

TRACK CLUB

FOR NORTHSIDE MIDDLE SCHOOL STUDENTS

PHYSICAL FORM REQUIRED

FIRST MEETING WILL BE MARCH 9TH

TUESDAY & THURSDAYS 2:35 – 4:30

LAST MEETING WILL BE APRIL 8TH

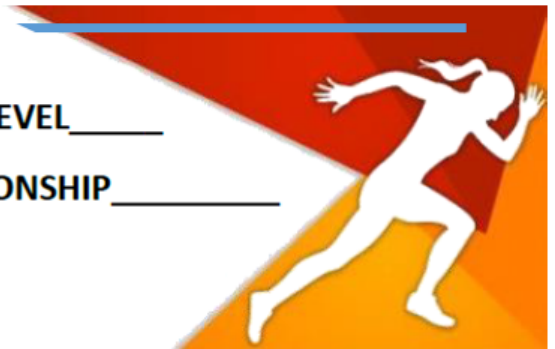
**Contact Mr. P @ rpoindexter@rcps.us if you have any questions

SIGN UP INFORMATION

NAME _____ GRADE LEVEL _____

GUARDIAN'S NAME _____ RELATIONSHIP _____

PHONE _____



RETURN AND PLACE IN MR. POINDEXTER'S BOX IN THE OFFICE



\$30 Physicals*


With no appointment needed, \$30 sports physicals from MedExpress couldn't be easier. Whether your child is getting ready for sports, school, or camp, a physical is the first step in making sure they're healthy and ready for any activity.

 2.6 miles away

Salem, VA MedExpress Urgent Care

1336 West Main Street
Salem, VA 24153

 Today's hours: 8:00 am - 8:00 pm

 540-389-0374

 [Get directions](#)

 [Schedule a visit](#)

 5.8 miles away

Hollins, VA MedExpress Urgent Care

5610 Williamson Road
Roanoke, VA 24012

 Today's hours: 8:00 am - 8:00 pm

 540-265-8924

 [Get directions](#)

 [Schedule a visit](#)

ROANOKE COUNTY PUBLIC SCHOOLS

Executive Director of Administration

5937 Cove Rd. Roanoke, VA 24019 ♦ (540) 562-3900 x10121

*Located behind the Roanoke County Public Safety Center

Rhonda W. Stegall, Ed.D.

February 8, 2021

Dear Parents of Roanoke County Athletes,

As Roanoke County Public Schools continues to open up opportunities for middle and high school sports programs, we want to do so as safely as possible. Parents of student-athletes are asked to read and follow the guidelines below:

- All parents/guardians of Roanoke County Public School (RCPS) student-athletes are expected to notify the school nurse if the athlete or anyone in the household is exhibiting any signs or symptoms of COVID-19, awaiting test results or tests positive, even if asymptomatic. These individuals should be held out of ALL practices and games until the recommended isolation or quarantine period has expired.
- Student-athletes who have tested positive for COVID-19 during the sports season should not exercise until they are cleared by a physician. Documentation from the physician releasing the student-athlete should be provided to the school athletic director, as it will be attached to the current VHSL physical form on file with the school.
*Guidance provided by the American Academy of Pediatric COVID-19 Interim Guidance: Return to Sports December 2, 2020

My signature on this document indicates that I have read and acknowledge the above guidelines RCPS has for all student-athletes as it relates to the impact of COVID-19.

Parent Signature

Date

Student-athlete Signature

Date

*Please return this signed document to the school to be held on file with the athletic director

Sincerely,



Dr. Rhonda Stegall

Executive Director of Administration

GET READY!

STRENGTH & CONDITIONING

FOR ANY NORTHSIDE MIDDLE SCHOOL STUDENT
INTERESTED IN CONDITIONING FOR SPRING SPORTS

Get better this Spring with our specialized speed and conditioning program!

Our program will start Tuesday, March 9th. Dress appropriately; practices will be held both indoors as well as outdoors. This program will be a lead up for spring sports. You **NEED** a physical before participating. No deadline...come join anytime!!

Coach Poindexter Coach Lenski
Coach Addison Coach Brodmerkel

MAR 9TH – APR 8TH

SPORTS PHYSICALS

ARE REQUIRED

SPEED TRAINING

2:35 – 4:30 on Tuesday's

STRENGTH TRAINING

2:35 – 4:30 on Thursday's



**SIGN UP
FORMS & PHYSICALS
FOUND IN THE FRONT OFFICE**

