



The Crusader Connection Summer Edition

June 5, 2009

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.



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.

REPORT CARDS

Report cards and SAT results have been mailed out. If you do not receive yours in a reasonable amount of time, please contact the school office. Just as a reminder, report cards were held for any outstanding balances including tuition & after-care, lunch charges, library fines and overdue books. You may pick report cards up in the office for any fee's paid after June 1st.



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 Education 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

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.



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. +

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.



PAID IN FULL TUITION

You can receive a 3% discount off tuition if you pay the year in full by June 12th.

Please visit our website @ www.scacrusaders.com for additional information.

CHECK OUT WHATS GOING ON THIS SUMMER AT SCA!

SUMMER CAMP JUNE 1-AUG.7



Summer Camp is here and there are still spaces available. Registration for Summer Camp is separate from registration for next school year. Don't miss out, there are a lot of exciting activities planned. Registration forms are available in the school office or you may download them at www.SCAcrusaders.com.



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 6th thru 11th grade who are planning to play basketball next year are expected to attend our 4th 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.

MOSAICS ART CAMP JULY 13-17

July 13th thru July 17th, Ms. Cook will be giving mosaics lessons for students going into 2nd grade & up. The cost is \$40.00 per camper. You can Contact Ms. Cook at mcook@scacrusaders.com or 626-0001 ext.432 for more information.



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 6th thru 9th grade next school year to attend. For more information, please pick up a registration form from the front office or email Mr. Skiles at kskiles@scacrusaders.com.



BAND CAMP JULY 27-31

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

USED UNIFORM SALE

We will be having our annual used uniform sale again this summer. If you have any uniforms you would like to put in the sale, you may begin dropping them off in the school office in July. Only items in good condition will be accepted. Please continue to check our website (SCAcrusaders.com) about upcoming information on this sale.

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 (6th-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- Practices May 26, June 2, 9, 16, July 7 6:00-8:00pm; June 12 and 13 University of Tampa Team Camp; July 11 Florida Southern Team Camp
Cheerleading- CCA Cheerleading Camp June 15-18
Softball- Practices: June 16 4:00-5:30; 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 June 15, July 13, August 3, 10 9:00-10:30
Boys Soccer-June 15,18,22,25,29 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 **Mon. June 8 for the morning session only** or 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.

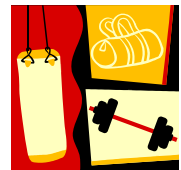
ADVANCED TRAINING FOR SCA ATHLETES

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