

CAPITAL CHRISTIAN JR COUGAR BASKETBALL LEAGUE

CAPITAL CHRISTIAN ATHLETICS ♦ (916) 856-5618 ♦ suzanne@ccconline.cc
9470 Micron Ave. ♦ Sacramento, CA 95827 ♦ (916) 856-5633 ext. 3 ♦ www.ccscougars.org



2012 SEASON

Welcome to Jr. Cougar Basketball!

*Students are able to wear their game shirt on game day to school
to help promote "Jr. Cougar Athletics" and "Cougar Spirit"*

REGISTRATION: Please complete the attached Registration form. Due back in the Elementary Office or HS Athletic Office by February 17. Anyone interested in coaching, sponsoring a team or volunteering to help can also sign up at this time. **Registration Forms** are available online or at Elementary and/or HS Athletic Office.

EVALUATIONS: We will be having evaluations on **Tuesday, Feb. 28**

K-2nd 3:30-4:30pm (HS Multipurpose room)

3rd-5th 4:30-5:30pm (HS Multipurpose room)

Students who have returned registration form will be brought over to gym from daycare and returned to daycare (if needed).

SPONSORS: The team sponsor fee this year is \$250. Sponsor names will be on team shirts and advertisement will also be provided for each sponsor on our Jr. Cougar website. Contact Suzanne Baker for more info – suzanne@ccconline.cc

COACHES (New and previous coaches): If interested in coaching please fill out the Coach Registration Form due Feb. 17 and return to Athletic Office. All new coaches need to meet with Coach Baker prior to Evaluations-once the form is returned the meeting will be scheduled. *Returning Coaches please email Suzanne@ccconline.cc to confirm.*

GRADES K-2: The first practice will begin the week of March 5. **League play# begins Friday, March 16.** Practices will be 1 hour during the week, typically between 3:30-6:30pm. Games will be played one/two day(s) during the week. Players will receive a schedule before these dates giving specific time of practices/games.

GRADES 3-5: The first practice will begin the week of March 5. **League play# begins Friday, March 16.** Practices will be 1 hour during the week, typically between 3:30-6:30pm. Games will be played one/two day(s) during the week. Coaches will contact players with their practice/game dates/times.

*** Grades K-2 teams will be co-ed. If enough sign-ups in Grades 3-5 we will have boys and girls separate. If not, girls will be evenly dispersed on teams.*

League Games begin week of March 16 - games will be one/two day(s) a week, practices one day a week. Schedules will be given out once teams are set. No games during Easter Break. No games on weekends. Games will be played on March 23 (no school that day). If enough players, we will divide K-1, 2-3, 4-5 and better players might be moved up a division. Younger level games will begin @ 3:30pm.

QUESTIONS: E-mail Suzanne Baker, CCS Athletic Director, at suzanne@ccconline.cc or call (916)856-5618