



Attention Sports Families,

As we get near tryouts I would like to remind you that all paperwork must be completed and turned in. This must be done before Athlete can participate in any sporting event.

Weekly Conditioning Schedule:

Track Mon. & Wed. 3:30-4:30

Basketball Monday thru Wednesday 3:30-5:00

Cheer Monday thru Wednesday 3:30- 5:00 (October 10th No practice)

Practice Attire :

Please have all Athletes dress out in the appropriate attire based on the CSS Athletic Handbook. Athletes must have on Shoes to participate!!!

Athletes **MUST** report to their assigned area by 3:30PM

Coach T