

Spring 2019 Sports: **Varsity, JV, and Freshman** Levels
Start Date: 3/4/19

Parent/Student-Athlete Responsibilities

In order to be cleared for the March 4th start date for a high school level sport an athlete must:

1. Submit recheck/permission form - available on Athletic page of District website (www.northcolonie.org) - to Shaker High School Health Office nurse **IN-PERSON** between **January 28th – February 27th**.

Shaker High School Health Office hours: Monday – Friday 7:30 a.m. – 3 p.m.

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 Capital Region Health Park: February 5th - 5:30 p.m.**
3. Recheck/permission forms submitted **in-person** after the February 27th deadline may be considered for clearance; however that athlete will not be eligible to start on time, which could result in 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 team (Varsity, JV, or Freshman) 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).