



Dear Colt Family,

I hope that all of you have had a fun and restful summer. Although we may not be ready to return just yet, I hope you are as excited as I am for what is sure to be another incredible year at The Academy!

I am thrilled to begin my fourth year as Director of Athletics at the premier sports program in the state and one of the best athletic programs in the nation. As you may know, it was recently announced that CBA won its 9th Shop-Rite Cup, solidifying us as the #1 sports program in New Jersey. Congratulations to all of our coaches, student-athletes, and parents on this accomplishment! Your commitment, dedication, and effort made the 2016-17 sports year one of the greatest in CBA history!

In my first three years as Director of Athletics, I have enjoyed watching and working with our exceptionally talented student-athletes. As a proud alumni athlete and current CBA coach, I know just how influential athletics can be in a young man's development, as well as the lasting impact it can have on his life after high school. At Christian Brothers, athletic success is not defined by wins on the field or court, rather our goal in athletics is to reinforce the values our students are learning in their academic and spiritual journey at CBA, developing young men of character, integrity, and concern for others, as reflected in our Academy Oath. With the vast majority of our student-athletes pursuing careers in something other than sports, it is important that we capitalize on the profound positive effects that high school athletics has on our youth in order to ensure that we are *Building Champions* for life beyond athletics.

Athletic Participation at CBA

I strongly encourage you to consider athletic participation for the 2017-18 year. As you already know, athletics are a valuable part of the CBA education, teaching students about physical effort, leadership, cooperation, and grace under pressure. With 18 interscholastic and a number of intramural sports programs over the course of the school year, nearly every student has an opportunity to participate in athletics. For instance, last year over 70% of our students competed in interscholastic athletics alone!

Additionally, CBA advocates that our students try to participate in a different sport each athletic season, enhancing their high school experience and furthering their growth. Research shows that participating in multiple sports decreases the risk of overuse injuries, increases overall athletic performance, and aids in the psychological and emotional development of students. Students may compete in one interscholastic sport per season (fall, winter, and spring), and I ask you to consider the value in doing so. That said, we know that our teams at CBA are extremely competitive and making a team here is very difficult. If you are unable to play multiple sports at CBA, I encourage you to take time off from your primary sport, engage in cross-training, and/or participate in intramurals at CBA.

If you do not plan on competing in interscholastic sports, be sure to take advantage of intramural offerings. This is an excellent way to benefit from the athletic experience at CBA.

I'm proud to say that over the last three years, CBA has revolutionized the high school athletic online experience. We are leading the way with an innovative branded website, www.LetsGoColts.com, as well as content-rich social media accounts. For all information regarding CBA Athletics, be sure to visit LetsGoColts.com, and make sure you are following us on Twitter (@CBAColts and @ColtsAD) and Instagram (@CBAColts and @CoachVito44) to keep up with all the action!

Sportsmanship

As stated in our Handbook, an important part of the educational aspect of high school athletics is the learning of behavior appropriate to the circumstance. CBA athletes, parents, and coaches are highly visible, therefore bear an added responsibility to behave appropriately. To fully realize the educational benefits of athletics outlined above, participants must compete both fiercely and with respect for their opponent and for the rules of the game. We remind parents and students that many behaviors that are commonly accepted in other athletic settings today are contrary to the ideals of the Christian Brothers Academy.

Among the behaviors that we need to minimize are:

- Fans or athletes criticizing a decision by an official
- Disrespectful words or actions toward an opposing player or coach
- Fans who direct any comment (humorous or demeaning) at an opposing player
- Parents "coaching" their child from the sideline

As parents, you play a vital role in making sure CBA always exhibits stellar sportsmanship. Let us work together by consistently modeling the behavior we would expect from our athletes. As we know, a student's successes or failures in athletics does not directly correlate to the

quality of parenting, but a student-athlete who is respectful, coachable, resilient, and constantly gives effort can be directly influenced by parents. Let's remind ourselves of that in times of adversity, as well as times of success.

Athletic Registration & Medical Requirements

For your convenience, all students/parents must complete the online registration process in order to be eligible to participate in interscholastic athletics at Christian Brothers Academy. During the process, you will have access to important documentation, as well as have the ability to download and/or electronically submit all forms required for interscholastic participation, including:

- Physical Exam & History Form (*ONCE PER YEAR. Must be printed and submitted to nurse*)
- Athletic Participation Permission & Health Update Form (*ONE SPORT PER SEASON. Must be printed and submitted to nurse*)
- All New Jersey Interscholastic Athletic Association (NJSIAA) required forms (*FOR EACH SPORT. Electronic Signatures*)

The Entrance Physical Examination required for entrance to CBA covers your son for interscholastic sports tryouts; however, the Athletic Participation Permission & Health Update Form must also be completed before each sport season. The CBA Entrance Physical Form should be completed and returned to the Nurse's office by **August 1, 2017**. Physical examinations performed before June 1, 2017 cannot be accepted. **Please note that the Athletic Participation & Health Update Form cannot be submitted to the coaches, only to the Nurse, and must be submitted by August 1, 2017 to be eligible for FALL sports.**

Please visit www.LetsGoColts.com for more detailed information regarding medical forms and the athletic registration process.

Concussions/Medical Injuries at Non-CBA Events

Due to many of our student-athletes competing in sports on teams away from CBA, we need to be sure the school is notified when a concussion or other major injury occurs so to best serve the student. Please be sure to alert our school nurse immediately whenever an injury occurs at non-CBA events.

Fall Sports Information

Cross Country: Varsity and junior varsity candidates should report for practice on Monday, August 14, at 6:30pm. Students should assemble in front of McKenna Hall.

Soccer: Tryouts will begin for all levels of soccer on Monday, August 14.

- JV Tryouts: 4:30 pm - 6 pm
- Varsity Tryouts: 5 pm - 7 pm

Crew: Varsity and junior varsity candidates trying out for crew should report to the erg room, at the sprint barn, on Monday, Sept 11 after school.

Sailing: Coaches will contact returning sailors prior to the start of the school year. Practices will begin during the first week of school.

Rugby: Practice begins Tuesday, August 22 at CBA at 5 pm. Please meet in the McKay Gym parking lot. New players are always welcome, no experience required. Please bring cleats and a mouth guard. Rugby Head Coach Pat Moroney and the NJ Rugby Academy will be holding two Try Rugby Sessions on Tuesday, August 8th and Thursday, August 10th at CBA from 5-7pm. If you are interested in Rugby, please contact Coach Moroney at pmoroney@cbalincroftnj.org.

Athletics, especially at a unique institution like Christian Brothers Academy, can be an effective vehicle that not only reinforces the mission of the institution, but proudly displays and advances it. Built on the pillars of Commitment, Excellence, and Tradition, the CBA athletic program has become one of the premier programs in the nation and continues to bring pride and prestige to The Academy. I look forward seeing all of you back on campus as we head into another exciting year of sports here at CBA!

Let's Go Colts!

Sincerely,



Vito Chiaravalloti II '99
Director of Athletics
Christian Brothers Academy