

June 2009

Attention Parents/ Guardians:

The Fall 2009 Sports programs offered at M.E.S.M.S. at the modified level are Cross Country Running, Field Hockey, Boys Soccer, Girls Soccer, & Volleyball. If your 7th/ 8th grade child is interested in participating in interscholastic sports at the modified level, he/she must **sign up in their Physical Education Class in June**. Announcements to sign up in gym will be made in school and listed on the school nurse "sports announcements" section of the M.E.S.M.S. website at www.yorktown.org. In mid-June, sports packets will be given to students who have signed up in gym class to participate in the Fall 2009 sports program. The following forms must be **completed and signed after August 8, 2009** by a parent/guardian and then submitted to the Health Office **before September 4, 2009**:

1. **Physical Form** - Must be completed by your child's physician or the school physician.

This medical form is valid for one year from the date of the physical examination.

****Please note:** Any physical that expires during the season in which the athlete is participating, will not be accepted. Keep this in mind when scheduling your child's physical with your private physician. ** The Fall season is from September 8 through November 15, 2009.

2. **Health History and Parent/ Guardian Permission Form (1 form)**
3. **Athletic Release Emergency Information Card**
(4 part card available in Health Office)

All forms must be completed and signed by a parent/guardian and then submitted at least **ONE WEEK PRIOR** to the start of each season. **FALL SEASON OFFICIALLY BEGINS SEPTEMBER 8, 2009.** Forms can be mailed to the Health Office at the Middle School to the attention of Mrs. Epstein or placed in the Main Office "Nurse" box at the end of August. **No forms will be accepted after September 4, 2009.**

IMPORTANT:

- No student will be permitted to participate in any interscholastic sport activity until the Middle School nurse has received all three items listed above.
- **A new Health History and Parent/ Guardian Permission Form and Athletic Release Emergency Information card MUST be completed and submitted each time that your child begins a new season/sport.**

If you are unable to have your child's physical done by his/her physician, the school physician will be at the Middle School on **August 31** and **September 10** to provide a sports physical examination. The physician's hours on August 31 are 8:00am to 9:30am for boys and 10am to 11:30 am for girls. The school nurse will be available until 1 pm on this day for questions and form drop off. September 10 is by appointment only. To schedule an appointment, email the school nurse, lepstein@yorktown.org. Check the Middle School website www.yorktown.org, click on "School Nurse", then "Sports Announcements" for any changes, updates, emails and new information that may be posted during the summer.

Thank you in advance for your cooperation. Medical questions can be directed to the Middle School Nurse, Mrs. Lisa Epstein through email listed above or by phone at 243-8120. If you have any other questions related to the interscholastic sports program, please call the YSCD Athletic Office at Yorktown High School at 243-8070.