

I hope you have had an enjoyable summer. For your planning, here are some important details from our Athletic Department and some initial information for the upcoming cross country season. We are looking forward to seeing everyone soon.

From the ATHLETIC DEPT:

NEW 17-18 ATHLETIC PARTICIPATION FORMS NOW AVAILABLE

Tuesday, August 1 - Fall registration begins.

Saturday, August 5 - **Physicals @ CMHS ****

Monday, August 7 - CHSAA FIRST OFFICIAL DAY - Boys' Golf ONLY (Registration deadline 8/5)

Wednesday, August 9 - Registration CLOSES

Monday, August 14 - FIRST OFFICIAL DAY

Tuesday, August 15 - LATE REGISTRATION BEGINS

****A new policy becomes effective for 2017-18: NEW PHYSICAL MUST LAST THROUGH THE ENTIRE SPORT SEASON AND MUST NOT EXPIRE AT ANY TIME DURING THE CURRENT SPORT SEASON ENROLLMENT - NO EXCEPTIONS! (Sport season end dates are found in 17-18 CMHS Athletic Handbook - see Athletic Forms.)**

Students wishing to have physicals at the high school on Sat, 8/5, will be required to have the Pre-physical Information form, which may be downloaded with the 2017-18 CMHS Athletic Participation Form, below. Attending physician will sign the Physician's Statement, found on the top of page 2, and Fall athletes ONLY may turn their registration with all signatures required, and applicable sport fee, on that day. PLEASE BE ADVISED - the only record of a physical being given will be the form received from the physician that day. Students not registering for a Fall sport, must retain those documents for Winter or Spring CMHS Athletic participation.

From CMHS XC STAFF:

Important Dates:

Monday, August 7th - Parent meeting at 6pm CMHS Track.

Monday, August 14th - First practice 7am CMHS Track

UNIFORM ORDERS:

All new team members and anyone needing an item or two, must go into the Runners Roost (121 North Tejon, Colorado Springs, CO / (719) 632-2633) <http://www.runnersroostcs.com/> before Aug 16th to order your uniform. No orders will be taken after this date!

Important note re: communication:

With the ever changing forms of electronic communication, we will be streamlining our communication systems:

For a number of reasons, we will be deleting facebook, google classroom, older websites and ask that you make use of the options below and please use only the email and phone number

listed below when necessary. We will not be utilizing facebook messaging, personal calls, text or social media types of communication for track and/or cross country purposes. These changes should streamline our communication and help everyone.

- **CMHS website** (athletic homepage and team school issued site). Schedule, etc..
 - **LINK:** <http://cmhs.cmsd12.org/athletics>
- **ALERTS:** We will be utilizing “**Rained Out**” for quick alerts. You register for these alerts.
 - **LINK & Sign up:**
https://www.rainedout.net/team_page.php?a=06892b14fe7cef792f97
- **EMAIL:** We can be reached directly via email at cmhsxc@cmsd12.org (I will forward emails to the appropriate coach (JV or C team) as necessary.
- **PHONE:** Stan Lambros (719-475-6155)