



CB Cheer 2022

**** Mandatory before participation, practice, or tryouts MAY BEGIN you need to complete ALL REQUIRED PAPERWORK (EL2 (Physical Form), EL3, Field Trip Form, U18 Form and Copy of Insurance Card) must be submitted and approved on Registermyathlete.com. Once your paperwork is submitted and approved it is good for one calendar year and should cover you if you elect to participate in any other CB sports for the 22-23 school year.**

Varsity and JV Football Cheer tryouts were held in April 2022 and both teams have been selected.

Varsity Football cheer will hold team camp at Cypress Bay on August 8-12, 2022, at 9:00 am-4:00 pm in the CB Gym.

CB Basketball Cheer tryouts will be held in early October 2022. More specifics about CB basketball cheer tryout dates will be provided in August upon the return of students.

For more information regarding Cheer, please contact head coach Judith Malone at Judith.malone@browardschools.com

CB Cross Country 2022

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Upon completion and approval of the paperwork, you may then come to clinics and train this summer with the TEAM.

Summer XC Track Conditioning—You will be advised of them, once ALL your paperwork is processed in RMA. Let me know when it is cleared, via email noted: joseph.monks@browardschools.com I will put you in touch with Summer Captains. The TEAM is training during the summer.

CB Cross Country Tryouts will be held in August 2022. More information will be forthcoming and information will be available on the school website, athletic website and also pushed out via RMA.

Healthy Nutrition Suggestions - www.myplate.gov

- Healthy breakfast and mid-morning snacks
- Protein Lean meats – carbs – veggies and fruit
- Homemade lunch and afternoon snacks
- Healthy Dinner within 1 hour after practice
- Have you own 2-3 re-useable environmentally friendly H2O bottles and Electrolyte drink
- Getting to bed nightly for 8-10 hours of sleep – morning training v evening training.
- Avoid the strong sun rays and high heat index. Be out the door by 6:29am or after 6:06pm

CB Football 2022

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CB football will commence with summer conditioning and weight program on June 13. Team workouts/conditioning will generally be held Monday thru Thursday in the mornings from 8:30-10:30 am.

Fall practice will begin the week of August 1, 2022, with morning (8:30-10:30 am) and afternoon (4:00-6:30) practice sessions.

For more information, please contact CB head football Rocco Casullo at rocco.casullo@browardschools.com.

CB Golf 2022

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All CB practices and home golf matches will be played at Davie Country Club (8201 Nova Drive, Davie, FL 33324).

CB Golf tryouts will be held as follows:

CB Boys-TBD (information forthcoming soon)

CB Girls-TBD (information forthcoming soon)

For more information, please contact CB head golf coach Michael Brunt at Michael.brunt@browardschools.com

CB Swim 2022

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CB Swim tryouts will held on August 1, 2022 (BOYS) at 4:00-5:30 pm and August 2, 2022 (GIRLS) at 4:00-5:30 pm at the Weston YMCA (20201 Saddle Club Rd., Weston, FL, 33332)

Swim practice will commence for those boys and girls that make the team on August 3, 2022, at 4:00-5:30 pm. Team practices will be held on Monday thru Thursday during the season.

Swimmers that are NOT members of the Weston YMCA will have to sign a waiver from the Weston YMCA releasing them from any liability.

For more information, please contact CB head swim coach John Spire at jmspire@aol.com

CB Girls Volleyball 2022

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CB Girls Volleyball tryouts will be held on August 8-August 11, 2022, at 4 pm-6:30 pm in the Cypress Bay Gym. All that are interested should plan on attending tryouts for all 4 days. Both a varsity and junior varsity team will be selected from the tryouts. After teams have been selected more details about practice will be provided.

For more information, please contact CB head volleyball Ore Pablos at wildfirevolley1234@gmail.com

