



St. Andrew's School

350 Noxontown Road
Middletown, DE 19709-1605

Health Center

Guidelines for the Athletic Program

REQUIREMENTS

1. The Health Forms must be completed on or after April 1, 2019 and a physical examination is required by ALL students after June 30, 2018, according to the Delaware Interscholastic Athletic Association (DIAA).
2. Interscholastic sports are a core part of our co-curricular education. III and IV Form students are required to play a minimum of 2 sports during each school year and V and VI Form students are required to play a minimum of 1 sport during each school year. Because of this requirement, all students must complete the attached forms required by the Delaware Interscholastic Athletic Association (DIAA). These forms must be on file with our Health Center staff before a student is permitted to participate in sports.
3. Prior to the students' physical examination, the parent/guardian and student should complete and sign all applicable forms. During or after the physical examination, your physician or healthcare provider must complete and sign the applicable DIAA and health forms.
4. If the health forms are incomplete or are not on file, for whatever reason, the student will NOT be allowed to participate in sports and may NOT be permitted to reside on campus.

Health Forms for ALL students must be sent to the Health Center by:

June 30, 2019

PLEASE DO NOT WAIT UNTIL THE STUDENT ARRIVES ON CAMPUS TO HAND IN THE FORMS.

(The Health Center has to review, scan, and upload all health forms prior to the start of school.)

EXPECTATIONS

There are two expectations concerning attendance at games and practices:

1. We emphasize to our student-athletes the importance of making a commitment to the teams on which they play. We expect all team members to be at all games and practices unless there is an unusual family obligation such as a wedding, funeral or an emergency. Please do not request your child(ren) to miss games for family weekends. Coaches would appreciate any college visits to be completed during the summer or during breaks.
2. We have high expectations for our players in terms of training rules. Players are not to use alcohol, tobacco, or drugs in any form. We ask parents to support us in these matters and help protect your children from involvement with these substances. Violations will consist of some action by the School. We encourage athletes, at all levels, to eat properly, get sufficient rest and exercise good sportsmanship at all times.

EXERCISING

We highly recommend and encourage students to exercise during August to prepare them for the fall season. The demands for varsity athletes, as well as the JV and 3rd level teams, are such that it is important to prepare physically before arriving at St. Andrew's. *We emphasize the importance of returning in good physical condition.*

If you have any questions, please contact:

Al Wood
Director of Boys Athletics
302-285-4246
awood@standrews-de.org

Heidi Pearce
Director of Girls Athletics
302-285-4350
hpearce@standrews-de.org

Health Center
302-285-4240
healthcenter@standrews-de.org