

# CRUSADER BASKETBALL



## 2022-2023 SCHEDULE



**BASKETBALL Practices and HOME games will take place at Sacred Heart Gym**

practice Mon. Nov.7 3:20-5:00

practice Wed. Nov. 9 3:20-5:00

practice Mon. Nov.14 3:20-5:00

**Tues. Nov. 15 Game at Mt. Olive Des, Moines 4:00PM depart 2:30PM**

practice Wed. Nov. 16 3:20-5:00

**Fri./Sat. Nov.18-19 Tournament at Denison Time TBD**

practice Mon. Nov. 21 3:20-5:00

practice Mon. Nov. 28 3:20-5:00

**Tuesday, Nov.29 HOME vs. HCHE Chargers 4:00PM**

practice Wed, Nov.30 3:20-5:00

practice Mon. Dec. 5 3:20-5:00

**Tues. Dec. 6 HOME vs. Denison 4:00PM**

practice Wed. Dec. 7 3:20-5:00

practice Thurs. Dec.8 3:20-5:00 (cheerleaders excused)

practice Mon. Dec.12 3:20-5:00

practice Wed. Dec. 14 3:20-5:00

**Thurs. Dec.15 HOME vs. St. Paul, Ft. Dodge 4:00PM**

**Mon. Dec.19 at Quakerdale, New Providence HCHE chargers depart 2:15PM**

practice Wed. Jan.4 3:20-5:00

**Fri. Jan. 6 at Des Moines home school (boys only) 4:30PM depart 3:00PM**

**Mon. Jan. 9 HOME vs. Mt. Olive 4:00PM**

practice Wed. Jan. 11 3:20-5:00

**Thurs. Jan. 12 at St. Paul's Ft. Dodge 4:00PM depart 2:30PM**

**Tues. Jan. 17 at Denison 4:00PM depart 1:45PM**

practice Wed. Jan.18 3:20-5:00

**Friday, Jan. 20 at Latimer 4:00PM depart 2:15PM**

**Mon. Jan. 23 HOME vs. Vision and DM Defenders (more info to come)**

practice Wed. Jan. 25 3:20-5:00

practice Thurs. Jan.26 (cheerleaders excused)

**Fri. Sat. Jan. 27-28 District Tournament at Ft. Dodge (more info to come)**

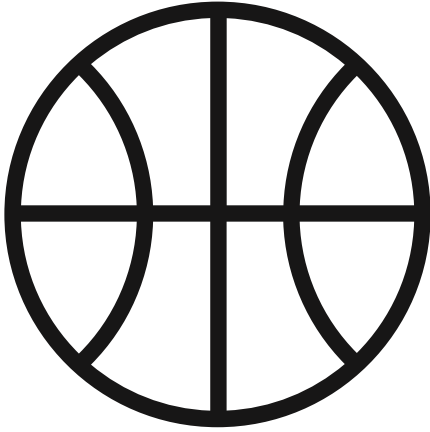
**HUSTLE AND HEART → SET US APART**

**GIVE GOD GLORY-PRAISE HIS NAME**

**Whatever you do, work at it with all your heart. Colossians 3:23**

# CRUSADER BASKETBALL

Where is the game today? Addresses for away games



*Thank You*  
for our parent  
drivers,  
Athletes NEED  
to have a ride  
arranged  
BEFORE the day  
of the game.

## HCHE Chargers

Address:  
Quakerdale Gym, 26866 County  
Highway S55, New Providence

## Mt. Olive, Des Moines

Franklin Jr High, 4801 Franklin Ave Des  
Moines, 50310  
(Games do not take place at Mt Olive)

## Zion Lutheran, Denison

Address:  
1004 1st Ave S, Denison, IA 51442

## St. Paul's, Ft. Dodge

Address:  
400 S 13th St, Fort Dodge, IA 50501

## Homeschool team, Des Moines

Address:  
Heritage Assembly of God Church in  
Des Moines  
5051 NE 5th St, Des Moines, IA 50313

## St. Paul's, Latimer

Address:  
St. Paul's Lutheran School  
404 Main St, Latimer, IA 50452

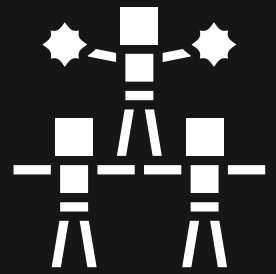
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Trinity Lutheran School



# CRUSADER CHEERLEADING



**SCHEDULE 2022-2023**

**HOME games will take place at Sacred Heart Gym**

Practice Tues. Nov. 8

Practice Thurs. Nov. 10

**Tues. Nov. 15 Game at Mt. Olive Des, Moines 4:00PM depart 2:30PM**

practice Thurs. Nov. 17

**Fri./Sat. Nov.18-19 Tournament at Denison Time (more info to come)**

practice Tues. Nov. 22

**Tuesday, Nov.29 HOME vs. HCHE Chargers 4:00PM**

practice Thurs. Dec.1

**Tues. Dec. 6 HOME vs. Denison 4:00PM**

practice Thurs. Dec. 8

practice Tues. Dec.13

**Thurs. Dec.15 HOME vs. St. Paul, Ft. Dodge 4:00PM**

**Mon. Dec.19 at Quakerdale, New Providence HCHE chargers time? depart 2:15PM**

practice Tues. Dec. 20

practice Tues. Jan.3

practice Thurs. Jan.5

**Fri. Jan. 6 at Des Moines home school (boys only) 4:30PM depart 3:00PM**

**Mon. Jan. 9 HOME vs. Mt. Olive 4:00PM**

practice Tues. Jan.10

**Thurs. Jan. 12 at St. Paul's Ft. Dodge 4:00PM depart 2:30PM**

**Tues. Jan. 17 at Denison 4:00PM depart 1:45PM**

practice Thurs. Jan.19

**Friday, Jan. 20 at Latimer 4:00PM depart 2:15PM**

**Mon. Jan. 23 HOME vs. Vision and DM Defenders (more info to come)**

practice Tues. Jan.24

practice Thurs. Jan.26

**Fri. Sat. Jan. 27-28 District Tournament at Ft. Dodge (more info to come)**

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# CRUSADER BASKETBALL

## ELIGIBILITY AND EXPECTATIONS

- 1.** Athletes will maintain no less than a "C" average in their academics. Subjects included: reading, language, math, science, social studies, and memory. Grades will be checked every two weeks, if academic performance does not meet this standard they will be suspended from athletics for the following two weeks until grades are checked again. Students receiving an "F" on a report card or midterm may be dismissed from the team.
- 2.** Athletes are expected to be prompt and prepared for each practice and game.
- 3.** Athletes must have physical forms turned in by the first practice or they will not participate until meeting this requirement.
- 4.** Athletes will receive a check (✓) for: improper language, each unexcused practice missed, goofing off during practice, and lack of proper attire including game day dress. If the athlete is late to practice they will receive a check. Athletes will sit out the following game after receiving a third check and a game for each check after three. Athletes will be dismissed from the team after receiving their sixth check.
- 5.** Athletes will be responsible for his/her uniform! If the athlete does not have their complete uniform at the start of competition they will not participate. (Team water bottles will not be used, each player is responsible for their own.)
- 6.** If activities are directly following school, the student will take their belongings and school work with them.
- 7.** Athletes will not engage in any substance abuse – drugs, drinking, smoking – or will be dismissed from the team.
- 8.** As representatives of Christ, athletes and parents will be supportive of their team, coaches, opponents, and officials in and out of competition.

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# CRUSADER PRIDE

## #TEAM

### **1. As you participate in Trinity's program keep things in perspective.**

Sports competition has very little importance when measured against knowing Christ as our Lord and Savior and living life in service to God and man.

### **2. Understand the equal opportunity of all team members.**

Some have more sports skills than others, some may try harder than others. But together you and your teammates are a TEAM, and together you share the winning, losing, and enjoyment of being part of a team.

### **3. Let your light shine!**

You will have golden opportunities to demonstrate publicly your faith. Try to improve your skills of relating in Christian love to teammates, opponents, coaches, and other students.

### **4. Exhibit good sportsmanship!**

Try your hardest to win, but always by the rules. Control your mouth and your temper. Referees will make mistakes, but always abide by their decisions and work hard to exhibit good sportsmanship.

### **5. Have fun**

Sports are meant to be enjoyed. We hope you have a good time as a member of a team, and that you will help your teammates, coaches, opponents, and officials to have fun also.

### **6. Win graciously!**

Enjoy the victory; you worked hard and you earned it. But always remember winning a game doesn't make you a better human being than the members of the losing team. Never try to humiliate or degrade any player or team.

### **7. Lose without excuse!**

Lose with dignity and give your opponents credit for winning. No one likes to lose, but don't react to defeat with anger, complaint, or excuses. Exhibit graciousness, self-control, good sportsmanship, and Christian love for others, whether you are on the winning or losing end of the score.

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