ST. CATHARINE ATHLETIC PROGRAM WINTER GUIDE 2022-2023

Girls' JV 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(Teamsnap when selected for team)**
- **UNIFORM FEE $150.00 (Teamsnap) (**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 (Teamsnap)l when selected for team)**
- **UNIFORM FEE $150.00 (Teamsnap(** 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(Teamsnap) when selected for team)**
- **UNIFORM FEE $150.00 (Teamsnap)(** 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 (Teamsnap) when selected for team)**
- **UNIFORM FEE $150.00 (Teamsnap)**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 (Teamsnap) when selected for team)**
- **UNIFORM FEE $100.00 (Teamsnap)(**returned when complete uniform is returned in good condition in a ziplock bag with child's name)