

MIDDLE COUNTRY SCHOOL DISTRICT SPORTS FACTS:

- Athletes will need to have a current **Sports Physical** signed by their healthcare provider or school physician on file with the school nurse. Physicals are valid for one year from date of physical.
- Athletes/Parents will need to complete online registration for each sport
- All forms are available from the school nurse or can be printed from the "Athletics" website.
- All athletes must have clearance from school nurse prior to tryout date.
- The school offers free physicals three times a year. A **Physical Consent Form** must be signed and submitted to nurse 48 hours prior to date of physical.
- Date and times for physicals will be announced on the "Athletics" website, through the athletic remind text alert system and in school announcements.
- Sports tryout dates will be posted online and sign up dates will be announced in school.
- Practice schedule will be distributed by each coach at the start of their season along with their contact information or you may leave messages for any coach in the Athletic Office @ 285-8650.
- All scheduled games and directions to other schools can be found on Section XI website:
<http://www.sectionxi.org/Home.asp>
- If your child requires medication (epi pen, inhaler, diabetic, etc...) you will need to supply the coach and or athletic trainer with medication with instructions and child's name.
- If your child gets injured during game or practice the coach should notify you, and complete an incident report which will be submitted to school nurse. The school nurse may contact you for any additional information needed and submit report to the business office for insurance coverage, this will act as a secondary coverage with your personal insurance or primary if you do not have personal coverage.
- If your child is injured after game or practice and the coach is not aware of the injury, please contact your school nurse so an incident report form can be filled out and coach and or trainer can be notified.
- If your child suffered a concussion and has been cleared by your physician to return to play they will not be able to return until they complete a return to play protocol. This will either be completed by the school athletic trainer, coach or in some instance during a physical education class and arrangements handled through the Athletic Office.
- We offer Impact Baseline testing through a grant that Middle Country School District was awarded at no charge to our athletes in the sports where it may occur. The test allows us to test your child's brain function when healthy. In the event you child suffers a concussion throughout their season a doctor of your choice can use the baseline test to ensure that all brain function has returned to normal. This information is not shared with any organization without your consent.
- Athletic Placement Process (APP) has replaced the "Selection Classification Process" where a 7th or 8th grader may play on a JV or Varsity level sport. This recommendation can only come from a varsity coach for those students with the appropriate physical and emotional readiness, and whose athletic abilities are outside of those of their age-related peers. The athlete will need to have a signed APP permission slip, medical clearance, sport skill evaluation and a physical fitness test once those are satisfied then they can try out for that sport.