

Coach Dave Parker
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Dear families and friends,

I want to congratulate all of our students who have made the roster for our current basketball season. We are excited about this upcoming season and want to wish our teams the very best of luck.

In order to be placed officially on the roster I will need several items returned to me, for my files. Please complete the following ASAP:

1. Complete the bottom portion of this permission form.
2. Complete the player/parent conduct form.
3. Please send me a copy of a current physical examination which clears your child for participation in athletics. P.E.'s are good for one year. If your child has been on an SJV team this school year then they are current with their P.E.
Please indicate if there is a current copy on file and I will check for it.
4. Please send in the fee of \$80. Please make checks payable to SJV.

Please remember that athletes are responsible for transportation to and from games and practices. Coaches are **NOT PERMITTED** to transport players! Please make travel arrangements ahead of time.

If an athlete is going to miss a practice or game then the coach must be informed as far in advance as possible. If any athlete misses a game during any part of the season due to a club game conflict then that athlete will be suspended for the next game, which they must attend, as well. Two unexcused missed games in one season will result in dismissal from the team. Accepting a place on our team's roster is a confirmation of their dedication to the team and the SJV Athletics program. I thank you all in advance for adhering to this policy.

I am asking for all athletes to take pride in their uniforms and make sure they are kept clean during the season. Please remember that we are ambassadors of the SJV school and we should reflect our school pride by maintaining a neat appearance for our games. Uniforms should be cleaned and returned promptly at the end of the season. If a uniform item is lost then the parents will assume the responsibility to reimburse the school for the price of the missing item.

CMAC is a competitive league, much different than CYL in that we do not necessarily guarantee equal amounts of playing time for every player. Playing time is determined by effort, dedication and the progress that each player demonstrates during practice and games. Our intention is to get every athlete as much playing time as possible, but depending on the game, play time may vary.

If you have not already done so, please register to receive text messages through the Edline system since that is the most effective way to get information out to you, especially in the case of a last minute schedule change. During season, please make it a habit of checking your emails regularly, since I will be sending out information as I receive it.

Please periodically take a look at the Athletics page on the SJV website since I will be posting information on it. Also for a copy of the CMAC handbook please go to www.cmacsports.org and download a copy for your reference.

Thank you and see you at the games,
Coach Dave Parker

(please accurately complete and return this portion)

By signing below I am giving permission for my child to participate in SJV athletics.

Signature _____

Print Name _____

Child's Name _____ Child's Class _____

Daytime phone _____ Cell _____

Email _____

I have registered to receive text messages via Edline: Yes _____ No _____

Parents and Fans Code of Conduct

1. I will support my child unconditionally, regardless of how well he/she performs.
2. I will support the coach in his/her efforts to teach skills, teamwork, and good sportsmanship to the players. This includes ensuring that your student makes all required practices and games.
3. I will not seek special treatment, nor ask for special privileges for my child.
4. I will root for my school team, and applaud the efforts of all of the players in the game. I will NEVER criticize another player.
5. I will not embarrass my child, my school, and myself by criticizing or yelling at officials, coaches, players or other spectators.
6. I will help the team whenever possible by providing my services as requested by the coach or team parent.
7. I will have fun.

Players Code of Conduct

As a player representing your school in CMAC, you will adhere to the following:

1. I will treat my teammates, coaches, referees and/or officials, opponents, spectators and all others involved in our athletic events with respect at all times.
2. I will give my best efforts and full attention to my coach, and do my best to follow their instruction.
3. I will attend all practices and games as detailed on my schedule.
4. I will encourage and help my teammates and others who may not be as skilled as I am.
5. I will work to personally improve each day.
6. I will have fun.

As a member of CMAC, I understand that I am responsible for my conduct at all times during practices and games. I agree to conduct in Christian manner and to show Good Sportsmanship at all times. It has been made clear to me that one incident of unsatisfactory conduct will result in my sitting out for one game. The second offense will result in dismissal from the team.

Unsatisfactory Conduct includes, but is not limited to:

- Rude or discourteous behavior to the coach, referee, teammates, or spectators
- Displaying an attitude, which shows I am not taking responsibility for my own behavior
- Any use of inappropriate language towards the coach, teammates, referee, or spectators
- "Fooling around" at practice or a game
- Being "red carded" or ejected from a game
- Behavior which would place my teammates and myself in an unsafe situation.

(please sign and return with the permission form)

By signing below I acknowledge the CMAC codes of conduct and agree to abide by them.

Parent Print Name: _____ Signature: _____

Athlete Print Name: _____ Signature: _____



CMAC Basketball Rules

CMAC follows normal NFHSAA rules. We do have some changes that benefit our young athletes and increase competition for their age level.

1. All Girls divisions will use a 28.5" women's basketball.
2. Boys 7th & 8th grade will use a standard men's basketball and 6th grade boys will use the 28.5" women's basketball.
3. 20-point no press rule (for all levels).
4. J JV and JV play four 6 minute quarters.
Varsity (Girls and Boys) play four 7 minute quarters.
5. Running clock (mercy rule) after a 25-point lead or more in the second half. If the score gets within 15, we will go back to a stopped clock. (A running clock means it does not stop for fouls, dead balls, free throws, etc. Only a time out by a coach or the official stops the clock.)
6. Overtime periods are 3 minutes for all divisions.
 - Referees will be made aware of our changes by their assignors.
 - Each A.D. should have a copy of these rules at the scorer's table.

This is a list of the schools that we will compete against. I am giving you their information in case you would like to Mapquest the directions from your locations or call for additional help.

Good Shepherd School: www.goodshepherd.org 407-293-7561
5902 Oleander Drive Orlando, FL 32807

Holy Family Catholic School: 407-876-9344
5129 S. Apopka-Vineland Rd. Orlando FL 32819

St. Andrew School: www.standrewcatholicschool.org 407-295-4230
877 Hastings Street Orlando FL 32808

St. Charles Borromeo School: www.stcharles-orlando.org 407-293-7691
4005 Edgewater Drive Orlando, FL 32804

St. James Cathedral School: www.stjcs.com 407-841-4432
505 E. Ridgewood Street Orlando, FL 32803

St. Margaret Mary School: 407-644-7537
142 E. Swoope Ave. Winter Park, FL 32789

St. Thomas Aquinas School: www.staschool.info 407-957-1772
800 Brown Chapel Rd. St. Cloud, FL 34769

Holy Redeemer School: 407-870-9055
1800 W. Columbia Ave. Kissimmee, FL 34741

All Souls Catholic School: www.allsoulsschool.org 407-322-7090
810 S. Oak Ave. Sanford, FL 32771

Annunciation Catholic Academy: www.annunciationacademy.org
407-774-2801
593 Jamestown Boulevard Altamonte Springs, FL 32714

St. Mary Magdalen School: 407-339-7301
869 Maitland Ave. Altamonte Springs, FL 32701

If you need any other help call me at 407-855-4660 ext. 271

Thank You,
Dave Parker

