

July 24, 2009

CSLA Athletes and Parents,

What a beautiful summer! I hope you have enjoyed it as much as I have and while you continue to enjoy it please take a few moments to read this important information regarding fall 2009 athletics at CSLA. Included in this letter is information regarding the fall athletic meeting, physical requirements, updated schedules and girl's soccer inquiry.

Fall Athletic Meeting: Thursday, August 13th at 7pm at the high school. Before the meeting please visit our website at www.cslewisacademy.com, there you will find a link for "athletics" on the left side of the home page. Follow this link then look at the bottom of this page for the "CSLA Fall Athletic Packet". There you will find a list of the appropriate athletic forms for the 2009 season. Please bring these forms with you to the *mandatory* meeting.

Please **read and print** the following documents:

- Clear to Play Form
- Player Commitment Form
- Eligible Transfer Student Form (High School students who are transferring from another school must fill out this form)
- Athletic Physical Exam Form (7th-12th grade is required every two years, 6th grade is optional)
- Athletic Trip Release Form (for middle school & grade school athletes only)
- Volunteer Form

Please read the following (athletes and parents):

- Athletic Handbook
- Van and Bus Travel Regulations

The Clear to Play Form is very crucial. This is CSLA's form for verifying that each of our athletes has completed the appropriate process in order to participate on a team. Each of the items *must be completed* and checked off by the appropriate personnel *by the first day of practice*.

- Player Commitment Form is to be read and completed by the athlete and his/her parents, and then turned in to the athlete's coach.
- Athletic Physical Exam Form must be turned into Katie Alikin upon completion from the athlete's doctor.
- Athletic Fee must be paid to Miriam Washington.
- Academic Eligibility must be cleared by an administrator

If you do not have access to the Internet please call C.S. Lewis Academy at 503.538.0114 for a copy of our sports packet.

Physical information - all athletes' grades 7-12 are required to have a physical every two years on file at the school to participate in athletics. On July 30, 2009 from 6-9pm Providence Medical Group is offering *free* sports physicals. You will need to use the "School Sports Pre-Participation Examination" form located on CSLA's website.

HS Girls Soccer! High School girls we did preseason sign ups last spring and there were several of you interested then but over the summer it sounds like some things are changing. I need a true head count by August 7, 2009. Please e-mail me at athletics@cslewisacademy.com to confirm whether you are playing or not.

Web Program! The athletic department uses a web program for all athletic events. If you are not already familiar with the program please become familiar with it immediately. Go to www.highschoolsports.net. All our athletic games, schedules, departure times, directions, end of the season parties, meetings open gyms, etc will be on this website. There is a link to this site on C. S. Lewis's Athletic page. A handout will also be provided at the meeting.

Booster Club at CSLA! Our booster club was able to purchase a few new items for the fall sports and this will be the first season to use some of those items. In order to continue purchasing extras to help out our coaches and athletes we need your help! Please contact Katie Alikin or Johnna Haffner (boosterclub@cslewisacademy.com) with questions, suggestions or donations.

If you have any questions, please call the school at 503.538.0114 or e-mail me.

Sincerely

Katie Alikin - Athletic Director
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