

March 10, 2017

Spring sports registration will open on Friday, March 10th at 12pm.

Cooperative Middle School Spring Sports along with the first date of tryouts include:

Baseball-April 3rd-7th 2:30-4 8th grade  
4/3- 4/7 4-5:30 7th grade

Softball-4/10-4/14  
7th grade 2:30-4  
8th grade 4-5:30

Track and Field (boys and girls)-April 3rd

Lacrosse (boys and girls) April 12th

\*All athletes and parents must take the Centers for Disease Control and Prevention (free) online course Heads Up: Concussion in Youth Sports and provide the certificate of completion in order to participate in either middle school or high school athletics. Please click on the CDC concussion course link to the right listed under links. Once the course is completed by both the athlete and parent please put both names on the certificate of completion.

### **Sports Physicals:**

A complete physical examination by a licensed physician, physician assistant, or nurse practitioner prior to participation in any school sport activity is required for students in grades 6th through 12th. This physical shall be completed within one year prior to participation in the sport activity and is required every two years thereafter for sports participation. The physical report will be provided to the school nurse and will become a part of the student 's health record at the school. The result of the student's physical examination shall be presented on a form provided by the local school or a physician generated form.

**\*\*\*PHYSICAL PAPERWORK STILL HAS TO BE TURNED IN\*\*\***

### **\*TRACK & FIELD\***

The CMS Track & Field season for grades 6th, 7th & 8th will run from April - June 2016.

Please make sure that all information is complete and all forms are signed.

## First Practices

Grades 7th & 8th Practice at EHS TBA

Grade 6th Practice at EHS Track TBA

All practices will be held at the Exeter High School track from 4:30-6:00 PM

Students are responsible for their own transportation to and from the EHS track. Season practice and meet schedules will be passed out to students at the first practice.

### **\*BASEBALL/SOFTBALL\***

Please read the following. If you have any questions regarding tryouts feel free to contact the athletic director.

#### 1. Extent of the try-outs period

8th Baseball April, 3rd-7th from 2:30-4

7th Baseball April 3rd-7th from 4:00-5:30

Teams will be announced through an individual meeting with the coaches.

7th Softball April 10th-14th from 2:30-4

8th Softball April 10-14 from 4:00-5:30

Teams will be announced through an individual meeting with the coaches.

#### 2. Criteria used to select the teams

Fielding, Throwing & Catching, Hitting, Pitchers & Catchers (if applicable), Game Knowledge, and Hustle

#### 3. Number of players per team will be approximately 18

#### 4. Practice/game commitment upon "making" the team

Practices can run Monday-Friday in either of the following time slots 2:30-4, 4-5:30.

Games will be held 2-3 times a week Monday-Friday

Baseball commitment is from April – June. Softball commitment is from April – June. The schedules can be found on the Athletic section of the CMS website under “scheduler”. Please check the schedule and let the coaches know by Wednesday of tryouts if you are unable to make the commitment to the baseball or softball schedule if chosen for the team.

## 5. Other Important Information

While we appreciate your investment in your child, all tryouts will be closed to spectators to avoid additional pressure and distraction for all children.

If at the end of tryouts a child is released from a team we strongly encourage the child to continue to work on their skills and come back next year. Many of the area recreational departments run baseball and softball opportunities as well as local baseball and softball camps.

If you would like to speak to a coach after the tryout process is over you can contact the athletic department at 775-8730 and I can assist you to reaching a coach.

### **\*BOYS LACROSSE\***

Dear Parents/Guardians,

Boys Lacrosse (grades 6, 7th & 8th) start date is April 12th. This activity is NOT a TRYOUT activity. All who wish to participate will. There will be A and B teams.

Practice Times

Grade 6: 2:15-3:45

Grade 7 & 8: 2:15-3:45

Equipment needed

Lacrosse Stick

Helmet

Shoulder pads / Elbow pads

Gloves

Mouth Guard

Water Bottle

\*\*\*Goalie Equipment Provided By School\*\*\*

All equipment should be clearly labeled with student's name

**\*GIRLS LACROSSE\***

Girls Lacrosse (grades 6, 7 & 8) start date is 12th. This activity is NOT a TRYOUT activity. All who wish to participate will.

Practice Times

Grade 6---2:15-3:45 PM

Grade 7 & 8---2:15-3:45 PM

Equipment needed

Lacrosse Stick

"Wire Cage" Eye Protection

Mouth Guard

Water Bottle

\*\*\*Goalie Equipment Provided By School\*\*\*

All equipment should be clearly labeled with student's name

Please check [www.schedulestar.com](http://www.schedulestar.com) for all practice and game schedules

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