

ST. CATHARINE ATHLETIC PROGRAM WINTER GUIDE 2019-2020

Winter

Girls' J-V Basketball

Grades 5-6

- **Commitment to St. Catharine Spring Lake Athletics must come FIRST**
- **Season** - November through March
- **Tryouts** - mid October (**2 TRYOUTS, 3 IF NECESSARY**)
- **Practice** - 2-3 times/week
- **Member - Parochial League**
- **Games-** played on Saturday and or Sunday(occasionally week day)
- **Tournament Participation**
- **Participation Fee \$125.00(PayPal When selected for team)**
- **Uniform Fee- \$150.00 check** (not cashed and returned when complete uniform is returned in good condition in a ziplock bag with child's name)

Boys' J-V Basketball

Grades 5-6

- **Commitment to St. Catharine Spring Lake Athletics must come FIRST**
- **Season-** November through March
- **Tryouts-** mid October(**2 TRYOUTS, 3 IF NECESSARY**)
- **Practice -2-3 times/week**
- **Games-** played on Saturday and /or Sunday(occasionally week day)
- **Participation in various tournaments**
- **Participation Fee \$125.00 (PayPal when selected for team)**
- **Uniform Fee- \$150.00 check** (not cashed and returned when complete uniform is returned in good condition in a ziplock bag with child's name)

Girls' Varsity Basketball

Grades 7-8

- **Commitment to St. Catharine Spring Lake Athletics must come FIRST**
- **Season** - November through March
- **Tryouts** - mid October(**2 TRYOUTS, 3 IF NECESSARY**)
- **Games-** held after school for MCAL and weeknight, Saturday, and/or Sunday for Parochial League(occasionally weekday)
- **Member of Monmouth County Athletic League(MCAL) and Monmouth/Ocean Parochial League**
- **Tournament Participation**
- **Participation Fee \$125.00(PayPal when selected for team)**
- **Uniform Fee- \$150.00 check** (not cashed and returned when complete uniform is returned in good condition in a ziplock bag with child's name)

Boys Varsity Basketball

Grades 7- 8

- **Commitment to St. Catharine Spring Lake Athletics must come **FIRST****
- **Season** – November through March
- **Tryouts** – mid October(**2 TRYOUTS, 3 IF NECESSARY**)
- **Games**- held after school for MCAL and weeknight, Saturday, and/or Sunday for Parochial League(occasionally week day)
- **Tournament Participation**
- **Participation Fee \$125.00 (PayPal when selected for team)**
- **Uniform Fee- \$150.00 check** (not cashed and returned when complete uniform is returned in good condition in a ziplock bag with child's name)

Cheerleading

Grades 5-8(open for 4th, if need arises)

- **Commitment to St. Catharine Spring Lake Athletics must come **FIRST****
- **Season** – November through March
- **Tryouts** – mid October (**2 TRYOUTS, 3 IF NECESSARY**)
- **Practice** -2-3 times/week
- **Member of Monmouth County Athletic League (MCAL)**
- **Participation Fee \$100.00 (PayPal when selected for team)**
- **Uniform Fee- \$150.00 check** (not cashed and returned when complete uniform is returned in good condition in a ziplock bag with child's name)