



## What is the Jr. Crusaders Program?

Jr. Crusaders is an after school athletics program for students in grades 4 - 6, run by parent volunteers, aimed at developing the students' overall physical abilities and grow their confidence in becoming the next Crusader Athletes. The mission of Jr Crusaders is to build up the CWA Community and foster a positive relationship between varsity sports and our young student athletes. The program seeks to teach kids new and different skills and for the kids to have FUN!

## What is the vision of the Jr. Crusaders Program?

The vision of the program is to help teach, correct, and encourage our students to become the best people they can be; to build each student's virtue and character by learning the value of hard work, respect, enthusiasm, and being mentally tough. Jr. Crusader Athletes will learn to love sports, grow in virtue, and have fun!

## What can CWA parents and young athletes expect from the Jr. Crusaders Program?

The program offers young athletes the opportunity to learn the skills to play various sports that are currently offered within CWA Athletics. The athletes learn the fundamentals of sports through repetition, drills, and scrimmages. There is a focus on movement, skill development, and participation.

The program offers quality coaches and instructors who work with our athletes.

## When does the Jr. Crusaders Program take place?

The program runs a series of Friday afternoon training sessions from September 14, 2018 to May 31, 2019. Training sessions start at 2:30 in Harvey Hall (CWA Gym). This gives our young athletes time to have a snack, change into their Jr. Crusaders gear, and be ready for the planned activity. Pick up is at 4:00 p.m. We will be publishing the Jr. Crusaders calendar shortly.

“Playing sports has become very important today; since it can encourage young people To develop important values such as loyalty, perseverance, friendship, sharing, and solidarity”

*St. John Paul II*



## What does the Jr. Crusaders Program expect from the student athletes?

Being grounded in virtue is an important part of our human formation and a key component of CWA Athletics. As such, Jr. Crusader athletes are expected to show respect to coaches, referees, parents, and fellow athletes. The athletes set a positive example and demonstrate obedience, teamwork, a positive attitude, and hard work. They learn to put others first and sacrifice for the good of the team.

## Who supports the Jr. Crusaders Program within CWA?

The Jr. Crusaders Program is run by CWA parent volunteers and the activities will be run by various instructors and coaches who specialize in the planned sports/activities. The program has the full support of the Athletic Dept. and CWA Management.

We also have the support of qualified young-adult volunteers to assist during the sessions, many of whom are CWA Alumni. One of our program goals is to provide opportunities for young adults to share their talents and passion for sport. Jr Crusaders has been an excellent program in building mentorship - not only in the student athletes, but also in these talented young adults.

## What does the Jr. Crusaders Program expect from parents?

Our mission is to build community! In order to have a successful program we ask that you and your child are committed to consistently attending, that you adhere to start and pick up times, and be advocates in building up CWA Athletics within our community.

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## What is the cost of the Jr. Crusaders Program? How do I Register?

The cost of the program is \$295 Early Bird; open until July 6th. After July 6th the cost of registration is \$325.00; open until September 1st. To register for the Jr. Crusaders Program simply send an email to Marianne Divjak Faba, parent volunteer, at [divjakm@shaw.ca](mailto:divjakm@shaw.ca) and details on how to register via Team Snap will be sent to you.

Please note that this is a parent volunteer driven program. All monies are allocated to the program to support CWA athletics. Thank you in advance for your continued support of Jr Crusaders and CWA Athletics.

For more information on this program, please feel free to contact:

Marianne Divjak Faba – 403.993.3133 or [divjakm@shaw.ca](mailto:divjakm@shaw.ca)

Dan Faba – 403.660.6896 or [dfaba@shaw.ca](mailto:dfaba@shaw.ca)

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