

EXTRA-CURRICULAR ACTIVITIES

2026-27 INFORMATIVE FORM



PCA Disclaimer: Communication regarding **fees** should be directed to finance@ilovepca.com. Please note that your **FACTS** account must be in good financial standing to participate in these programs. Communication regarding the class takes place directly between the instructor and the family. Class sizes are limited and are on a first-come, first-served basis.

QUARTER 1 - AFTERSCHOOL ACTIVITIES

Monday, Aug 17 - Friday, Oct 9.

CLUB	DAY / TIME	FEE	INSTRUCTOR	GRADE	MAX CAP
Preschool Gymnastics	Monday 12:30 - 1:15 pm	\$135	Jennifer Diaz	K3	15
Preschool Gymnastics	Monday 1:30 - 2:15 pm	\$135	Jennifer Diaz	K3	15
Elite Pearls-Dance Team	Monday 3:00 - 4:00 pm	\$160	Janill Mateo	5 th - US	30
Cooking Class	Monday 3:00 - 4:00pm	\$160	Elizabeth Denizard/Bella Eyrich	K5 - 2 nd	30
Ballet	Tuesday 3:00 - 4:00 pm	\$160	Laura Smalley	K3	15
Mini Pearls-Dance Team	Tuesday 3:00 - 4:00 pm	\$160	Janill Mateo	K4 - K5	15
Jr. Allstar's Cheerleading	Tuesday 3:00 - 4:30 pm	\$160	Jackie/Hannah Toombs	1 st - 4 th	30
Preschool Sports	Wednesday 12:30 - 1:15 pm	\$135	Jennifer Diaz	K3	15
Preschool Sports	Wednesday 1:30 - 2:15 pm	\$135	Jennifer Diaz	K4	15
Ballet	Wednesday 3:00 - 4:00 pm	\$160	Laura Smalley	K4 - K5	15
Jr. Allstar's Cheerleading	Wednesday 3:00 - 4:30 pm	\$160	Jackie/Hannah Toombs	5 th - US	30
Joyful Noise Choir	Wednesday 3:00 - 4:00 pm	\$160	Samantha Couto	1 st - 4 th	30
Harmonious Choir	Wednesday 4:00 - 5:00 pm	\$160	Samantha Couto	5 th - US	30
Cheerios - Cheerleading	Thursday 3:00 - 4:00 pm	\$150	Jackie/Hannah Toombs	K4 - K5	30
Pearls - Dance Team	Thursday 3:00 - 4:00 pm	\$160	Janill Mateo	1 st - 4 th	30
Cooking Class	Friday 3:00 - 4:00 pm	\$160	Elizabeth Denizard/Bella Eyrich	3 rd - 5 th	30

FALL ATHLETICS



FALL - ATHLETICS

2026-27 INFORMATIVE FORM



Tuesday, Aug 12 - Friday, Oct 3

PROGRAM	GRADE	PRACTICE DAYS / TIME	INSTRUCTOR	FEE
Cubs: Multi-Sports	1 st - 2 nd	Tuesday 3:00 - 4:00 pm	Coach Gina Florio	\$155
Cubs: Multi-Sports	3 rd - 5 th	Thursday 3:00 - 4:00 pm	Coach Gina Florio	\$155

FALL SPORTS

TRY OUTS: FIRST WEEK OF SEASON

Elementary Girls Volleyball	3 rd - 5 th	Monday, Tuesday, Thursday, & Friday 3:00 - 4:30 pm		\$220
Elementary Boys Flag Football	3 rd - 5 th	Monday, Tuesday, Thursday, & Friday 3:00 - 4:30 pm		\$220
Middle School Girls Volleyball	6 th - 8 th	Monday, Tuesday, Thursday, & Friday 4:00 - 5:30 pm		\$220
Middle School Boys Flag Football	6 th - 8 th	Monday, Tuesday, Thursday, & Friday 4:00 - 5:30 pm		\$220
Varsity Girls Volleyball	9 th - 10 th	Monday, Tuesday, Thursday, & Friday 4:00 - 5:30 pm		\$220
High School Boys Flag Football	9 th - 10 th	Monday, Tuesday, Thursday, & Friday 4:00 - 5:30 pm		\$220

PCA Disclaimer: It is important to note that tryouts for the Junior Varsity and Varsity teams will be held on the first day of practice for the sport. Coaches will determine the final rosters based on indicated student interest and tryout results. Additionally, all middle school students must maintain a **minimum GPA of 2.0** to be eligible for the Athletics program.

QUARTER	DATES	FACTS Form
☒ Quarter 1 / Fall	August - October	08/05/2026 - 08/21/2026
Quarter 2 / Winter 1	October - December	
Quarter 3 / Winter 2	January - March	
Quarter 4 / Spring	March - May	

AFTERSCHOOL ACTIVITIES



Preschool Sports

Preschool Sports - \$135 per quarter

Preschool for boys and girls: Coach Jennifer Diaz graduated from Bryan College with a degree in Physical Education and a minor in history, where she played volleyball, basketball, and softball. Before PCA, she was a physical education teacher for 11 years and coached for 15 years. She coached college basketball, earning two conference championships, and led high school teams to several district championships in volleyball, basketball, track, and softball. She has been at PCA for 19 years and has taught preschool sports programs for 18 years.

The following skills will be taught:

Q1: Soccer- Dribbling, kicking, throwing, and defense

Q2: Basketball- Dribbling, passing, shooting, and defense

Q3: T-ball- Catching, hitting, throwing, and running bases

Q3: Soccer- Dribbling, kicking, throwing, and defense

Mini Pearls
Pearls Dancers
Elite Pearls**Mini Pearls Dance Team (K4 - K5) - \$160 per quarter****Elite Pearls (5th - US) & Pearls Dancers Team (1st - 4th)- \$160 per quarter**

(dance uniform package not included)

At PCA, dance is more than movement—it's an opportunity to worship, grow spiritually, and build confidence while honoring God through dance. Mrs. Janill Mateo is excited to lead your kids in dance this year! Mrs. Mateo brings passion, experience, and a heart for using dance as worship to PCA. Last year, the PCA Dance Team delivered powerful, unforgettable performances that left a lasting impression on our school community—and this year promises even more!

Dance Schedule:

Q1: Jazz & Ribbon Dancing and Solo Showcase Q2: Christmas Performance

Q3: Student Choreography Showcase Q4: Spring Musical & Year-End Showcase

Dance Team

The dance team is an after-school group focused on school-wide performances and showcases.

For more information contact: Mrs. Mateo at Janill.mateo06@gmail.com.



Ballet

Ballet (K3, K4 & K5) - \$160 per quarter

Mrs. Laura Smalley is thrilled to introduce our ballet class, designed specifically for our preschoolers. Miss Laura, a lifelong ballerina with extensive performance and teaching experience, will lead this class.

This class will introduce your child to:

- Playful movements and imagination play
- Foundational Ballet techniques and skills
- Creative expression and self-expression
- Music awareness and rhythm exploration



AFTERSCHOOL ACTIVITIES



Choir

Joyful Noise Choir (1st - 4th) \$150 per quarter
Harmonious Choir (5th - US) \$150 per quarter

Do you love to sing? Come discover the joy of making music together in our PCA Choir coordinated by Mrs. Sami Couto! Whether you're an experienced singer or simply love to worship and have fun, our PCA Choir is a place where every voice is welcome. Students will learn healthy vocal techniques, develop musical skills, build confidence, and experience the excitement of singing as one unified choir. Throughout the year, members will prepare inspiring songs to share with our school and community through special performances and events. More than just a choir, PCA Choir is a place to grow in teamwork, creativity, leadership, and Christ-like character while using the incredible gift of music to encourage others and glorify God. Come find your voice. We can't wait to sing with you!

For more information, please email Mrs. Sami at samantha.couto@ilovepca.com



Cheerleading

Cheerios Cheerleading (K4 - K5) - \$150 per quarter
Jr. Allstar's Cheer (1st - 4th) and Allstar's Cheer (5th - US) - \$160 per quarter

Mrs. Toombs will be coaching with Ms. Hannah. She has been coaching cheerleading for over 20 years, winning many competitions at all levels. This will be her 13th year coaching cheer at PCA. Ms. Hannah was a cheerleader for 13 years, including optimist, middle school, high school, and competitive levels. As an all-star cheerleader, Hannah earned many state and national championship titles. She has also been coaching cheer at PCA for the last six years.

Together, they will teach the fundamentals of cheerleading, tumbling, stunting, dance, jumps, and teamwork skills. The uniform will be a glitter cheer shirt (for a small fee), black leggings, a provided bow, and pom-poms. Your cheerleader will need flexible, solid white cheer sneakers. Let's go!



Gymnastics

Preschool Gymnastics - \$135 per quarter

Gymnastics for boys and girls: Coach Jennifer Diaz graduated from Bryan College with a degree in Physical Education and a minor in history, where she played volleyball, basketball, and softball. Before PCA, she was a physical education teacher for 11 years, where she taught gymnastics in physical education. She coached college basketball with two conference championships and several district high school championships in volleyball, basketball, track, and softball. She has been at PCA for 19 years and has taught preschool sports programs for 18 years.

The following skills will be taught: Forward roll, backward roll, tripod stance, headstand, handstand, jumping, stretching, flexibility, strength, and balance. The students will practice on a balance beam and use a mushroom mat and rings.



AFTERSCHOOL ACTIVITIES

**Cooking - \$150 per quarter**

Kids Cooking Class, led by Chef Elizabeth and Chef Bella, is a fun, hands-on culinary experience for students in K5 through 5th grade. This interactive class introduces students to basic kitchen skills, simple and nutritious recipes, and foundational nutrition concepts in an engaging, age-appropriate environment. Students will prepare and enjoy their creations during each class, building confidence and fostering a love for cooking. Photos of their culinary adventures will be shared with families via text, and each student will receive a recipe book at the end of the quarter to continue the fun at home.

Skills Taught: Students will learn kitchen safety, basic food preparation, measuring, following step-by-step recipes, and healthy eating habits. Lessons are designed to build confidence, creativity, and independence while working together in a group setting.

**Registration for the After-School Activities Program**

We're excited to offer a variety of After-School Activities for our students each quarter! Registration is completed through FACTS Forms, and families will receive an email with a registration link and/or QR code when enrollment opens.

Registration begins 10 days before the start of each quarter and closes at 11:45 p.m. ET on the final day of the registration period. Because many activities fill quickly and space is limited, we encourage families to register early.

Please keep in mind that enrollment is available on a first-come, first-served basis. Once registration is submitted, all selections are final, and fees are non-refundable. We look forward to another wonderful quarter of learning, creativity, and fun after school!

Quarter Dates:

- Quarter 1: August 17 – October 9, 2026
- Quarter 2: October 13 – December 11, 2026
- Quarter 3: January 5 – March 18, 2027
- Quarter 4: March 30 – May 21, 2027



ALL YEAR AROUND ATHLETICS

**Cubs: Intro To Sports - \$155 per quarter**

This exciting program introduces students to a variety of sports, including basketball, soccer, flag football, volleyball, and lacrosse, while incorporating fun fitness activities that promote overall health and wellness. Designed to build fundamental athletic skills, coordination, confidence, and sportsmanship, the program encourages students to develop a lifelong appreciation for physical activity. Guided by Philippians 2:3-4, participants are challenged to demonstrate teamwork, humility, and Christ-like character by encouraging one another, celebrating each other's successes, and putting others before themselves.

Please note: Activities are planned to take place on the PCA campus. However, due to upper school construction, some sessions may be held at Flamingo Park, located across the street from campus. A Flamingo Park permission form is required for Cubs.

FALL ATHLETICS
ELEMENTARY/MIDDLE SCHOOL**Elementary Boys Flag Football (3rd - 5th) Middle School Boys Football (6th - 8th) - \$220 per quarter**

The coaches will teach the athletes skills to help them succeed and compete in flag football, integrating faith and humility in both wins and losses.

The following skills will be taught:

- General Football Rules
- Offensive Alignments
- Defensive Alignments
- Offensive Plays
- Defensive Plays
- Route Running
- Catching
- Throwing
- Flag Pulling

**Elementary Girls Volleyball (3rd - 5th) Middle School Girls Volleyball (6th - 8th) - \$220 per quarter**

The coaches will teach the athletes skills to help them succeed and compete in volleyball. They will also integrate faith and humility in both wins and losses. Teams will participate in League Play against other schools in the SSAL League.

The following skills will be taught:

- General Volleyball Rules
- Offensive Rotations
- Defensive Rotations
- Offensive Plays
- Defensive Plays
- Volleying
- Setting
- Digging
- Serving



WINTER 1 ATHLETICS

ELEMENTARY/MIDDLE SCHOOL



Elementary Boys Soccer (3rd - 5th) Middle School Boys Soccer (6th - 8th) - \$220 per quarter

The coaches will teach the athletes skills to help them succeed and compete in soccer, integrating faith and humility in both wins and losses. Teams will participate in League Play against other schools in the SSAL League.

The following skills will be taught:

- General Soccer Rules
- Offensive Plays and Rotations
- Defensive Plays and Rotations
- Dribbling
- Passing
- Shooting (Corner Kicks, Penalty Kick, Short Shots, Midrange Shots, Long Shots)
- Defense (Marking Your Man, Standing Tackle, Slide Tackle, Goal Keeping)



Elementary Girls Basketball (3rd - 5th) Middle School Girls Basketball (6th-8th) - \$220 per quarter

The coaches will teach the athletes skills to help them succeed and compete in basketball, integrating faith and humility in both wins and losses. Teams will participate in League Play against other schools in the SSAL League.

- The following skills will be taught:
- General Basketball Rules
- Offensive Plays and Rotations
- Defensive Plays and Rotations
- Dribbling
- Passing
- Shooting (Layups, Jump Shots, 3-pointers, Free Throws)
- Defense (Guarding, Steals, Blocks)

WINTER 2 ATHLETICS



Elementary Girls Soccer (3rd - 5th) Middle School Girls Soccer (6th - 8th) - \$220 per quarter

The coaches will teach the athletes skills to help them succeed and compete in soccer, integrating faith and humility in both wins and losses. Teams will participate in League Play against other schools in the SSAL League.

The following skills will be taught:

- General Soccer Rules
- Offensive Plays and Rotations
- Defensive Plays and Rotations
- Dribbling
- Passing
- Shooting (Corner Kicks, Penalty Kick, Short Shots, Midrange Shots, Long Shots)
- Defense (Marking Your Man, Standing Tackle, Slide Tackle, Goal Keeping)

WINTER 2 ATHLETICS


Elementary Boys Basketball (3rd - 5th) Middle School Boys Basketball (6th - 8th) - \$220 per quarter

Grades 3-5. The coaches will teach the athletes skills to help them succeed and compete in basketball, integrating faith and humility in both wins and losses. Teams will participate in League Play against other schools in the SSAL League.

The following skills will be taught:

- General Basketball Rules
- Offensive Plays and Rotations
- Defensive Plays and Rotations
- Dribbling
- Passing
- Shooting (Layups, Jump Shots, 3-pointers, Free Throws)
- Defense (Guarding, Steals, Blocks)

SPRING ATHLETICS


Elementary Boys Volleyball (3rd - 5th) & Middle School Boys Volleyball (6th - 8th) - \$220 per quarter

The coaches will teach the athletes skills that will help them succeed and compete in volleyball, along with the integration of faith and humility in both wins and losses. Teams will be participating in League Play against other schools in the SSAL League.

The following skills will be taught:

- General Volleyball Rules
- Offensive Rotations
- Defensive Rotations
- Offensive Plays
- Defensive Plays
- Volleying
- Setting
- Digging
- Serving

Elementary Girls Flag Football (3rd - 5th) Middle School Girls Flag (6th - 8th) - \$220 per quarter

The coaches will teach the athletes skills to help them succeed and compete in flag football, integrating faith and humility in both wins and losses.

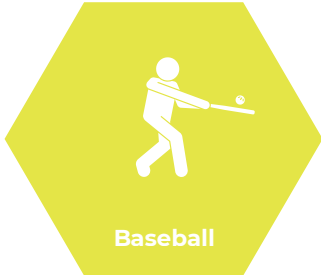


The following skills will be taught:

- General Football Rules
- Offensive Alignments
- Defensive Alignments
- Offensive Plays
- Defensive Plays
- Route Running
- Catching
- Throwing
- Flag Pulling



SPRING ATHLETICS



Baseball

Middle School Boys Baseball (6th - 8th) - \$220

Students will develop fundamental volleyball and baseball skills while building teamwork, coordination, and confidence. Through sportsmanship, perseverance, and league competition, coaches will encourage athletes to honor Christ by demonstrating humility, integrity, respect, and a servant's heart in both victory and defeat. Teams will participate in League Play against other schools in the SSAL League.

FALL HIGH SCHOOL ATHLETICS



Flag Football

High School Boys Flag Football - \$220

The coaches will teach the athletes skills to help them succeed and compete in flag football, integrating faith and humility in both wins and losses.

The following skills will be taught:

- General Football Rules
- Offensive Alignments
- Defensive Alignments
- Offensive Plays
- Defensive Play
- Route Running
- Catching
- Throwing
- Flag Pulling



Volleyball

High School Girls Volleyball - \$220

The coaches will teach the athletes skills to help them succeed and compete in volleyball. They will also integrate faith and humility in both wins and losses. Teams will participate in League Play against other schools in the SSAL League.

The following skills will be taught:

- General Volleyball Rules
- Offensive Rotations
- Defensive Rotations
- Offensive Plays
- Defensive Plays
- Volleying
- Setting
- Digging
- Serving



WINTER HIGH SCHOOL ATHLETICS


High School: Boys & Girls Basketball, High School girls' competition cheer, Soccer, & Wrestling - \$220 per season

Basketball: Build basketball fundamentals, teamwork, and confidence while developing Christ-centered character through sportsmanship, perseverance, and humility.

Cheer: Competition cheer develops cheer techniques, strength, and teamwork while growing in confidence, discipline, and Christ-like encouragement.

Soccer: Strengthen soccer skills, teamwork, and communication while learning perseverance, respect, and integrity on and off the field.

Wrestling: Build strength, technique, and self-discipline while competing with courage, humility, and Christ-centered sportsmanship.

SPRING HIGH SCHOOL ATHLETICS


High School - Baseball, Girls Flag Football, Tennis, Weightlifting, Boys Volleyball, Beach Volleyball - \$220 per quarter spring

Baseball: Develop fundamental baseball skills, teamwork, and confidence while demonstrating Christ-centered sportsmanship, perseverance, and integrity.

Girls Flag Football: Build speed, agility, and football fundamentals while growing in teamwork, leadership, and respect through Christ-like character.

Tennis: Improve stroke technique, footwork, and focus while developing discipline, perseverance, and integrity on and off the court.

Weightlifting: Increase strength, proper lifting technique, and self-discipline while fostering confidence, responsibility, and perseverance in a Christ-centered environment.

Boys Volleyball: Strengthen serving, passing, hitting, and teamwork while learning humility, respect, and perseverance through competition.

Beach Volleyball: Develop volleyball fundamentals, communication, and teamwork while building confidence, resilience, and Christ-like sportsmanship.