

# SUMMER WORKOUTS

**CAI Athletics is offering a number of workout opportunities for our Athletic Teams/Students during the summer months.**

**In order to participate participants will need:**

- To be registered in FACTS for the sport (Registration for each sports season is found under "forms")
- A non-expired physical packet (less than 365 days)
- A signed COVID Agreement/Waiver Form
- A completed Concussion/Sudden Cardiac Arrest Form

**Please note:**

- Summer workouts are open to any enrolled CAI student
- Transfer students (10th-12th Grade) must complete IHSAA paperwork with the Athletic Office before involvement
- All workouts are optional

**Workout Opportunities/Coach Contact (for schedules):**

**Fall**

- Cross Country (5th-12th): [ncrouse5@gmail.com](mailto:ncrouse5@gmail.com)
- Boys Soccer (9-12th): [dorman.caleb@gmail.com](mailto:dorman.caleb@gmail.com)
- Girls Soccer (9-12th): [nbilk@icloud.com](mailto:nbilk@icloud.com)
- Co-Ed Soccer (5th-8th): [danielsneeld@gmail.com](mailto:danielsneeld@gmail.com)
- Boys Tennis (9th-12th): [acarbhone@caschools.us](mailto:acarbhone@caschools.us)
- Boys Tennis (5th-8th): [jtreon@caschools.us](mailto:jtreon@caschools.us)
- Girls Volleyball (9th-12th): [cmillen@caschools.us](mailto:cmillen@caschools.us)
- Girls Volleyball (5th-8th): [twebb@caschools.us](mailto:twebb@caschools.us)

**Winter**

- Boys Basketball (5th-12th): [hcasey@caschools.us](mailto:hcasey@caschools.us)
- Girls Basketball (5th-12th): [ccasey@caschools.us](mailto:ccasey@caschools.us)

