

Spring 2019 Sports: **Modified & Modified 9** Levels

Start Date: March 11th or 18th (check with coach)

Parent/Student-Athlete Responsibilities

In order to be cleared for the March 11th or 18th start date for a modified level sport an athlete must:

1. Submit recheck/permission form - available on Athletic page of District website (www.northcolonie.org) - to Shaker Junior High School Health Office nurse **IN-PERSON** between **January 30th – March 1st**. A student in 9th grade trying out for Modified 9 will submit his or her recheck form to Shaker High School Health Office nurse (**January 30th – March 1st**).

Shaker Junior High School Health Office hours: Monday - Friday 7:30-3:00

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2. By delivering a recheck/permission form **in-person**, a student-athlete will immediately be told if he or she is cleared. If not cleared, he or she will be given a reason, and will be given back the recheck/permission form until all required information is obtained. **The Health Office staff will only take the recheck/permission form if the athlete is cleared.**
 - A common reason for not being cleared is not having a **current physical** on record in the nurse's office. As a courtesy for our athletes, we offer the following date to obtain a **free physical at the Capital Region Health Park: February 6th - 5:30 p.m.**
3. Recheck/permission forms submitted **in-person** after the March 1st deadline may be considered for clearance; however that athlete will not be eligible to start on time, which could result in him or her not making a team.

*** Students in 7th or 8th grade who have been invited to try out for a **High School level (Varsity, JV, or Freshman)** team must receive clearance from the **Shaker Junior High School nurse by March 1st**.

Questions??? Contact Athletic and/or Health Office at SHS or SJHS (www.northcolonie.org).