

CMMS Athletic Information 2023-2024

Athletic Director

Mr. Matt Holzer holzerm@cm201u.org

Athletic Coordinators

Mrs. Kala Anderson & Ms. Kristen Shreffler
andersonk@cm201u.org & shrefflerk@cm201u.org

(708) 367-2400

Fall Sports: Girls' Softball & Co-Ed Cross Country

Winter Sports: Cheerleading, Girls Basketball, Boys Basketball, Girls Volleyball, Boys Volleyball

Spring Sports: Co-Ed Track & Field

MUST COMPLETE PRIOR TO TRYOUTS

1. **Sports Physicals** - Students must have an updated physical on file (Sports physical form is listed on our school website or have doctor check mark the sports physical box)
2. **Athletic Grade Sheets** - Grade sheets must be filled out by their teacher, Ms. Burrell, and the parent/guardian. A sample grade sheet is on the reverse side of this flier. (Students must have C's or higher in every class to tryout)

Important Dates

****PLEASE MAKE NOTE OF THE DATES PHYSICALS AND GRADE SHEETS ARE DUE****

Physicals & Grade Sheets Due By:

Softball	Monday, July 24
Cross Country	Monday, July 31
Cheerleading	Friday, August 25
Girls Basketball	Friday, August 25
Boys Basketball	Friday, October 13
Girls Volleyball	Friday, November 17
Boys Volleyball	Friday, December 15
Track & Field	Friday, February 23

Tryouts Begin:

Monday, July 24, 2023
July 31 (all runners accepted)
Monday, August 28, 2023
Monday, August 28, 2023
Monday, October 16, 2023
Monday, November 27, 2023
Monday, December 18, 2023
Monday, February 26, 2023

*** Due to being near the start of the trimester Softball, Cross Country, Cheerleading, and Girls' Basketball do not need to complete the grade section (part 3).**

If you cannot attend every day of tryouts, you must speak to the coach of that sport.

*Students cannot tryout if they have D's or F's or if they have a detention, in-school or out-of-school suspension the day of tryouts or are on social probation

2023-2024 Athletic Grade Check Sheet

Student Name (First and Last): _____

Grade: _____

You must have the grade check sheet and the sports physical turned into the main office by the specified due date for that sport. If you cannot attend every day of tryouts, you must speak to the coach.

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Boys Volleyball	Friday, December 15, 2023
Track and Field	Friday, February 23, 2023

Part 1: Sports physical- DO NOT WAIT UNTIL THE WEEK OF TO GET THIS FILLED OUT, DO IT ASAP

See Ms. Burrell in the Main Office and have her complete this section. *Appropriate times to see her: before/after school, during a passing period, ask to go during lunch.*

Sports physical on file? _____ Staff Initials _____

Part 2: Parent/Guardian Permission

I give my child permission to tryout for (Sport): _____
 Parent Name: _____ Signature: _____
 Phone #: _____ Emergency Contact #: _____

Part 3: Grade Check (You cannot tryout with a D or F)

Class Name	Teacher Name	Current Grade	Teacher Signature
Band			
Math			
Ind. & Soc.			
Science			
Lang. & Lit.			
Language Acq.			
Specials Class			
P.E.			

