

CHRISTOVAL INDEPENDENT SCHOOL DISTRICT

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May 25, 2010

2010-2011 Cougar Athletics:

The 2009-2010 school year has come and gone and the 2010-2011 school year will be here before you know it. I hope you all have a great summer. There are a lot of things going on during the summer and I hope this letter will give you some information on what is happening as well as some information for next year.

Summer Strength and Conditioning:

Starting June 14, the CHS coaches will hold our strength and conditioning program Monday thru Thursday for six weeks, starting at 8 A.M. and ending at 10 A.M. This will run thru July 22, 2010. The program consists of strength training, agilities, and condition. This program is not mandatory, but is highly encouraged to maintain the progress we have achieved throughout the last year. This program is open for both girls and boys and Jr. High and High School kids.

Summer Camps:

Basketball Camp - June 21-24, the CHS coaches will hold a basketball camp in the CHS Gym. This camp is open to any child K-8 (09-10 school year).

Football Camp - July 27-29, the CHS coaches will hold a football camp at the CHS football field. This camp is open to any child K-8 (09-10 school year).

More information can be found on our website.

Physicals:

The following athletes must fill out all paperwork as well as receive a physical examination from a physician:

All incoming 7th, 9th, & 11th graders

Any student who received medical attention during the 2009-2010 school year.

*** All students must fill out the Acknowledgement of Rules, Illegal Steroid Use, Medical History, and Student Athlete Travel Information form. These four must be filled out even if the athlete is not required to have a physical examination.

Forms to be filed can be downloaded from the UIL website (www.uil.utexas.edu).

a. Pre Participation Physical Examination Form. As a minimum requirement, a Physical Examination Form must be completed prior to junior high athletic participation and again prior to first and third years of high school athletic participation. Local district policy may require an annual physical exam. The form must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner, will not be accepted.

- b. Medical History Form. Each year prior to any practice or participation a UIL Medical History Form signed by both a student and a parent or guardian is required. A Medical History Form shall accompany each physical examination and shall be signed by both a student and a parent or guardian.
- c. Parent or Guardian Permit. Annual participation permit signed by the student's parent or guardian.
- d. Rules Acknowledgment. Annual UIL Rules Acknowledgment Form signed by the student and the student's parent or guardian.
- e. Parent/Student Anabolic Steroid Use and Random Steroid Testing Form. The parent/guardian of each high school athlete, along with each high school athlete, must annually sign the UIL Anabolic Steroid Use and Random Steroid Testing Parent and Student Notification/Agreement Form.

Students may use any Physician they choose.

Shannon West Texas Sports Medicine is offering area schools physical for a reduced price. They ask that we stick to the time they have allotted for us. We will be taking a bus from CHS at 8:45 that morning. If you choose to take your child there, please meet us there at 9:30.

Date: Saturday July 24th

Where: Shannon West Texas Sports Medicine
4235 Southwest Blvd.

Cost: \$5 per student donation that will go to the Children's Miracle Network

Time Schedule: 9:30 Christoval ISD

Make sure that the medical history part is completed and signed by the parents.

Football: High School only

Two-a-day practice will begin August 2, 2010.

Our first practice will be a "Midnight Madness" practice, starting at 12:00 A.M. followed by a later practice the same day at 10:A.M.

We will resume a regular schedule of 8 A.M.-2 P.M. on day two and continue with this schedule thru the first week. Week two times will be determined according to our in service training that week. Kids should arrive a bit early on day one for equipment issue.

August 14 - First scrimmage

August 27 – First game

Cross Country: High School only

Both girls and boys HS Cross Country workouts will begin on August 2, 2010. Cross Country workouts will be from 7:30-9:00 A.M Monday thru Friday until school starts. The first meet will be August 28th.

All Junior High will start the 1st day of school.

Sincerely,

Donnie Jackson
Christoval ISD AD/HFB
325-234-5448 Cell