



# The Crusader Connection

May 21, 2009



**It's been a wonderful year! Have a great summer.**



## INTRODUCING SCA HOODIES

We wanted to make you aware of a change we're going to be making next year concerning outer-wear. We are planning to develop a bookstore on campus in which we are going to be selling SCA hooded sweatshirts. We already have one screen chosen for these, and we hope to have two others for the kids and parents to choose from for next year. We are still talking with a few companies regarding prices. We will provide more info to you in the next few weeks. There is a sample in the office for you to look at.



## SUMMER OFFICE HOURS

Just a reminder that our school office remains open during the summer, with the exceptions of Memorial Day and the 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), so make sure to check it out.

## LIBRARY NEWS



**Summer Reading** – The library will be open this summer every Thursday from 10:00-1:00. Reading throughout the summer is a great way to help prepare your child for the next school year. If your kindergarten or elementary child would like to participate in our summer reading incentive, we are asking them to read at least 6 age appropriate books, fill out a “report form” for each book (available in the library) and keep the forms in an inexpensive 3-prong folder. The folders will be turned into the library the first week of the new school year. Small prizes and awards will be given to all students who complete at least 6 forms, with an extra prize awarded to the one who reads the most. While this incentive does not apply to middle and high school students, we are encouraging students of all ages to do some extra reading this summer. The A.C.S.I. suggested reading list can be found on the school website under library, and has books listed for all ages. **SUMMER IS GREAT FOR SPENDING SOME RELAXING TIME READING TO AND WITH YOUR CHILD. THIS CAN BE MEMORABLE QUALITY TIME, NO MATTER WHAT YOUR CHILD'S AGE. MAKE IT SPECIAL AND “JUST READ.”**

Please continue to collect your Box Tops for Education and your Campbell's Soup labels throughout the summer. These can be dropped off at the office or library, or saved until the new school year. The money we receive from these helps with our library needs.

## LOST & FOUND

We have several items in our lost & found boxes located by the school office and in the gymnasium. All uncollected items will be donated to a local charity if not picked up by June 1st.



## 2010 ITALY AND GREECE SPRING BREAK TRIP



Planned for 2010, this trip, led by High School Academic Principal, Dr. David Head, will include guided tours of Rome, Capri, Pompeii, Delphi and Athens, with an optional day trip to Florence and an optional Greek Island cruise extension. Contact [www.eftours.com](http://www.eftours.com) to sign up for detailed information on Tour #560324

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

# **INFORMATION FROM THE GUIDANCE OFFICE**

**Congratulations to Elisa Price** She has been awarded the **Wendy's Heisman Award for Seffner Christian Academy and also named as a Hispanic Academic All-Star for the Tampa Bay Area.**

## **Advanced Placement Testing at SCA is Complete**

All students in the AP courses have completed their AP exams for the 2008-09 school year. Scores will be mailed to their homes by third week in July. If your student is planning on taking an AP course next year, please place these dates on your calendar. All AP students at SCA must take the AP exam in order to receive credit for the course.

**AP English Language & Comp**- May 12, 2010 (8:00 am – 11:00 am)

**AP Psychology**- May 11, 2010 (12:00 pm – 4:00 pm)

**AP US History**- May 7, 2010 (8:00 am – 11:00 am)

## **HIGH SCHOOL STUDENT TRANSCRIPT REQUESTS:**

If your student needs a copy of his/her transcript during the summer, please visit [www.scacrusaders.com](http://www.scacrusaders.com) and click on "Transcript Request Form" under the "Quick Links" section on the homepage. This will allow you to download the transcript request form. Please complete and mail, fax, or drop off the request to the school. Transcripts can not be released without the student or parent signature according to federal law. The transcript request forms are also available in the front office, guidance office, and academic dean's office. It may take up 3-5 days to process a transcript during the summer, so please plan accordingly. This form may not be used for elementary or middle school grades. Please contact Ms. Treen in the records office for Elementary and Middle School grades.

All seniors' final transcripts will be sent to the college of their choice two weeks after graduation. Mrs. Everitt will have all seniors complete the transcript request form before they leave SCA.

## **PARENTING TIPS:**

*From the Biblical Parenting Organization: [www.biblicalparenting.org](http://www.biblicalparenting.org)*

### **Use Open-Ended Questions**

Open-ended questions are great tools for teaching children how to think and for getting quiet kids to talk more. An open-ended question is one that requires a longer answer than "yes," "no," or "I don't know."

"What seems to be the matter?" "What are you going to do about it?" "Why is this happening?" When children respond with "I don't know," be careful about launching into a lecture. Lectures can hinder the process of discovery.

Rachel's mom may see her withdraw from the other children and say, "Rachel, it looks like you're having a problem. Come tell me about it." Each child handles frustration differently. Some children will come to parents to solve their problems. Others will just live with the frustration of having them unsolved. Either way, asking open-ended questions can help to move children through a problem-solving process.

If you see your child struggling with a friend, you may say, "Is everything alright?" If Bobby comes to you, reporting that he can't find his boots, you might ask, "When did you have them last?" Or if Kelly complains that she has nothing to do, you could ask, "What kinds of things do you like to do?"

The goal is to get children thinking for themselves, not just wallowing in the problem or bringing it to you for you to solve. The child who has math homework but left the math book at school, you might say, "Wow, that's a problem. What are you going to do?" Or, "Yes, you have a problem. What are you going to do about it?"

# CHECK OUT WHATS GOING ON THIS SUMMER AT SCA!

## SUMMER CAMP JUNE 1-AUG.7



Summer Camp is fast approaching and there are limited 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](http://www.SCAcrusaders.com).

## 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](mailto:kskiles@scacrusaders.com).

## LITTLE CRUSADERS CHEER CAMP JUNE 1-4



For all girls in grades K2 thru 5th grade. The cost is \$55. The camp time will be 9:00-11:00 in the gym. Each camper will receive a t-shirt if registered by May 26st. For more information you may pick up a registration form in the school office or contact Coach Debbie at ext. 239.

## 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](mailto:mcook@scacrusaders.com) or 626-0001 ext.432 for more information.

## 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 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.

## 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@scacrusaders.com](mailto: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](http://SCAcrusaders.com)) about upcoming information on this sale.

# 2009 SCA Summer Sports Calendar

**Volleyball-** Practices 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-** SEBA Summer League select weeknights in June; Varsity Boys Skills Camp (6<sup>th</sup>-rising Seniors) June 29-July 2 9:00-3:00; SCA Summer Shootout June 11 and 12  
**Girls Basketball-** Practices May 26, June 2, 9, 16, July 7 6:00-8:00pm; June 12 and 13 University of Tampa Team Camp; June 18-20 Nature Coast Tech High School Shootout; July 11 Florida Southern Team Camp  
**Cheerleading-** Little Crusaders Cheerleading Camp June 1<sup>st</sup>- 4<sup>th</sup> 9:00-11:00am; CCA Cheerleading Camp June 15-18  
**Softball- Practices:** May 26 4:00-5:30; May 28 6:00-8:00; 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 1, 15, July 13, August 3, 10 9:00-10:30

**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 also played as a member of the 2003 Brazilian Junior National Team. 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.

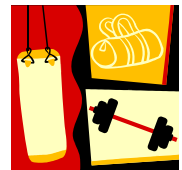
## ADVANCED TRAINING FOR SCA ATHLETES

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

Please go to [SCAcrusaders.com](http://SCAcrusaders.com) for more info on Coach Lewis and his career.