

Date: June 2018
To: Athletic Dept.; Fall Coaches; School Nurses; Principals; Derek Almy; Kathy McDarby; Beth Manwaring; Todd Hadlock
From: Kim Holden FNP
Re: **Fall Sports Clearance Sessions in the Summer**

Start dates for fall sports:

- Mon. Aug. 13th - all JV and Varsity sports, plus modified cross-country
- Mon., Aug. 20th - modified football
- Mon., Sept. 10th (after school begins) - modified soccer, volleyball and girls' swim/dive

All athletes must be cleared to participate by the nurse's office before they can practice. **Students whose sport begins in Aug., and who have not yet completed the clearance process**, must come to school for clearance to participate, during one of the following times:

Thursday Aug. 9th - 8:30-11:30 am or 1:00-3:00 pm

Friday Aug. 10th, Monday Aug. 13th, and Tues. Aug. 14th - 8:30-11:30 am only

Monday Aug. 20th & Tuesday Aug. 21st (for modified sports) - 8:00-11:00 am only

- **All athletes must report to the nurses' office at Broadway Academy** - parents should accompany their children, in case they are needed for signatures on forms, or for health history information
- All middle school athletes are encouraged to come to these summer sessions, even those playing a sport that begins in Sept., to relieve congestion in the nurses' offices in Sept.
- Due to construction projects at all buildings this summer: **please do not drop off paperwork/forms to your school during the summer - bring it to Broadway Academy during the summer, or (best) to the above sessions** to assure it doesn't get lost

Athletes must submit the following:

- Preparticipation health history form, completed and signed by athlete and parent/guardian (available on district website)
- Documentation of a physical examination done by a physician, physician assistant or nurse practitioner **on or after Aug. 1, 2017 for all sports beginning in August. On or after Sept. 1, 2017 for mod. soccer, volleyball, and swim/dive.**
- Note: athletes must also register on line at FamilyID - information available from the athletics office or the district website www.elmiracityschools.com
- **Do not give paperwork to your coach - ONLY the school nurse can clear you for tryouts**

The district will offer physicals at the health clinic at Beecher Elementary school on Wed. Aug. 8th from 3:30-6:00 pm - first come, first served - parent/guardian must accompany student - no cost to family.

NOTE: NO PHYSICALS WILL BE DONE AT SCHOOL - ATHLETES ARE RESPONSIBLE FOR GETTING THEIR OWN PHYSICALS AND BRINGING IN DOCUMENTATION. (The only exception is students who are new entrants to the district for the fall, including foreign exchange students - district nurse practitioner will do their physical as needed at sports clearance sessions Aug. 9th through 14th (as listed above).