

Sabercat Athletic Program

Welcome future Sabercats!! The coaching staff is very excited to start a new athletic program and looking forward to meeting all of you. If you are enrolled in the athletic program at Smith M.S. for the 2009-10 school year, you are required to submit the following athletic packet by August 15, 2009. (The athletic packet can be found on www.cfisd.net/dept2/athletics/default.htm)

1. Physical examination from your doctor or CFISD physical form
2. U.I.L. rules form
3. Steroid form
4. Emergency travel card
5. Copy of birth certificate
6. Sportsmanship Standards

General Information

Volleyball Try-outs - August 25, 26, & 27 after school from 2:30 – 4:30. All girls must have a physical packet on file with the women coaches to try out.

Volleyball Practice Times – 7th grade 6:30 AM -8:30 AM
8th grade 2:30 PM - 4:30 PM

Football Season – Practices begin on Monday, August 24th and will be from 2:30-4:30 PM on Mondays – Fridays.

Cross Country Season – Practices begin on Friday, August 28 at 6:30 AM (rain or shine). All athletes must have a physical packet on file with the coaches in order to run.

During Sabercat Express on August 13, 14, and 15 all athletes will be able to purchase their athletic practice clothes for \$25.00. Also, an athletic backpack will be available for \$10.00.

