

TO: PARENTS/GUARDIANS/ATHLETES FOR FALL 2010 SEASON

**FROM: SHAKER HIGH SCHOOL ATHLETIC OFFICE – MR. DOPP,
DIRECTOR OF P.E. & ATHLETICS, MR. STADTLANDER, BOYS
FACULTY ATHLETIC MANAGER AND MS. KASSEL, GIRLS
FACULTY ATHLETIC MANAGER**

RE: IMPORTANT INFORMATION!!!!

DATE: JULY 9, 2010

Welcome to another challenging, exciting and fun season at Shaker High School! You, as fall athletes and parents/guardians of fall athletes, set the tone for the school year in our Department, and we in the Athletic Office share in your enthusiasm and commitment to “being the best we can be” both on and off the field.

Here is some **VERY IMPORTANT** information to help us get out of the gate and headed in the right direction.

HEALTH OFFICE APPROVAL: Physical Forms & Recheck Cards are due in the Health Office by July 30, 2010. Only the Health Office personnel may clear you to play. (Please update your annual inhaler, EpiPen, prescription, etc). Return these forms to the School Nurse’s Office – SHS Grades 9-12 and SJHS Grades 7-8).

NOTICE: It is critical that you get Health Office approval well before practice begins. **GET YOUR FORMS IN BY JULY 30th!!!! We cannot accept recheck/parent permission cards prior to July 16th.**

VARSDITY & J.V. FOOTBALL ATHLETES who fail to get cleared by **AUGUST 13TH WILL NOT** be eligible to start practice on **MONDAY, AUGUST 16TH**. (You will have to see the Nurse on Tuesday, August 17th at 8:00 A.M. in the Nurse’s Office.)

ALL OTHER FRESHMEN, J.V. & VARSITY ATHLETES MUST be cleared by August 20th in order to start practice on Monday, August 23rd. (If not cleared by August 20th, you will need to see the Nurse on August 24th at 8:00 A.M. in the Health Office).

STARTING DATES:

AUGUST 16 TH	VARSDITY & JV FOOTBALL
AUGUST 18th	FRESHMEN FOOTBALL
AUGUST 23rd	ALL OTHER FRESHMEN, J.V. & VARSITY SPORTS
SEPTEMBER 1st	MODIFIED SPORTS

YOU NEED TO CHECK THE DISTRICT WEBSITE FOR SPECIFIC LOCATION AND TIMES OF PRACTICES FOR YOUR SPORT!!!!!!

CONTEST SCHEDULES: You can look up all our sports schedules on www.highschoolsports.net or on the link through the District website www.northcolonie.org (Athletics)

SPORTS INFORMATION: For details about YOUR sport, go to the link in Athletics at the District website (www.northcolonie.org)

SELECTION CLASSIFICATION PROCESS – Required for 7th and 8th graders trying out for the Freshmen, JV or Varsity levels. The Varsity Coach of each sport will extend the invitations to these athletes, as well as contact the parents to obtain permission and explain the process, which includes an additional maturity physical form. Questions should be directed to the Varsity Coach of each sport.

SPORTS INFORMATION NIGHT - PARENT/GUARDIAN ATTENDANCE IS REQUIRED!!!! (WEDNESDAY, SEPTEMBER 1, 2010 – 7:00 P.M. AT SHAKER HIGH SCHOOL.

At your Team meeting, you will receive and sign your team's expectations sheet. Athletes WILL NOT PLAY in an athletic contest if a parent/guardian was not in attendance. We realize that emergency situations will arise preventing some from attending. In these rare situations, parents/guardians must call the coach to schedule a time to go over the important information presented. After that has happened the student-athlete will be eligible to play. In advance, we thank you for your support and commitment to our Athletic Program.

INJURY PREVENTION AND TREATMENT OPTIONS

We are pleased to announce the continued partnership of Nicolla Physical Therapy Associates and Shaker High School for the purpose of athletic training services. Thomas Nicolla Physical Therapy Associates will provide a free assessment of any Shaker athlete during their sports season. Parents or coaches should call for an appointment at any of the Nicolla PT Associate offices. Please call to schedule an appointment, as walk-ins cannot be accommodated.

Thomas Nicolla P.T. of Albany
Contact: Jay Peacock
1367 Washington Ave. Suite 100
Albany Phone: 438-7926

Thomas Nicolla P.T.
Contact: Corey Skuse
11 Century Hill Drive
Latham Phone: 786-1406

Thomas Nicolla P.T.
Contact: Joyce Bettinger
711 Troy-Schenectady Road
Latham Phone: 690-2882

CONCUSSION MANAGEMENT: Proper management processes and the utilization of the latest technology can reduce the risk of post concussion syndrome (permanent neuro-cognitive damage) and Secondary Concussion syndrome (death due to second concussion when a brain injury has not healed) to athletes. Anyone showing signs of a concussion **will not return to play that day** and should seek medical attention.

