

Athletic Participation Guidelines

These steps should be followed to insure your child is cleared to participate by the tryout or start date for each sport

1. **Online registration** is completed per season

(The Coach obtains this list to contact students interested in sport to make sure they receive all necessary information regarding pre-season meetings, try-out dates, practice and game schedules)

- **Registration opening dates**

May (Fall Season), October (Winter Season), January (Spring Season)

Mass email will be sent to school population initiating each opening

2. **Physical paperwork**

- Physical examination paperwork can be submitted anytime during the school year and is valid for 365 days.
- Page 1 and 2 are completed and signed by the parent and/or guardian even if parts do not apply with all yes answers to be explained per our school physician.
- Pages 3 and 4 are completed and signed by the physician.
- Please allow at least 5 days from submission of paperwork to receive an email regarding clearance status.
- All other medical paperwork, example: Asthma Treatment Plan, Epi- Pen Orders, etc. need to be submitted once per school year
- Health History Update form is required when a current valid physical is on file for each season

(Example – Physical submitted for a fall season sport dated August 5th, 2023 is valid for the entire school year, a child who participates in a winter and spring season sport will only need to register and submit the Health History Update form signed by the parent.)