



Alma Mater, we salute thee
 Valiant leader of our youth
 Loyalty we pledge forever
 Noble teacher of the Truth!....
 "So we'll sing a song of good old student days Alma Mater of our fold".....



ATHLETIC NEWS



TWO WEEK DOWN TIME

Please be aware that the Allentown Central Catholic Administration has a policy in place that does not permit any Central Catholic Athletic activity to take place **two weeks prior to the start of the PIAA Fall Sports season**. This policy was instituted because of the expressed concerns from parents regarding time for families to vacation without feeling that their child will miss out on activities involving his/her sport. For this 2010 Summer, our Central Catholic Coaching Staffs may not offer any preseason workouts of any kind from August 1st through August 15th. The first official PIAA Fall practice date is Monday, August 16th. This policy does not include any private/community/city programs such as summer leagues...only those programs run by members of the CCHS coaching staffs. A reminder to parents/guardians: As per PIAA regulations, all off-season programs are voluntary and thus your child's participation in them up to August 1st may not have any bearing on making or participating on a team. If you have any questions or concerns, please contact Mr. Kopp in the Athletic Office at 610-437-4601 ext. 118.



2010-2011 SCHOOL YEAR



SPORTS PHYSICALS

All athletes wishing to have a free physical that would cover the entire 2010-2011 sport seasons may do so on **Friday, June 18th in Rockne Gym**. Reporting schedule is as follows:

- Incoming Freshman Girls-8:00am**
- Sophomore and Junior Girls-9:00am**
- Senior Girls-9:30am**
- Incoming Freshman Boys-9:45am**
- Sophomore and Junior Boys-10:30am**
- Senior Boys-10:45am**

Physical forms for upper classmen will be handed out in homeroom before the year ends. Incoming Freshman will receive their form at the door in Rockne Gym on May 3rd at Freshman Orientation night which begins at 7:00pm. **All forms must be completed and signed by a parent or guardian and brought to the physical.**