SACHEM CENTRAL SCHOOLS
Office of Health & Physical Education, Health Services & Athletics
471-1335

Dear Parent or Guardian:

This coming school year, 2008-09, students attending Sachem High School North and Sachem High School East (grades 10 – 12) may participate in the following **fall sports**:

BOYS

Football (Varsity, JV)	Soccer (Varsity, JV)	Cross Country (Varsity)	Volleyball (Varsity, JV)

GIRLS

Field Hockey (Varsity, JV)	Soccer (Varsity, JV)	Cross Country (Varsity)
Volleyball (Varsity, JV)	Tennis (Varsity, JV)	Swimming (Varsity)
Gymnastics (Varsity)	Cheerleading (Varsity, JV)	Arrowettes (Varsity, JV)

Your son or daughter may be a candidate in any of the above sports provided he/she passes a physical examination **and you sign a permission slip/medical history form.**
Your child must pick up this form in physical education class or the school nurses office and bring it at the time of the examination.

This year we are conducting sports physicals **at Sachem North and Sachem East** (at no cost to the student) on:

HIGH SCHOOL BOYS ENTERING GRADES 10 – 12: TUESDAY, JUNE 3rd AT 2:30 PM
HIGH SCHOOL GIRLS ENTERING GRADES 10 – 12 WEDNESDAY, JUNE 4TH AT 2:30 PM

Busing will be provided at 4:30 PM if you are not able to pick up your child.

Physical examinations for winter and spring sport seasons will be given in school prior to the start of that sport season.
 ve consecutive days. **The examination form must be dated no earlier than June 1, 2007.**

If you take your child to your family physician for the physical examination, you must assume the cost of the examination. The gray shaded portion of the sports physical form must be **completed and signed by the physician**.

NO OTHER FORMS OR DOCTORS NOTES WILL BE ACCEPTED AS PROOF OF A SPORTS PHYSICAL. **COMPLETED FORMS MUST BE RETURNED TO THE SCHOOL NURSE IN THE BUILDING YOUR CHILD PRESENTLY ATTENDS BY JUNE 24, 2008.**

IF YOU GO TO YOUR OWN DOCTOR OVER THE SUMMER THE NURSE WILL BE AVAILABLE TO COLLECT SPORT PHYSICAL FORMS ON:

WED.	8/14	7:30 AM - 2 PM
MON. & TUES.	8/18 & 8/19	7:30 AM – 10:00 AM
THURS.	8/21	7:30 AM – 2:00 PM
MON. & TUES.	8/25 & 8/26	7:30 AM – 10:00 AM

FORMS MUST BE DROPPED OFF IN THE NURSES OFFICE AT YOUR CHILD'S HOME SCHOOL, SACHEM NORTH OR SACHEM EAST.

IF YOUR CHILD HAS NOT HAD A SPORTS PHYSICAL AND BEEN CLEARED BY THE SCHOOL NURSE PRIOR TO THEIR FIRST DAY OF TRYOUTS THEY WILL NOT BE ABLE TO TRY OUT.

THE FIRST DAY OF TRYOUTS FOR VARSITY, JV, & JV9 FOOTBALL WILL BE AUGUST 18TH.

THE FIRST DAY OF TRY OUTS FOR ALL OTHER VARSITY, JV & JV2 SPORTS WILL BE AUGUST 25TH.

SITES & TIMES FOR THE FIRST DAY OF TRY OUTS WILL BE HANDED OUT AT THE SPORTS PHYSICALS.

CHEERLEADERS & ARROWETTES HAVE HAD OR WILL BE HAVING TRYOUTS AT THE END OF THE SCHOOL YEAR AND THEIR COACHES WILL NOTIFY THEM OF THEIR PRACTICE SCHEDULE.