



## Player Checklist

### ON PRACTICE DAY --

1. Bring both school uniforms (light and dark) for pictures right after you register Saturday morning and to wear for the Game on Sunday.
2. Plenty of practice clothes: warm ups, shoes, socks, etc. Water bottle.
3. All Forms to be turned in.
4. Participation fee (\$75.00) and additional money for banquet reservations for guests. It is acceptable to write one check. No credit cards accepted. Commemorative t-shirts will be available.
5. Camera & film. Cash to get into the games on Sunday.
6. Dressy attire for banquet. You will be introduced after dinner to receive your CCGS All-State Award.

### ON GAME DAY --

Game day tickets are: \$4.00 adult, \$2.00 CCGS members, students and senior citizens (55+). Non-school age children are free. Cash Only please. CCGS is a non-profit organization, money from ticket sales allow us to continue to sponsor the Games.

Again, CONGRATULATIONS on receiving this special All-State honor. We hope to make this a memorable experience ending your high school volleyball career.

### November 12

**Commitment/Information Sheet and Banquet Reservations Due by 7:00pm!**

### November 16 9:30 am

**Arvada West High School**  
Athletes Check-In. Team pictures following check-in.

### November 16

**CCGS All-State Volleyball Practice**

Practice will end at approx. 3:35 p.m. Shower facilities will be available.

5:30 pm

**DOORS OPEN – BANQUET (\$30)**

6:00 pm

**CCGS All-State Banquet** honoring athlete and family  
DoubleTree Hotel – Westminster, 8773 Yates Drive – 303-427-4000

### November 17

9:00 am

**CCGS Games – Arvada West High School**

10:30 am

1A CCGS All-State Volleyball Game

12:00 pm

2A CCGS All-State Volleyball Game

1:30 pm

3A CCGS All-State Volleyball Game

3:00 pm

4A CCGS All-State Volleyball Game

5A CCGS All-State Volleyball Game



**CCGS All-State Games  
Medical Statement and Release Form**

(Please Print) *Please bring with you on Saturday!*

Athlete's Name: \_\_\_\_\_ School: \_\_\_\_\_

Home Address: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Phone: \_\_\_\_\_

\_\_\_\_\_  
Emergency Contact & Phone Number (if Parent/Guardian cannot be reached)

Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

Insurance Company: \_\_\_\_\_ Policy #: \_\_\_\_\_

**HISTORY** (Please explain any "Yes" answers)

Any injuries/surgeries during the past year?

Any current medical problems?

Any current or past heart problems?

Any current medications being taken?

Does your child have any allergies to medications?

Any additional medical information that we should know about?

**RELEASE/CONSENT**

I hereby state that my daughter is in excellent physical condition, for which I assume full responsibility. SHE HAS ON FILE AT HER HIGH SCHOOL, A CURRENT PHYSICAL AND STATEMENT BY PHYSICIAN FOR ATHLETIC PARTICIPATION. Her activity should not be limited or participation hindered because of any physical ailment. If her physical condition should change between now and the completion of the All-State Games, I will notify you. I authorize the staff of the CCGS All-State Games to act for me according to their best judgment in any emergency requiring medical attention and I also waive and release CCGS from any injuries or illnesses incurred while participating in the Games.

\_\_\_\_\_  
Parent or Guardian's Signature

Date: \_\_\_\_\_



## ***SAMPLE ONLY!***

Colorado Coaches of Girls' Sports  
All-State Games  
Press Information

\_\_\_\_\_ has been chosen to participate in the Colorado Coaches of Girls' Sports (CCGS) All-State Volleyball Games. The Games will take place on Sunday, November 17, at Arvada West High School in Arvada, CO. The first game starts at 9:00 a.m. and will represent athletes from the 1A division, 2A actions starts at 10:30 a.m, 3A at 12:00 p.m. and 4A at 1:30 p.m. The 5A game begins at 3:00 p.m.

CCGS began sponsoring an All-State Volleyball Game in 1978 to provide girls a showcase for talent. Each senior athlete is nominated by coaches in her league, while coaches representing all the leagues make the final selection of 90. Players are chosen based on talent, dedication, team play and leadership.

(This is a **sample** press release. Please add your personal data, i.e. records, GPA, etc. Include a picture. Submit to your local newspapers.)