



November 20, 2017

Dear Parents,

We are thrilled to introduce our Cougar Athletics lineup for the Winter Season 2018. This season we will be providing the parents an outline of what they can expect at practices and our games. The game schedule is also prepared ahead of time so you can plan ahead.

The Cougar Athletics Program is set to start on **January 22nd**.

Introduction to Sports program is catered to our future athletes in K3 & K4. We will practice 2 times a week for 30 minutes to ensure the kids participate and are engaged the entire time. The goal for Intro to Sports is to introduce kids to the fundamental moves used in all different types of sports. We will also teach terminology and help them build a passion for sports and competition while making it fun and promoting healthy lifestyle habits.

Soccer & Basketball will have practice twice a week at CEA and games will be at the Thunderplex facility in Doral (1440 NW 82 Ave). Games will be played on a hard indoor surface. *NO cleats for Soccer please.* The indoor soccer game will make the game faster and help build ball control on a smaller, faster setting.

The cost of Cougar Athletics is \$200 per 8 week session and includes 2 practices per week, 4 games, a practice shirt, game shirt, award and end of season party!

The dates, times and grades for our Cougar Athletics programs are as follows:

Introduction to Sports	Mondays & Wednesdays	3:00-3:30pm	K3 & K4
Introduction to Sports	Tuesdays & Thursdays	3:00-3:30pm	Pre-Primary
Soccer	Tuesdays & Thursdays	3:45-4:30pm	1st-4th Grade
Basketball	Mondays & Wednesdays	3:00-3:45pm	1st-4th Grade

The mission for Cougar Athletics is to provide each individual child with the fundamental tools to play the sport they love with confidence. The vision for Cougar Athletics is to see our children's success on and off the playing field, to encourage our children to follow their dreams and show them that through hard work and dedication, anything is possible.

On the following page, you will find the breakdown of what the kids will be doing during their respective sessions.

We thank you for your time and look forward to seeing you out there!

Carol Diaz- Zubieta
Upper School Principal

Coach Rob Castillo
Cougar Athletics

INTRODUCTION TO SPORTS

Day 1 Stretching Drills Running Jumping	Day 2 Stretching Drills Catching Throwing	Day 3 Stretching Drills Kicking Ball control with foot	Day 4 Stretching Drills Rolling Chest pass Bounce pass
Day 5 Stretching Drills Shooting to goal Head butting Fronting the ball position to kick	Day 6 Stretching Drills Dribbling Shooting into goal	Day 7 Stretching Drills Passing in motion Long kick	Day 8 Stretching Drills Eye hand coordination Swinging Connecting bat and ball
Day 9 Stretching Drills Football toss Football catch	Day 10 Stretching Drills Kickball: Rules Principles Game	Day 11 Stretching Drills Soccer: Rules Principles Games	Day 12 Stretching Drills Football: Rules Principles Mini Game
Day 13 Stretching Drills Basketball: Rules Principles Mini game	Day 14 Stretching Drills Wiffle ball Rules Principles Game	Day 15 Stretching Drills Kids choice	Day 16 Stretching Drills Kids choice

SOCCER

- Passing
- Kicking
- Shooting
- Defense
- Ball handling
- Passing on the go
- Shooting at the goal
- Clearing the all
- Headers
- Sequence

BASKETBALL

- Ball Handling Drills
- Defense
- Shooting
- Dribbling
- Passing
- Rebounding
- Layups
- Triple Threat
- Basic Basketball Moves
- Game Scenario
- Sequence



Registration Form
Winter 2018 Program - Cougar Athletics

Select Sport:

- Introduction to Sports K3 & K4
Introduction to Sports K3 & K4
Basketball 1st - 4th Grade
Soccer 1st - 4th Grade

Student's Name:

Birth date: Age:

Grade: Teacher:

Parent e-mail: Home phone:

Mother's Name: Cell Phone: Work Phone:

Father's Name: Cell Phone: Work Phone:

Student Shirt Size: YS YM YL AS AM AL

WAIVER AND RELEASE: I (We) hereby give my (our) approval to my (our) child's participation in this activity and hereby, release, indemnify, and hold harmless Conchita Espinosa Academy, Inc., and Thunder Athletic Organization, its staff and employees, by reason of my (our) child's participation in said program.

Parent's signature Date:

Please return completed registration form to the office along with the program fee by Friday, January 12.

OFFICE USE ONLY:

Date Received: Amount Received:

Check/Cash #: