Purpose
Our athletic philosophy encompasses the concepts of Blue Ribbon Sportmanship: 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, 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
4th and 5th 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:
- 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 Completion – student-athletes playing middle and upper school sports
- FHSAA GA4 Affidavit of Compliance with Policy of Athletic Recruiting – A student who changes attendance to CDS at any time during his/her upper school career after having begun the 9th grade in another school must complete this form.

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 purchased by the student, but ordered through 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

If there are any changes or additions to these suggestions, parents should be notified at the beginning of the season.
**SCHEDULE**

**FALL**
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 (6th – 12th)
Girls’ and Boys’ Swimming (6th – 12th)
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 (6th – 12th)

**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

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**Carrollwood Day School**

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**Athletic Director**
Elementary Intramural Director
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**Assistant Athletic Director**
Nayda Hawkins, 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.