



CAIRO-DURHAM ATHLETIC DEPARTMENT

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Dear Student/Athlete,

Cairo-Durham High School Fall Sports tryouts will begin on **Monday, August 13, 2018**. By now you should have started getting ready for the upcoming sports season (e.g., 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:

Sport	Date & Time	Location
Varsity Football	Monday, August 13, at 6:30 a.m.	CDHS Baseball Field
Golf	Monday, August 13, at 3 p.m.	Blackhead Mountain Golf Club
Girls Varsity and JV Soccer	Monday, August 13, at 6 a.m.	High School
Boys Varsity and JV Soccer	Monday, August 13, at 6 a.m.	High School
Boys and Girls Varsity Cross Country	Monday, August 13, at 7 a.m.	High School
Girls Varsity Tennis	Monday, August 13, at 6 a.m.	CDHS Tennis Courts
Girls Varsity and JV Volleyball	Monday, August 13, at 2:30 p.m.	CDMS Gym
Girls Varsity Fall Cheerleading	Monday, August 13, at 5 p.m.	CDHS Gym (bring water and a cheer or sideline routine)

At the beginning of every sports season, before tryouts begin, 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 under "Athletics." In order to participate, all student/athletes **MUST** have proof of a current sports physical (within the last 12 months).

If you have any questions, please contact the Athletic Director's Office at 518-622-8543, ext. 58800.

Sincerely,

Greg Hagan
Director of Athletics