



SPORTS! SPORTS! SPORTS!

August 2009

Dear Athletes and Parents,

Welcome back! It's time to get ready for a new season of boys volleyball and girls basketball for students in grades 5-8. As stated in our Sports Handbook, "The Sports Program exists to provide a positive well organized activity that contributes to the development of the whole child. It is carried on in a manner that models and teaches Christian principles and the ideals of good sportsmanship."

Athletes interested in participating in the first sports season must sign up in their homeroom class on Monday or Tuesday, August 17th or 18th! After we receive a schedule from the Diocesan Sports Director, we will be able to announce the first day practice. Practice runs from 3:15-5:00 pm. Please make sure all forms and fees have been paid before the first day of practice. No athletes will be allowed to attend practice until all information is complete.

Every athlete must complete and return the following forms to the School Office prior to practice:

- St. Cyril Emergency Form
- Parental Permission Form (one per athlete/ included in this envelope)
- Sports Information Form (one per athlete/ included in this envelope)
- Diocesan Permission Form (one per athlete/ included in this envelope)
- Diocesan Emergency Treatment Form (one per athlete/ included in this envelope)
- Current St. Cyril Physical Form (one per athlete may be obtained in School Office)
- Sports fee (\$45 per athlete per season)

In order to attend practice, athletes must wear proper *athletic* t-shirts, shorts, and tennis shoes. Girls, NO Sofee-type shorts will be permitted for practice or games. Athletes may choose to wear knee pads for volleyball. For girls, hair should be pulled back for games and practices. No jewelry is allowed. Uniform shirts and shorts for games and practice will be discussed with the athletes and with the parents during the PAC meeting (PAC = parents, athletes, coaches).

For the parents and athletes participating in the first season, a PAC meeting will be held near the beginning of the season. The time and date will be announced in the Cougar Tracks.

We are planning on a great season with many enthusiastic athletes! See you on the courts!

Sportsmanship is contagious...
Let's have an epidemic!

Thank you,

The Athletic Department