



Cave Spring Middle School eNews

Upcoming Events:

Monday, March 9th:

Boys' Soccer @ Hidden Valley Middle School – 5:00 PM

Girls' Soccer vs. Hidden Valley Middle School – Home – 5:00 PM

Baseball @ Hidden Valley Middle School – 5:00 PM

Softball vs. Hidden Valley Middle School – Darell Shell Park – 5:00 PM

Wednesday, March 11th:

Boys' Soccer @ Benjamin Franklin Middle School – 5:30 PM

Girls' Soccer vs. Benjamin Franklin Middle School – Home – 5:30 PM

Baseball @ Benjamin Franklin Middle School – 5:30 PM

Softball vs. Benjamin Franklin Middle School – Darell Shell Park – 5:30 PM

Track and Field @ Glenvar Middle School – 4:45 PM

Friday, March 13th:

***End of Third 9-Week Grading Period**

School News:

*****CS CLEAR BAGS FOR SALE*****

Only clear bags may be brought into any/all ticketed events at RCPS schools.

**To accommodate this requirement, we have clear CS Logo bags available for sale.
(\$20 per bag or two bags for \$30)**

**To purchase a 12x12 bag, please call or stop by our Bookkeeper's Office
(540.562.3900 Ext. 30009). We accept cash or checks made payable to CSMS.**

Thank you!





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School News:

PTO NEWS

🌸 🌸 CSMS SPRING DANCE 🌸 🌸

The *7th/8th Grade Spring Dance* is scheduled to take place on **March 14th**. Please click on the link below to donate refreshment items, volunteer to sell tickets, decorate, and/or volunteer your time on the evening of March 14th. [CSMS SPRING DANCE VOLUNTEER DONATE SIGN UP LINK](#)

The Details:

- ▶ Saturday, March 14th from 7:00 PM to 9:00 PM in the CSMS Gym
- ▶ Open to 7th & 8th Grade CSMS Students
- ▶ Tickets (\$5.00) will be sold during 7th & 8th grade lunches, on Wednesday, Thursday, and Friday (March 11th, 12th & 13th).
- ▶ Tickets will **NOT** be sold at the door.
- ▶ Dress: Dressy Casual (RCPS Dress Code Applies)

Student Drop-Off:

- ▶ All students should be dropped off at Door #13 (Upper Brambleton Parking Lot).
- ▶ Doors will not open until 7:00 PM

After the Dance:

STUDENT PICK-UP PROCESS:

- ▶ **7th Grade Students** should be **picked up at the front of the school** (by the main office) **@ 9:00 PM**.
- ▶ **8th Grade Students** should be **picked up at Door #13** (Upper Brambleton Parking Lot) **@ 9:00 PM**.



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RCPS COUNSELING DEPARTMENT

Struggling with
Relationships
Stress
Anxiety
Depression
or something else?

**You
Are
Not
Alone**



Sign up for up to five
(5) free telehealth
counseling sessions



Talk with a licensed
mental health
counselor in confidence



Let's Talk 

powered by Gaggle Therapy 

www.rcps.us/letstalk

RCPS School Counseling Website:

<https://www.rcps.us/departments/counseling-student-records>



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LADY KNIGHTS BASKETBALL CAMP



CAVE SPRING HIGH SCHOOL

June 15 - 18, from 9:00-3:00 for Girls ages 7-13

- Camp fee is \$145 (*non-refundable*) and includes a camp t-shirt
- Instruction in offensive and defensive fundamentals, team play, and sportsmanship
- Camp Staff includes the Knights head coach Jessica Ficarro, Knights staff and players.
- Campers are required to bring a bag lunch including a drink and a water bottle for each day.

Camper's Name _____ Age (as of 6/1/26) _____ Grade (2025-26) _____

Address _____ City _____ State _____ Zip Code _____

T-shirt size (adult) Circle one: YS YM YL S M L XL

Name of Parent/Guardian _____ Daytime Phone _____

E-mail Address _____ Cell Phone _____

_____ has my permission to participate in the Lady Knights Basketball Camp. I release Coach Ficarro, Cave Spring High School, Booster Club, and all staff members from any and all liability due to injury or illness suffered by the camper during or related to participation as a camper at the Lady Knights Basketball Camp. I also authorize the staff of the Lady Knights Basketball Camp to seek whatever medical assistance they deem necessary in the event of an emergency.

Insurance Information _____ Parent/Guardian Signature _____

Please make checks payable to CSHS Girls' Basketball. Mail check and registration form before **June 12** to: Jessica Ficarro, c/o Cave Spring High School, 3712 Chaparral Drive, Roanoke, Virginia 24018



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Future Knights Basketball Camp 2026



at Cave Spring HIGH School



Session 1-June 1 & 2 (**CURRENT** 3rd-5th grade boys)

Session 2-June 3-4 (**CURRENT** 6th-8th grade boys)

*****Spots are limited!*****

9:00AM to 3:00PM

- **Camp Fee of \$135**
(Nonrefundable)
- includes **Camp t-shirt**
- Camp staff includes Cave Spring coaching staff and CS Players
- Instructional emphasis placed on offensive and defensive fundamentals as well as team play and sportsmanship
- **Awards and prizes given daily**
- **Bring Bag Lunch and Drinks**

Camper's Name _____ Age _____ School (26-27) _____ Current Grade _____

Address _____ Phone _____

T-Shirt Size (youth) M L (adult) S M L XL

Name of Parent or Guardian _____ Phone # _____

Parent email _____

_____ has my permission to participate in the Cave Spring Basketball Camp. I release Cave Spring High School and all staff members from any and all liability due to injury or illness suffered by the camper during or related to participation as a camper at the Cave Spring Basketball Camp. I also authorize the staff of the Cave Spring Basketball Camp to seek whatever medical assistance they deem necessary in the event of an emergency.

Insurance Information _____ Parent/Guardian Signature _____

Please make checks payable to Cave Spring High School-Men's Basketball. Mail check and registration to:

Cave Spring High School
Boys Basketball Future Knights Camp
3712 Chaparral Drive
Roanoke, VA 24018



Cave Spring Middle School eNews



CSMS Athletic Announcements



Thank you for your support of CSMS Athletics!

Please visit the CSMS Canvas page or CSMS website for more information.

Stacey Galle - CSMS Athletic Director - sgalle@rcps.us



CSMS Cheer Open-Gyms:

- Mondays, Wednesdays & Fridays
- 4:00-6:00; CSMS Gym (pick up at upper lot)
- Athletes need a current VHSL physical on file to participate
- Rising CSMS 6th graders are eligible to attend!

Spring Athletic Passes SALE:
Adults = \$20.00
Students = \$10.00
***Entry to ALL remaining home games for the year!

CSMS Football Weight-Lifting:

- Starts on Monday, March 16th
- Mondays, Tuesdays & Thursdays
- 3:35-4:45; CSHS
 - Students would ride 1st wave bus to High School
- Athletes need a current VHSL physical on file to participate
- Rising 7th & 8th graders are eligible to attend



Contact CSMS Bookkeeper, Marianne Williams to order!

Our CSMS Squires Baseball, Softball & Soccer teams will be competing against BFMS & HVMS next week AND Track opens their season against GMS - good luck to all the teams!

Please remind your athletes to listen closely to building announcements for any changes to practices/ events!