

CBC Families,

Practices for CBC Athletics winter sports teams begin on Monday, November 4th for Basketball and Monday, November 11th for Wrestling. Student-athletes must have all required medical paperwork submitted to the School Nurse, Dana Merris, via the Blackbaud system to be able to participate.

Medical paperwork can be found [here](#). But, parents / guardians will need to be able to access the Blackbaud system to submit the required forms (Note: The last three pages are the forms that need to be uploaded). You may contact the School Nurse at merrisd@cbchs.org if you have questions or need assistance.

Tryout or practice information for each of the fall sports teams is as follows.

Basketball:

Basketball Tryouts start Monday, November 4. Freshmen will attend tryouts from 2:00-4:00 PM and Sophomores-Seniors will attend tryouts from 4:00-6:00 PM on Monday, November 4. Additional tryout information has been emailed to all students. Please check your student email for the additional tryout information and signup sheet. If you are a fall athlete still participating in a fall sport at CBC, please email Coach Briscoe about how to proceed. Please make sure you have a physical on file with our Nurse, Mrs. Merris.

Information about a parent meeting will be forthcoming once the teams are set.

Wrestling:

Practice for the Cadet wrestling team will begin on Monday, November 11. Please come to practice prepared with workout clothes, and wrestling shoes. If you do not have wrestling shoes by the first practice, that is completely okay as your son can wrestle in socks for the first few days if need be. The wrestling team will provide headgear, but everyone is encouraged to go out and try different headgears to see what they like.

Practices will be every day after school starting at 3:30 and ending no later than 5:20. We will also have many Saturday practices on weekends, we do not have competition. Those practices usually only go about an hour starting at 9 and wrestlers are expected to also bring tennis shoes to those.

There will be a parent meeting, November 12, in Ross Hall at 6:00 pm. All Parents are highly encouraged to attend this meeting, especially those that are new to wrestling as this meeting will provide great insight as to what it's like wrestling for CBC. Sign-ups have been sent to your son's email from Coach Flynn. This is a **NO CUT** sport!

If you have any questions, please contact Coach Jack Flynn at FlynnJ@cbchs.org