



DIOCESE OF CLEVELAND CYO

**11 MAN TACKLE FOOTBALL
WEIGH IN
THURSDAY, AUGUST 19**



**NEW LOCATION FOR WEIGH-INS
AKRON CHILDREN'S HOSPITAL
SPORTS MEDICINE CENTER
215 W. BOWERY STREET**

ROSTER DEADLINE

- rosters signed by the coach and parish moderator and fee are due **Thursday, August 4, 2010. Must register in Sports Pilot.**
- weight release form for players under 90 lbs.

WEIGH - IN / MANDATORY FOR EVERY PLAYER

- weigh-ins will be conducted by a CYO representative according to the following schedule: **ALL PLAYERS MUST WEIGH-IN AT THEIR DESIGNATED TIME.**

Thursday, August 19, 2010 Weigh-In #1

5:00 St. Hilary — St Anthony/NACS

5:45 St. Paul — Seton

6:30 Holy Family — IHM/St. Joseph

7:15 St. Barnabas — St Sebastian/St Vincent

Thursday, August 26, 2010 Weigh-In

For players only who did not weigh-in August 19

5:00 p.m. - 6:00 p.m.

*Any player who does not weigh-in by August 26 is **INELIGIBLE** for the season.*

THESE ARE THE ONLY DATES WEIGH-INS ARE HELD

PROCEDURE

- Once a player steps on the scale - his/her weight is official.
- **Sweating down is PROHIBITED**

