



CAIRO-DURHAM ATHLETIC DEPARTMENT

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Dear Student/Athlete,

The Cairo-Durham Middle School Modified Fall Sports Program starts on Monday, August 20, 2018. If you are interested in trying out for the modified football team, the boys' or girls' soccer team or running cross country, the starting times are listed below. Also, if you are trying out you should start 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
Modified Football	Monday, August 20 th at 6:30 a.m.	CDHS Baseball Field
Girls Modified Soccer	Monday, August 27 th at 8 a.m.	CDHS Soccer Field
Boys Modified Soccer	Monday, August 27 th at 5:30 p.m.	CDHS Soccer Field
Modified Cross Country	Monday, August 20 th at 7 a.m.	Middle School entrance

Before tryouts begin, you **MUST** have a new Health Form completely filled out by a parent/guardian, the School Nurse, the Athletic Director. **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." 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