

# GUILDERLAND HIGH SCHOOL SPRING SPORT SIGN-UPS

Return completed packet to the Nurse's Office **ASAP**

Boy's Track and Field

Girl's Track and Field

Softball

Boy's Lacrosse

Girl's Lacrosse

Baseball

Boy's Tennis

## PHYSICALS for SPRING SPORTS

In the HS Nurse's Office

(Sign up in the Nurse's Office)

Wednesday, February 15, 2012 from 4:00 pm - 5:45 pm

Thursday, February 16, 2012 from 4:00 pm - 5:45 pm

PHYSICALS ARE OPEN TO ALL STUDENTS FOR:

Working Papers, 10<sup>TH</sup> Grade Physicals and New Student Physicals

*If applicable, please bring glasses or wear contacts for eye exam.*

The process may take up to one hour, so please plan your time accordingly.

The following forms need to be completed and returned to the Nurse's Office **ASAP**, or no later than **Friday, February 24, 2012**:

- ❖ Department of Athletics Form (1/2 sheet), completed by parent/guardian;
- ❖ Health History Form, completed by parent/guardian;
- ❖ Physical Examination Form. **Students need to come to the Nurse's Office to check to see if they have a valid physical. The physical must be completed on the attached GHS form.**

Students **will not** be able to try out or participate in practices without a sports packet cleared by the Nurse's Office. The Department of Athletics form and the Health History form should be handed in **ASAP**; the Physical Examination form **must be** handed in before try-outs/practice starts.

**PLEASE NOTE:** If a student is seen by a doctor for any injury, accident or serious illness, the parent/guardian must notify the school nurse. ***This is required whether or not the injury/illness occurred on school grounds.*** Upon the student's return to school, after seeing a doctor, the student must present to the school nurse either a written release or a PE Program Modification Form, filled out by the doctor. The school nurse will review all medical notes and copy the appropriate staff (PE and coaches). The original note is kept on file in the Nurse's Office.

Information is also available on our website: <http://www.guilderlandschools.org>