Camp time will be 9:00 am- 11:45 am and the cost is \$80 per camper which will include a camp t-shirt. For more information please pick up a registration form in the office or contact Coach Canterbury at ext. 238.



### GIRLS MIDDLE & HIGH SCHOOL SOCCER CAMP JUNE 22-25

For all girls in Middle School and High School. Camp time will be 1:00 pm-4:00 pm and the cost is \$80 per camper which will include a camp t-shirt. For more information please pick up a registration form in the office or contact Coach Canterbury at ext. 238.



### BOYS BASKETBALL SKILLS CAMP JUNE 29 - JULY 2

All boys in 6<sup>th</sup> thru 11<sup>th</sup> grade who are planning to play basketball next year are expected to attend our 4<sup>th</sup> annual Boys Skills Camp at SCA on June 29 - July 2. The camp will go from Monday thru Thursday from 9-3. The cost is \$100 per player. If you have any questions, please contact Mr. Duncan.



### SCA 2009 CHORUS AND DRAMA CAMP JULY 6-10

Chorus and Drama camp will be July 6-10 from 10:00-12:00 each day. The cost is \$50 per camper, with a \$25 non-refundable deposit due with registration. You must be going into 6<sup>th</sup> thru 9<sup>th</sup> grade next school year to attend. For more information, please pick up a registration form from the front office or email Mr. Skiles at



### BAND CAMP JULY 27-31

Summer Band Camp for all students who have played at least 1 year. Those going into 7<sup>th</sup> grade band strongly urged to attend. July 27<sup>th</sup> - 31<sup>st</sup> 10am to 12pm each day. Cost: \$50.00 due the first day of camp. Contact Mr. Smith at [ismith@scaacrusaders.com](mailto:ismith@scaacrusaders.com). Those attending will not have to audition the first week of school.



### MOSAICS ART CAMP JULY 13-17

July 13<sup>th</sup> thru July 17<sup>th</sup>, Ms. Cook will be giving mosaics lessons for students going into 2<sup>nd</sup> grade & up. The cost is \$40.00 per camper. You can Contact Ms. Cook at [mcook@scaacrusaders.com](mailto:mcook@scaacrusaders.com) or 626-0001 ext.432 for more information.

# 2009 SCA Summer Sports Calendar

- Volleyball**- Open gym Monday and Friday 7:00-8:30pm starting June 1; SCA Volleyball Camp July 27-30 9:00-4:00
- Cross Country**- Practices Monday, Tuesday, Thursday, Friday, and select Saturdays starting June 1 7:00-8:30am with Weight Training immediately to follow
- Girls Soccer**- June 22-25, Ages 6th-12th Grade-1:00pm-4:00pm-\$80.00 (includes camp shirt)
- Little Crusaders Soccer Camp**- June 22-25-Ages 7-12- 9:00-11:45-Cost \$80.00
- Boys Basketball**- Varsity Boys Skills Camp (6<sup>th</sup>-rising Seniors) June 29-July 2 9:00-3:00; SCA Summer Shoot-out June 11 and 12; **SEBA Summer League games:**  
**June 8 @Tampa Prep: 7:00 vs. Plant, 9:00 vs. Alonzo**  
**June 15 @ Plant City: 6:00 vs. Plant City, 8:00 vs. Kathleen**  
**June 16 @Tampa Prep: 6:00 vs. Tampa Prep. 9:00 vs. Berkeley Prep**  
**June 22 @Brandon: 6:00 vs. Brandon, 7:00 vs. Wiregrass Ranch**  
**June 23 @Tampa Prep 7:00 vs. King**
- Girls Basketball**- Practice July 7 6:00-8:00pm; July 11 Florida Southern Team Camp
- Softball- Practices:** June 23 6:00-8:00; July 7 6:00-8:00; Camps- June 3 and 4 9:00-12:00 and July 15 and 16 9:00-12:30
- Baseball**- Practices July 13, August 3, 10 9:00-10:30
- Boys Soccer**-June 18,22,25,29 and July 2 6:00 pm-7:15pm

**SUMMER WEIGHT TRAINING SCHEDULE** (BEGINS JUNE 8 and goes through July 31) There will be no weight training **the week of June 28**. Every Monday, Tuesday, and Thursday 8:30-10:15 and 1:00-2:45

**SCA VOLLEYBALL CAMP JULY 27-30**-SCA Volleyball will be hosting a camp run by current University of South Florida Volleyball players for all girls trying out for JV and Varsity Volleyball this fall. The camp will be run by Marcela Gurgel, who was named to the All-Big East First team the past 2 years, and also was an Honorable Mention All-American last year. She will be assisted by Rachel Matos (libero) and Jarka Havlickova (outside hitter) on the USF Volleyball team. The camp will run from 9:00-4:00daily. Lunch will be provided. Cost will be \$115 for the week. All Girls interested in playing on the SCA JV or Varsity Volleyball teams should attend. Brochures will be distributed, and will be available in the school office or Mr. Holmes office this week.

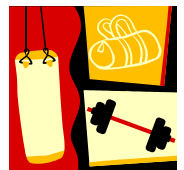
## ADVANCED TRAINING FOR SCA ATHLETES

This summer, Coach Lewis will be making available to SCA athletes some advanced instruction in strength, speed, and athletic performance. Both boys and girls are welcome to sign up. Two groups of athletes will be taught three days per week for a total of seven weeks. Each group will consist of six athletes and the sessions will be 90 minutes in length. A small portion of one workout per week will be spent talking about nutrition, dietary supplements, rest, sleep, and "athletic wellness." It is recommended that in order to maximize the training effect and potential results that each participant commits to at least four consecutive weeks of instruction. These training sessions are not the same as the general strength training program that we conduct in the summer. Think of this advanced work as "personal training but on a small-group level. The cost for this instruction will be \$60 per week per athlete, payable in advance each Thursday for the upcoming week. Please see the schedule below for dates of instruction and daily times.

June 8,9,11,15,16,18,22,23,25 & July 6,7,9,13,14,16,20,21,23,27,28,30

Morning session of 6 athletes: 10:30-12:00

Afternoon session of 6 athletes: 3:15-4:45



### Features of the Advanced Training Program:

- Individualized instruction with a more intensified focus
- Personal evaluation of speed, quickness, agility, flexibility, vertical jump and endurance
- Instruction on how to "maintain" what is acquired and things to do at home
- Visiting lectures and demonstrations by local strength coaches and for student athletes of Coach Lewis
- An in-depth look at nutritional supplements, what to avoid, and what to concentrate on regarding diet