

THERE WILL BE NO MAILING OF THIS LETTER
AND/OR CLEARANCE/PHYSICAL FORMS
2016-2017 School Year IMPORTANT INFORMATION FOR ATHLETES

Dear East Northport & Northport Middle School Athletes & Parents:

(To all incoming 7th & 8th Grade athletes)

All students are invited to participate in the interscholastic athletic program. This letter is to remind potential team members of a few responsibilities, such as dates of school physical examinations, where, as well as when you are to report for medical clearance slips issued by the school nurse and “try-outs” for sports for the 2016-2017 school year.

SCHOOL PHYSICALS - FOR FALL SPORTS ONLY - This examination must have been done within one year of start of sport. You must have been administered a physical exam to participate. This examination may be performed by your private physician or by the school doctor. If your private physician performs the exam, please download the annual health exam form from the District website.

REQUIRED FOR CLEARANCE:

Be sure your physician does **height, weight, blood pressure, vision and scoliosis testing.**

If you prefer to have a physical done by our school physicians, the doctor will be in the school Nurse’s Office on:

(You may only see the doctor in the building where you currently attend Middle School)

| | |
|--|-----------|
| East Northport Middle School - Tuesday, June 7, 2016 | 9:00 a.m. |
| Northport Middle School – Tuesday, June 14, 2016 | 9:00 a.m. |

If your health insurance will only cover one exam per calendar year and that date falls after the start of the Fall season, you should take advantage of this opportunity.

CLEARANCE DATES:

You must report to Your Middle School for your clearance...Follow the attached schedule:

| | | |
|----------------------------|-----------------------|----------------|
| Wednesday, August 24, 2016 | 8:00am-12pm & 1pm-4pm | Nurse’s Office |
| Wednesday, August 31, 2016 | 8:00am-12pm & 1pm-4pm | Nurse’s Office |

This is the time to obtain your clearance...if you do not, you will miss days of valuable try-out and practice time.

In addition, all student-athletes must have the Pre-Participation Form and both sides of the Health History Form (**which also need to be downloaded from the website**) completed and signed by their parent to get a clearance slip from the school nurse. If you do not have all the requirements, you will not be eligible for a sport team and will not be permitted to try out.

The nurses, on these dates, will be taking all athletes by the schedule on a “first in line - first into the nurses office” basis.

If you have any questions, please contact your coach or call the Office of Physical Education & Athletics.

Fall Try Out Dates Are:

| <u>Sport</u> | <u>1st Try Out / Practice</u> | <u>Where to Report</u> | <u>Tentative Time</u> |
|---------------------|--|-------------------------------|----------------------------------|
| Football | 6 September 2016 | Football Field | 3:30 p.m. |
| Boys Cross Country | 6 September 2016 | Track | 3:30 p.m. |
| Girls Cross Country | 6 September 2016 | Track | 3:30 p.m. |
| Field Hockey | 6 September 2016 | Football Field | 3:30 p.m. |
| Boys Soccer | 6 September 2016 | Football Field | 3:30 p.m. |
| Girls Soccer | 6 September 2016 | Football Field | 3:30 p.m. |
| Girls Tennis | 6 September 2016 | Gymnasium | 3:30 p.m. |

Sites for practice and games TBA

If you have any questions regarding participation on an interscholastic athletic team, please feel free to contact me in the Athletic Office (262-6701).

Sincerely,

Paul Klimuszko

Paul Klimuszko
District Director of Physical Education, Health & Athletics

East Northport / Northport Middle Schools

**Interscholastic Athletic Clearance Schedule
Come Only During Your Assigned Time**

Wednesday, August 24, 2016

| | |
|---------------|-----------------------------|
| 8:00 - 9:30 | Football |
| 9:30 - 11:00 | Boys & Girls Cross Country |
| 11:00 - 12:00 | Boys Soccer |
| 1:00 - 2:00 | Girls Soccer |
| 2:00 - 3:00 | Field Hockey & Cheerleading |
| 3:00 - 4:00 | Girls Tennis |

Wednesday, August 31, 2016

| | |
|---------------|-----------------------------|
| 8:00 – 9:30 | Girls Tennis |
| 9:00 – 10:00 | Field Hockey & Cheerleading |
| 10:00 – 11:00 | Girls Soccer |
| 11:00 – 12:00 | Boys Soccer |
| 1:00 – 2:30 | Football |
| 2:30 – 4:00 | Boys & Girls Cross Country |

**We ask you to please come at your team's
assigned time to eliminate long lines waiting to
see the nurse.**