

CATHEDRAL BASKETBALL



LIFE SKILLS PROGRAM

Mentor Program

Provides an essential ingredient in the personal development of our student-athletes. Cathedral & Middlebrooks Academy junior & senior student-athletes are matched with sophomore & freshman student-athletes to create a nurturing one-on-one relationship that provide support, guidance, encouragement, accountability and connectivity throughout our program, while allaying fears associated with life transitions (especially incoming freshman). We find that both being and having a mentor as part of the student-athlete experience has been a catalyst to independence, confidence in making informed decisions, increased responsibility, high character and strong academic performance.

College Bound Program

A series of mini-workshops that include sessions on the following:

NCAA Eligibility Center
Dress For Success

The Common Application
Networking

Dining Etiquette
Mock Interviewing

Operation Education

Our student-athletes read, tutor and interact with elementary school students at various partner schools. Student-athletes contribute to the development of these children by helping them understand the importance of education.

Varsity Player For A Day Program

This is a special program to honor young people who are enduring special challenging circumstances. In many instances these kids may be diagnosed with a life threatening disease, come from a displaced family or are in danger of not veering down the best path. These chosen ones will, on the annual basis, get to experience what it is like to be a student-athlete for a day. At times the team will become inspired by what these young people go through. Other times, they will serve as inspiration for those who really need it. The overall goal of the program is for these experiences to impart a sense of gratitude, humility and service to the general community and world we live in.

Food For Life Program

Our annual fall food drive designed for fans and the community to be part of the local fight against hunger. Our entire program commits to gathering donations from friends, family and fans as well as collects cans from fans entering the football stadium for home games prior to kickoff.

Adopt-A-Kid Program

Each student-athlete "adopts" an impoverished elementary aged child and is responsible for filling their Christmas gift requests, including personally wrapping gifts and gift delivery with a member of our coaching staff and their parents.

Drug/Alcohol Awareness

We strongly encourage the family of every student-athlete to ensure they take a unique online class, written and designed by professionals, that educates student-athletes about the dangers and risks associated with drug and alcohol consumption. We strongly suggest the 24-Hour (Level 3) course. Our goal is for our student-athletes to be drug and alcohol free for their entire lives. We use a program through the County of Los Angeles that can be found at the following URL:

<http://onlinealcoholclass.com/Alcohol-Awareness-Class/California/Los-Angeles-County>

For more information call (323) 441-3133

www.PhantomBasketball.org

Phantoms