



Athletic Conditioning Updates November 1st - December 7th 2020-2021

1. Must have a VHSL physical on file dated on or after May 1, 2020.
2. Complete the online registration form with parent or guardian (gocville.org & hover over the MORE tab)
3. Must be a current CHS student or Buford 8th grader in good standing.

Winter Sports Out-of-Season Practice (O.S.P.)		
Sport	Day / Time	Location
Winter Track & Field	Mondays/Fridays, 4:30-6:30pm	Curtis Elder Track Complex
Boys Basketball	Mondays/Wednesdays, 4:30-6:30pm	Main Gymnasium
Girls Basketball	Tuesdays/Thursdays, 4:30-6:30pm	Main Gymnasium
Swim & Dive (begins 11/9)	Mondays/Thursdays, 4:45-5:45pm	Brooks YMCA
Wrestling (begins 11/9)	Thursdays/Fridays, 4:30-6:30pm	Auxiliary Gymnasium

Official VHSL Winter Sports Tryouts / Practice

Basketball December 7, 2020

Sideline Cheer- December 7, 2020

Winter Track and Field - December 14, 2020

Swimming - December 14, 2020

Wrestling - December 14, 2020

**Head coach name and contact information, along with other important information can be found by visiting gocville.org and hovering over the "MORE" tab.*

ALL Out-of-Season Sports ALL levels, ALL genders General Athletic Conditioning	
Day / Time (begins 11/9/2020)	Location
Tuesdays/Thursdays, 5:00-6:30pm	CHS Stadium Turf Field

NO athletic activities 11/25-27 in observance of the school holiday