



Cairo-Durham ATHLETIC DEPARTMENT

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Dear Student/Athlete,

Thank you for signing up for the Cairo-Durham High School Fall Sports Program. By now you should have started getting ready for the upcoming sports season (running, weight lifting, and practicing sport specific skills). Remember you will be at a distinct disadvantage if you have not been working out prior to tryouts.

Starting Dates and Times:

Varsity and JV Football will begin on Monday, August 15th at 6:00 AM at the Cairo Town Park.

Golf will begin on Wednesday, August 17th at 5:30 PM at Blackhead Mountain Golf Club.

Girls Varsity and JV Soccer will begin on Monday, August 15th at 6:00 AM at the High School.

Boys Varsity and JV Soccer will begin on Monday, August 15th at 6:00 AM at the High School.

Boys and Girls Varsity Cross Country will begin on Wednesday, August 17th at 7:30 AM in front of the Middle School.

Girls Varsity Tennis will begin on Monday, August 15th at 7:00 AM at the High School tennis courts.

Girls Varsity and JV Volleyball will begin on Monday, August 15th at 2:30 PM in the Middle School Gym.

At the beginning of every sports season, before you tryout, you **MUST** have a new Health Form completely filled out by a parent/guardian, the school nurse, the athletic director, and on file in the nurse's office. You will not be allowed to tryout until this is done. These forms are available in the high school office or on the Cairo-Durham website home page under ATHLETICS. All student/athletes **MUST** have proof of a current (within the last 12 months) sports physical in order to participate. If you have any questions, please contact the Athletic Director's Office at 622-8543 ext. 58800.

Sincerely,
Greg Hagan,
Director of Athletics