

ATTENTION FALL SEASON ATHLETES (Including incoming freshman)

Fall athletics begin prior to the beginning of school. Crescent Valley High School has interscholastic teams for girls' volleyball, boys' football, boys' soccer, girls' soccer, and girls' & boys' cross country.



WEEK OF AUGUST 17, 2009:

Some fall teams begin with the optional conditioning week, August 17th, 2009. This week provides an opportunity for athletes to voluntarily begin their sports by gradually increasing their physical activity. Other teams choose to have their camp during this week. Times are as follows:

Cross Country	Nothing officially scheduled – condition on your own
Football	Monday-Thursday – 4:00-6:30 PM and Saturday @ 10:00 AM
Boys Soccer	Camp Only (Monday-Thursday) 5:00-7:00 PM – (\$55)
Girls' Soccer	Camp Only (Monday-Thursday) 2:00-4:30 PM – (\$50)
Volleyball	Camp Only (Tuesday-Friday) 9 th grade – 12:30-2:30 PM – (\$50) 10 th –12 th gr - 3:00-6:00 PM -- (\$50)

WEEK OF AUGUST 24, 2009

Regular practice begins the following week, August 24th, 2009. Missing practice places students at a competitive disadvantage, particularly in those sports that make cuts: volleyball and soccer.

Cross Country	Head Coach Tyler Bushnell (908-5270) Monday, Wednesday, Friday 6:00-7:30 PM @ Lewisburg Saddle Tuesday, Thursday 6:00-7:30 PM @ Peavy Arboretum Lower Parking Lot
Football	Head Coach Scott Sanders (740-3476) Everyday – Noon--7:00 PM
Boys' Soccer	Head Coach Casey Fries (760-8806) Everyday – 5:00-8:00 PM
Girls' Soccer	Head Coach Andrew Donaldson (908-0897) Monday-Wednesday – 2:00–5:00 PM Thursday & Friday – Will be announced at practice
Volleyball	Head Coach Corey Barton (926-5147-h) or (967-8494-w) Everyday – 9:00-11:00 AM and 4:00-6:00 PM

WHAT'S NEEDED

All freshmen, juniors or students new to CVHS athletic programs interested in participating in sports, need **a physical exam before beginning practice**. Also, a **code of conduct and emergency card need to be completed for all athletes**. These forms are available at the Crescent Valley High School lobby and at the Crescent Valley website <http://www.csd509j.net/cvhs>. Athletic fees are 1st & 2nd sport=\$150 each and the 3rd sport=\$100. Fall season athletes can pay the fee during school registration (with a separate check for athletic fees). A clearance card showing all forms & fees have been processed is required prior to practicing.

Free physical exams will be given at Crescent Valley in the training room on Saturday, August 22, 2009 – 9:00am – 2:00 pm. Any donations will go to the CV football program.

Questions, call the Crescent Valley Activities Office - 757-5809.