

CHMS Athletic Information

Check back here for updated information on athletic tryouts for Christiana Middle School teams.

Remember that all future athletes must have an updated physical and all paperwork updated in Final Forms prior to conditioning and/or tryouts. Students that do not have updated paperwork will not be permitted to condition/tryout.

Please be aware of the RCS Clear Bag Policy, which is in effect at all RCS football and basketball games! Christiana Middle follows this policy strictly. We will also have our Weapons Detection System at all football and basketball games as well as end-of-season tournaments.



Must Be Complete Prior to Tryouts:

1. Complete Final Forms Athletics Profile.

Please Visit www.rutherford-tn.finalforms.com to complete the necessary forms.

2. Physicals: All athletes must have an up-to-date physical dated on or after April 15th, 2025, and either uploaded to Final Forms or in hand at tryouts to participate.

Items to bring with you:
Soccer Cleats
Shin Guards
Water

Size 5 Soccer Ball

If you are trying out for goalkeeper please bring your own pair of goalie gloves.

All potential athletes must register at FinalForms.com, complete all electronic forms, and upload the necessary forms prior to trying out for, or participating in any way with, any RCS teams per RCS athletic guidelines.

**26-27
CHMS LADY COUGARS**



**SOCCER
TRYOUTS**

MONDAY JUNE 1ST 3:00-5:00PM

&

TUESDAY JUNE 2ND 3:00-5:00PM

Parents will need to coordinate pick up accordingly.

For more details please contact

Jana.Shellhart24@rcschools.net



DANCE TEAM

2026-2027 TRYOUTS

2026		JUNE					
SUN	MON	TUE	WED	THU	FRI	SAT	
	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30					

TIME: 3:30-5:00

PLACE: CHMS AUDITORIUM

SCAN THE QR CODE FOR
MORE INFORMATION AND
TO SIGN UP FOR TRYOUTS.



WE ARE CHRISTIANA, AND CHRISTIANA IS THE BEST! GO COUGARS!

INTERESTED IN JOINING CROSS COUNTRY?

SIGN UP THROUGH FINAL
FORMS!

INFORMATION MEETING

CHMS Cafeteria
Thursday, May 28th
3:30 - 4:30

GET SPORTS PHYSICAL

Upload to Final Forms

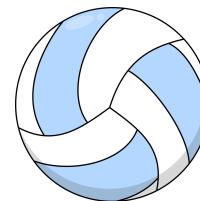
Can't make meeting or have questions? Email:

quinnm@rcschools.net

CHMS Volleyball Tryouts



When: Friday, May 29th
Time: 1:30pm - 3:30pm
Where: Christiana Middle Gym



CHMS Girls Basketball Tryouts 2026 - 2027 Tryouts



Who: CURRENT Students

When: Friday, May 29th

Time: 11:00 Am to 1:00 PM

Where: Christiana Middle Gym



Parent meeting will be after tryouts for girls making the team!

Physicals: All athletes must have an up-to-date physical dated on or after April 15th, 2026, and uploaded to Final Forms in order to participate.

Final Forms: All athletes trying out are required to have a Final Forms account with all required forms uploaded and signed electronically by parents. This includes:

A new TSSAA physical for the 2025 - 2026 season must be completed on or after April 15, 2025, and signed by a Doctor. The entire TSSAA physical packet should be completed and uploaded into Final Forms before tryouts.

ALL PAPERWORK MUST BE COMPLETED AND ENTERED INTO FINAL FORMS BEFORE THE START OF TRYOUTS OR YOUR DAUGHTER WILL NOT BE ABLE TO TRY OUT.

Email Coach Bransford with any questions: bransfordc@rcschools.net.

CHMS Boys Basketball Tryouts

2026 Summer Tryouts

Rising 6th - 7th - 8th grade students will all tryout on this date

Date: Saturday, May 30th

Time: 10 am - 12pm

Parent Meeting following tryouts





CHMS Baseball



2026 Summer Tryouts

Date: July 29th and July 30th

Time: 5:30pm - 7:00pm

****Makeup Day 7/31 if needed****

Players need: Cleats, Glove, Bat, Helmet, and Water. Wear baseball pants and a baseball hat. Make sure you have a physical dated on or after April 15, 2026 and make sure everything is entered into Final Forms.



CHRISTIANA COUGARS SOFTBALL TRYOUTS

When: 6/4/26 (Rain Date: 6/9/26)

Where: Upper Softball Field

Time: 5pm-6:30pm

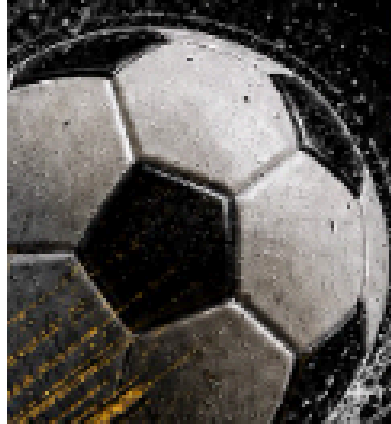
For tryouts, athletes will need:

- FinalForms Completed with current physical and other necessary documents.
- All softball equipment
- Athletic clothing-- Preferably softball pants and cleats

After athletes can be picked up at the upper softball field

Any questions email Coach Hunt: huntj@rcschools.net

CHMS COUGARS SOCCER TRYOUTS



DATE:
THURSDAY
JUNE 4



TIME:
5:00-7:30PM



LOCATION:
CHRISTIANA
SOCCER FIELD



BRING SOCCER CLEATS, SHIN GUARDS, AND WATER.
IF TRYING OUT FOR GOALKEEPER
PLEASE BRING YOUR OWN PAIR OF GLOVES.



ALL ATHLETES MUST HAVE THEIR FINAL FORMS FILLED OUT
AND A PHYSICAL DATED AFTER APRIL 15TH.
PHYSICAL FORM MUST BE UPLOADED TO FINAL FORMS
OR IN HAND AT TRYOUTS IN ORDER TO PARTICIPATE.



PARENTS WILL NEED TO COORDINATE
DROP OFF AND PICK UP ACCORDINGLY.



FOR QUESTIONS OR MORE DETAILS
CONTACT: frostt@rcschools.net

PLAY HARD. PLAY TOGETHER. BE A COUGAR.

