



Activity Programs

Strategy 3.1: Review practice schedules and adopt and implement guidelines to reduce conflict with other programs and Wednesday/Sunday Church Services.

- Review and update practice schedule guidelines for Wednesday and Sunday programs in the handbook, on the school website and Flocknotes to promote communication with parents and coaches/sponsors in other programs.
- Develop, publicize and enforce a Master Schedule for all activities, outlining facilities and practice times to minimize conflicts between programs utilizing the same facilities and student participants.
- Review the application process for requesting exceptions for activities in conflict with Wednesday and Sunday guidelines.

Strategy 3.2: Review and promote increased student participation in athletic and performing arts extra-curricular programs, clubs, and community events.

- Host an activity awareness and promotion at the beginning of the school year to inform parents and students of the activities available during the upcoming school year.
- Continue and expand the program to award service hours to band students that perform at pep bands and other community events.
- Consider developing a program to provide financial assistance (scholarship, tuition discount, etc.) for students enrolled in both band and choir classes.
- Research and develop a C-Club Handbook to encourage and recognize student participation in all school activities.

Strategy 3.3: Research and implement programs to promote parent participation and support for students involved in extra-curricular programs.

- Continue to support Booster Club activities to promote parent involvement and support for our youth, Junior high, and high school extra-curricular programs.
- Continue to host seasonal parent/participant meetings to inform, promote and encourage communication and student participation in school activities.
- Continue the annual Booster Club Kickoff to encourage increased student participation in activities and membership in the Booster Club.

Strategy 3.4: Recruit, develop, evaluate, and retain quality coaches, sponsors and directors for all extra-curricular activities and student clubs.

- Research, develop and implement a supervision/evaluation instrument for all activity administrators, coaches, sponsors, and directors.
- Continue to require all coaches and activity supervisors to complete the necessary Archdiocese Safe Environment Workshop and NFHS Activity Certification Requirements.
- Research, develop and implement a website for coaches to be able to access handbooks, NSAA information, NFHS requirements/training, activity schedules, etc.

Strategy 3.5: Consider expanding options for students to earn credits/athletic letter for summer and after/before school strength training programs.

- Research, develop, and implement an option for students to earn athletic lettering for time in the weight room outside of school time (C-Club Member)
- Consider removing physical education as a graduation requirement. Physical education is required to be offered for accreditation, but may not be required for all students.
- Research and develop an incentive program that recognizes and rewards students who excel in the strength and conditioning program.
- Research and review Ag. Science curriculum as a possible option for a third year of science requirement.



**COMPLETED ACTION STEPS
October 1, 2024 Report**

- 3.1 All school activities are posted on the school website along with the Trojan Tracker with dates, times, schedules, etc...
- 3.1 The office sends flock notes as reminders, changes, or updates when schedules or events change.
- 3.1 Coaches are now asked to submit any Sunday practice schedule possibilities to the school President before the season begins so there is ample time to review that day's church schedule.
- 3.1 All coaches know they are not allowed to practice during any Mass times on Saturday's or Sunday's.
- 3.1 All coaches are reminded regularly that on Wednesday's, athletic practices must be completed by 5:30 to allow time for Church and Fine Arts practices to take place.
- 3.2 All coaches are always encouraging students to try their activities and they positively promote their own activity, but they also support and encourage student participation in all school activities.
- 3.2 Cedar Catholic finished second in the state for the NSAA multi-activity participation award in Class C for the 2023-2024 school year.
- 3.3 Hosted the Booster Club fall sports Kickoff.
- 3.3 All coaches have pre-season parent meetings to discuss their seasons and expectations of the students and parents. During this time, they will go through various team policies and answer any questions from the parents. They will also encourage parents to support the program and school in a positive way in their words and actions.
- 3.4 Coaches are encouraged to attend a minimum of one clinic each year to help themselves learn new strategies and ideas for their programs. The school will pay for one clinic per calendar year for each coach/sponsor.
- 3.4 All coaches and sponsors are required to complete the Safe Environment Training and NFHS Activity Certification Requirements.
- 3.4 Handbook handbooks, NSAA information, NFHS requirements/training, activity schedules are all posted on the Cedar Catholic website at <https://www.cedarcatholic.org/>
- 3.5 A new policy has been added to the handbook that lays out a policy for the students to earn a letter after accumulating 150 hours of lifting under the supervision of a school employee. This can include before/after school and summer hours as well. Strength training classes do not apply towards this letter.

July 1, 2024 Report

- 3.2 2022-2023 NSAA Cup Award – Top Class C School “All-Activities” Champions.
- 3.2 CCHS ranked 2nd in Class “C” on NSAA website for Multi-Activity involvement. For the 2023-2024 school year, 76 out of 116 students are multi activity participants.
- 3.2 **Conference:** Boys Basketball- Season Champion, Tournament Runner-up, Girls Track Runner-up
- 3.2 **District:** Boys Basketball Champion, Boys Track Champion, Girls Track Champion
- 3.2 **State:** Football Qualifier, Boys Cross Country Qualifier (1), Girls Cross Country Team Qualifier (3), Girls Golf (1) Boys Basketball-Qualifier, Boys Bowling Qualifiers, Boys Wrestling Qualifiers (6), Girls Wrestling (1) Speech Qualifiers (2), Boys and Girls Track Qualifiers (14). Band All-State (4).
- 3.2. Pep Band students receive community service for performance at school athletic and community events.
- 3.3 Host parent meetings prior to the start of each season.
- 3.4 **Coaches Honors:** Mr. Cattau selected to coach in the 2024 Shrine Bowl.