

SAINTS F.A.Q.

ABOUT SAINTS:

Founded in 1997, SAINTS OF FLORIDA HOMESCHOOL P.E. is a structured, Christ-Centered Physical Education Drop-Off Program providing Homeschooled Children ages 5-18 all the benefits of a Professional Athletic Curriculum.

Our program is designed to provide a safe, positive, faith-centered physical education experience where every child is encouraged to grow not simply in athletic performance but in who they are in Jesus Christ. We strive to build/develop confidence, self-esteem, teamwork, sportsmanship, respect and kindness towards others.

SAINTS P.E. accredited curriculum written by Coach Rick Andreassen is approved by ACSI (Association of Christian Schools International) and meets all National Physical Education Standards and Physical Education requirements for the State of Florida.

LOCATIONS

SAINTS operates at county and city parks across Broward and Palm Beach Counties from August to May. Please visit our website at SaintsOfFlorida.com to find a location near you.

OUR TEAM

Our SAINTS Coaches are fully trained, screened and level 2 Background checked, as well as 1st aid/CPR certified. They are hand-chosen by God, called to serve in the ministry, and dedicated to pouring into the lives of young people at SAINTS.

SPORTS WE TEACH

Our Professional Instructors teach the "FUN"damentals of sports throughout the year where every child discovers their strengths while enjoying a structured, fun, and encouraging P.E. experience.

We introduce four sports and build fundamental skills from the ground up over four consecutive weeks. We then rotate to four new sports and activities for the next four weeks.

Throughout the year, students will learn and experience a variety of sports and activities such Archery, Basketball, Kickball, Volleyball, Track & Field, Flag Football, Frisbee, Frisbee Golf, Soccer, and so much more, including our own SAINTS-Sational Physical Fitness Challenge!

COACH TO STUDENT RATIO

Students are divided into appropriate age groups.

- Ages 5 to 6: 6 students to 1 Coach
- Ages 7 and up: 12 students to 1 Coach

ARE BOYS AND GIRLS SEPARATED?

Typically, yes. However, classes may occasionally be coed depending on attendance numbers and the activities being taught.

CLASS SCHEDULE:

Morning Classes: start at 9:00 am sharp, with pick-up at 12:00 pm sharp.

Afternoon Classes: start at 1:00 pm sharp, with pick-up at 4:00 pm sharp.

Students cannot register for both morning and afternoon classes at the same location.

No make-up days including Holidays.

SAINTS will operate at the same pavilion at your location throughout the year.

RAINY DAY POLICY:

SAINTS operates rain or shine. In the event of rain, we have a wide variety of fun games and activities that can be done while under the shelter.

CLASS CANCELTION:

If we need to cancel due to **severe** weather, we will notify you by email and our website [SaintsOfFlorida.com](https://saints-of-florida.com) will be updated – please **always** check there for the latest information.

UNIFORM & ATTIRE:

Please have your child(ren) wear their SAINTS uniform t-shirt, shorts/pants, closed-toe shoes (no Crocs), and sunscreen (if needed). **If you purchased a T-shirt, it will be available at your park during SAINTS.** If you haven't yet and would like to, there will be some available for purchase at your park.

Additional Uniform T-shirts can be purchased throughout the year through your SAINTS Parent Portal using the following link <https://saints-of-florida.com/login>.

PERSONAL BELONGINGS:

Children may bring a backpack, lunchbox with name clearly marked. Coaches will show them where to keep their belongings, typically under the pavilion where snack breaks take place. Electronics, toys, etc. are prohibited. Our goal is to provide them with an environment where they can fellowship with one another.

SNACK BREAKS:

SAINTS IS A PEANUT- AND ALL-NUT-FREE ENVIRONMENT

We have a snack break between the first two sports/activities and the last two sports/activities to allow your child(ren) to rest, refresh, refuel, and spend time fellowshiping with friends. **Please bring a water bottle for each child clearly marked with their name on it AND a nut free snack in a lunchbox (no paper bags please).**

SAINTS has several water coolers for water refill, hand sanitizer and sunblock if needed.

BATHROOM POLICY:

We follow a strict two-deep rule: two adults with two children at all times. No child is ever alone with one adult ever. We typically have 2 female coaches for the girls and 1 female and 1 male coach for the boys present at all times.

CELL PHONE POLICY:

Cell phone use during SAINTS (including snack time) is prohibited.

All coaches have a readily available cell phone that can be used in the event of an emergency.

CAN PARENTS STAY AT THE PARK?

Absolutely. Although SAINTS is a drop-off program, parents are welcome to remain at the park if they feel it is in the best interest of their child.

We have found that children often become more comfortable and independent when parents observe from a distance rather than remaining directly beside them.

WHAT IF MY CHILD IS NERVOUS OR ANXIOUS ABOUT ATTENDING?

Your child is not alone! Many children feel nervous when trying a new place, meeting new people, or beginning a new activity.

We welcome parents to stay as long as needed and observe from a distance while their child becomes comfortable.

We have found that children often do better when their parent is nearby but not directly beside them. Some parents choose to remain in their vehicle, so their child knows they are close.

MY CHILD ISN'T EXTREMELY ATHLETIC. IS SAINTS FOR THEM?

Absolutely! We meet every child where they are at.

CHILDREN WITH UNIQUE ABILITIES

Our prayer has always been to provide an environment where all children feel safe, loved, welcomed, and encouraged to grow in who they are in Jesus, develop their abilities, and shine.

SAINTS is designed for children who are able to participate in and keep up with the activities independently.

If your child requires one-on-one assistance in order to participate safely and independently, the parent/guardian will be responsible for providing an appropriate assistant.

IMPORTANT INFORMATION:

Important information, updates, changes, events, etc. throughout the year will be communicated to you via this SAINTS announcement portal, email, and flyers sent home with your child(ren). Please keep a lookout especially for emails in your Junk Folder.

RECEIPTS:

You can find all your child(ren)'s information and access all your receipts for this 2026-2027 SAINTS Season in your SAINTS Parent Portal where you registered your child(ren) using the following link <https://saints-of-florida.com/login>

QUESTIONS:

Questions regarding our Program, Registration, Availability, or our Waitlist, **PLEASE SEND AN EMAIL** to our office at SaintsOffice@yahoo.com. This will enable us to review your request more effectively and get back to you.

HOW TO REACH US:

SAINTS Office Hours: Monday to Friday 9 a.m. to 5 p.m.

Call or Text (954)646-5903

Email us at SaintsOffice@yahoo.com

HOW TO REACH US OR YOUR CHILD ON THE FIELD IF THERE IS AN EMERGENCY:

You can contact the Lead Coach on their cell phones. Their business card will be given to you at drop off the first week your child starts SAINTS.