

## Purpose

Our athletic philosophy encompasses the concepts of Blue Ribbon Sportsmanship: student-athletes understanding and focusing on excellent team work; developing competitive individuals and teams. The program ascribes to the school motto, "Education for Life, Character for a Lifetime." We follow and incorporate our strength of character principles in all that we do by becoming...

- Lifelong learners and critical thinkers
- Diligent and capable performers
- Socially and emotionally skilled people
- Ethical thinkers
- Respectful and responsible moral agents
- Self-disciplined persons who pursue a healthy lifestyle
- Contributing community members and democratic citizens
- People engaged in crafting a life of noble purpose

The athletic program is designed to meet the age appropriate needs of all our students. We begin in the elementary division, grades 2 – 5, with our intramural program. This program introduces boys and girls to a variety of sports in a fun, socially interactive environment. Students are provided instruction in the rules and skills of the sport, while learning how to interact and cooperate with teammates. Please check out ***Beyond the Bell*** on our website for complete information and schedules. In middle school, our teams are members of the Florida West Coast League. This league's philosophy is very much in keeping with our own. Although it is a competitive league, instruction, skill development, and developing both a cooperative spirit and sportsmanship are the emphasis. Grades 6 – 12 are also members of the Florida High School Athletic Association. This membership enables us to schedule with other member schools throughout the area. We are then eligible for post-season play in the FHSAA state championship playoff series. As our student population grows, we will continue to add new and exciting sports to our program. It is our desire to offer something for all students, as we believe a quality extra-curricular sports program serves to enhance the overall educational experience of the student.

## Participation Fee

School tuition is designed to cover a percentage of the cost of sports, but athletics is also an extracurricular program. Therefore, a fee has been established for participation in athletics to help offset program expenses. The rising cost of items such as transportation, equipment, game officials, league fees, awards, first aid supplies, field paint... you get the idea. It's expensive. The participation fee is non-refundable after the sport's first game/match. A participant can withdraw prior to the first game and receive a complete refund. In the event that an injury occurs and the student can no longer participate, a refund will only be granted if the

injury occurs prior to the first game.

Here is how the participation fees are broken down.

### Elementary

Running Club, Track and Field Club – \$125.00

Pep Squad – \$150

### Middle School

Cross Country, Track and Field, Street Hockey – \$175.00

Volleyball, Basketball, Soccer, Baseball, Softball, Tennis, and Cheerleaders – \$225.00

Football – \$300.00

### Upper School

Beach Volleyball\*, Cross Country, Golf\*, Tennis, Girls' Flag Football, Track and Field – \$300.00

Cheerleaders for football and/or basketball - \$300, Competitive Cheer - \$400 (participating on both squads - \$700)

Baseball, Basketball, Lacrosse\*, Soccer, Softball, Swimming\*, Volleyball, and Wrestling\* – \$350.00

Football – \$400.00

\*(Varsity – grades 6-12)

## Eligibility

Participating in athletics is a privilege. Students who participate in athletics are required to meet certain eligibility requirements. For upper school and middle school eligibility, we adhere to the guidelines set forth by the Florida High School Athletic Association handbook of Bylaws and Policies. Students are required to maintain proper levels of academic and behavioral standards.

Upper school and middle school students must be in school attendance for at least half the school day to be eligible for participation in sports on that day. Upper school athletes are also required to read and adhere to the CDS philosophy of sportsmanship while representing their school in athletic competition. Students who do not meet the minimum eligibility requirements may lose eligibility for an entire season.

## Strength and Conditioning

The coaching staff strongly encourages participation in our strengthening and conditioning program. Our weight room is designed and equipped to meet the needs of the middle school and upper school boy and girl. Coaches are available to guide the athlete through proper exercise technique to enhance the overall performance.

## Medical

4<sup>th</sup> and 5<sup>th</sup> grade students in running club and track and field must have a current physical on file (within the last twelve months prior to the start of the season).

Middle and upper school students are required to have the ***FHSAA Preparticipation Physical Evaluation EL2*** on file with the school prior to participation in preseason conditioning, practice and competition in interscholastic

sports. ***This document must be renewed and updated each calendar year.***

## Required Forms

The following forms are required for participation to include preseason conditioning and practice and are renewed each school year. These can be found on the school website.

- ***CDS Sports Conduct Form*** – all student-athletes
- ***CDS Athletic Authorization/Consent for Disclosure of Protected Health Information*** – middle and upper school student-athletes
- ***FHSAA EL3 Consent and Release from Liability Certificate*** – middle and upper school student-athletes
- ***FHSAA Sports Injury Prevention videos Certificate of Completions*** – student-athletes playing middle and upper school sports
- ***FHSAA GA4 Affidavit of Compliance with Policy of Athletic Recruiting*** – for any athlete transferring into CDS after starting 9<sup>th</sup> grade elsewhere.

## Uniforms

Team uniforms are provided for most sports. Students are issued game uniforms at the beginning of the season and are expected to return those uniforms in clean and good condition at the end of the season. It is the responsibility of the parent/student to purchase any additional items necessary for participation in a sport. Any item purchased by the individual is considered the property of the individual. Additional items that may need to be purchased include but are not limited to:

Cheerleaders – uniforms are rented from the school.

Volleyball – proper playing shoes, knee pads, team socks, spandex shorts, varsity – team jersey

Football – practice gear (practice jersey, t-shirts and shorts), hip pad girdle, socks, cleats

Flag Football – proper shoes

Golf – golf balls, clubs, skorts/shorts, shoes

Cross Country – proper shoes, team shorts

Soccer – cleats, shin guards, team socks, game shorts

Basketball – team shoes and team gear may be required

Wrestling – practice shorts, t-shirt, proper shoes, wrestling singlet (match uniform)

Lacrosse – cleats and stick

Baseball – practice gear to include team t-shirts and shorts, hats or visors, cleats

Softball – practice gear to include team t-shirts and shorts, hats or visors, cleats, and pants

Track and Field – proper shoes, team shorts, warm-ups

Tennis – racquet, team polo, tennis skirt/shorts w/pockets

Beach Volleyball – shorts, shoes

Flag Football – proper shoes.

## SCHEDULE

### FALL

Elementary – Sept./Oct.

Pep Squad, Girls' and Boys' Running Club

Middle School – Aug./Sept./Oct.

Cheerleading

Girls' and Boys' Cross Country

Boys' Football, Girls' Volleyball

Upper School – Aug./Sept./Oct./Nov.

Cheerleading

Girls' and Boys' Cross Country

Boys' Football

Girls' and Boys' Golf (6<sup>th</sup> – 12<sup>th</sup>)

Girls' and Boys' Swimming (6<sup>th</sup> – 12<sup>th</sup>)

Girls' Volleyball

### WINTER

Elementary – Nov./Dec./Jan.

Pep Squad

Middle School – Nov./Dec./Jan.

Girls' and Boys' Basketball

Cheerleading

Girls' and Boys' Soccer

Upper School – Nov./Dec./Jan./Feb.

Girls' and Boys' Basketball

Cheerleading

Girls' and Boys' Soccer

Wrestling (6<sup>th</sup> – 12<sup>th</sup>)

### SPRING

Elementary – Feb./Mar.

Girls' and Boys' Track Club

Middle School – Feb./Mar./Apr./May

Girls' and Boys' Track and Field (Feb.)

Boys' Baseball, Girls' Softball

Girls' and Boys' Tennis

Girls and Boys Street Hockey

Upper School – Feb./Mar./Apr./May

Boys' Baseball, Boys' Lacrosse,

Girls' Softball, Girls' and Boys' Tennis

Girls' and Boys' Track and Field

Girls' Beach Volleyball

Girls' Flag Football



## Carrollwood Day School

Upper Campus  
1515 West Bearss Avenue  
Tampa, Florida 33613  
813.920.2288  
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### Athletic Director

Elementary Intramural Director  
Baker Mabry, ext. 415

### Assistant Athletic Director

Jojo Chames, ext. 227

### Assistant Athletic Director

Casey Higgins, ext. 436

### Athletic Dept. Secretary

Jill Bondurant, ext. 452

See [www.carrollwooddayschool.org](http://www.carrollwooddayschool.org) for complete information and schedules.



## Carrollwood Day School

# Patriots

# 2021 – 2022 Athletics

Elementary, Middle and  
Upper School

Members of  
Florida West Coast League  
Florida High School Athletic Association