

PCA Sports for Elementary

Sabres Tykes

This is a lunch program for Grades 1-3 where students are able to come to the gym and learn some skills and sports. It will be once a week at lunch on either Monday or Wednesday. We focus on athlete development in this program and get the athletes to try as many activities as possible. Developing speed, agility and coordination is the goal while having fun learning new sports. The cost for this program is \$15 for the year and includes a Sabres shirt. You will find the 'optional' item in your child's SCO account. For the first couple of weeks, your child can attend without paying this fee if they would like to check it out first. After, we will take attendance with only those who have paid being allowed to stay.

Jr Sabres

This is a Wednesday morning program for Grades 4-6 that will be similar to Sabres Tykes in their purpose. The front doors of PCA will open at 7:30 am on Wednesday mornings for students to attend. The year starts off with a run club and then continues with Volleyball, Basketball, Soccer, Badminton, and Baseball. Like the Tykes, the cost for this program is \$15 for the year and includes a Sabres shirt. You will find the 'optional' item in your child's SCO account. For the first couple of weeks, your child can attend without paying this fee if they would like to check it out first. After, we will take attendance with only those who have paid being allowed to stay.

Intramurals

Intramurals is an optional program for Grades 4-6 that takes place during lunch hours on Mondays and Wednesdays. (Opposite side of the gym as the Sabres Tykes) The students will be divided into teams that will compete against each other throughout the year playing games like Handball, Soccer, Basketball, etc. depending on what the supervisors decide. Teams may or may not stay the same throughout the year. There is no cost to participate.