

Notes and Announcements for CCHS Swimmers 2009

The following are notes and announcements specifically for CCHS Swimmers. This year will begin a number of changes for CCHS Swimming. There will be a number of new opportunities for CCHS Swim Team this year. Please make sure to get your email addresses to Coach Jay Newton or Angela. If you have any questions, contact Angela Kazakevicius at budek@mchsi.com or cell phone: 713-5988.

- At CCHS, completing athletic registration in August, gives you access to the athletic trainer that comes to school a couple of times per week.
- For CCHS – the school will provide transportation, hotel room for the night before and \$5 per meal for lunch and dinner on Friday and breakfast, lunch, and dinner on Saturday. This is courtesy of the CCHS boosters. CCHS swim team t-shirts, sweatshirts MAY be provided. A CCHS coach will also be provided.
- Sports physicals can be done at Terrier Care if you are signed up for that service.
- If you qualify for the state meet, you are expected to attend. For girls, this will conflict with our Carbondale 500 meet and for the boys it will conflict with Ozark short course championship meet. Boys and Girls State meet will probably be at New Trier High School. CCHS will provide transportation, meal allowance, and coach.
- You are expected to attend the sports banquet at the end of school year. It is free for all athletes. You are expected to attend the Sports Kick Off Bar B Q at the beginning of the school year.
- The swim teams are going to included in the Fall (girls) Winter (boys) sports programs/books! This is great news, in the past the swim teams have been considered like school clubs. The pictures for the fall book are going to be taken on August 20th and 21st.

CCHS Athletics Kick-Off Picnic

- *Meet the players and coaches!*
- *Order Season Tickets!*
- *Buy your CCHS spirit-wear!*
- *Join the athletic Booster Club!*

Sunday August 23rd, 2009
CCHS Gym 5-7 pm

**Booster Club will provide Hot Dogs,
Drinks and Table Service
Please bring a dish to share!**
Freshmen - Salads
Sophomores - Hot Dish/Casserole
Juniors - Vegetable/Side Dish
Seniors - Desserts

All CCHS Athletes and families are welcome to attend!

ATTENTION All Student-Athletes:

Mandatory Preseason Athletic Registration
August 5 and 6 from 6:00 – 8:00 p.m.
in the foyer of CCHS Gym.

All student-athletes **MUST** pick up and return the **REQUIRED DOCUMENTATION** listed below and receive an athletic card prior to trying out or practicing for any sport.

Required Documentation: (2-4 included in Handbook)

1. Medical Examination/Physical Required
2. IHSA Residency Form
3. Emergency Medical Information Form
4. Terrier Creed

All coaches will require an athletic card from all perspective student-athletes attending tryout sessions. Inquiries should be directed to the athletic office at 457-3371 Extension 212

No contact with athletes Aug 1 - Aug 11

All Fall Practice Begins August 12, 2009

Football	Boys Soccer
Girls & Boys Golf	Girls Tennis
Girls & Boys Cross Country	Volleyball

Winter Practice Begins:

Girls Basketball	November 2, 2009
Boys Basketball	November 9, 2009
Wrestling	November 9, 2009
Girls Bowling	November 9, 2009
Boys Bowling	October 26, 2009

Spring Practice Begins:

Girls & Boys Track	January 18, 2010
Baseball	March 1, 2010
Softball	March 1, 2010
Boys Tennis	March 1, 2010
Girls Soccer	March 1, 2010