

GUILDERLAND HIGH SCHOOL FALL SPORT SIGN-UPS

Return completed packet to the Nurses' Office by August 14th

Cheerleading
Cross Country
Field Hockey

Football
Girls' Tennis
Girls' Swimming/Diving

Golf
Soccer
Volleyball

FREE PHYSICALS for FALL SPORTS
In the HS Nurses' Office
(Sign up in the Nurses' Office)

THURSDAY, August 3, 2017 from *12:30 pm - 2:30 pm*

PHYSICALS ARE OPEN TO ALL STUDENTS FOR:
Working Papers, 10TH Grade Physicals and New Student Physicals

If applicable, please bring glasses or wear contacts for eye exam.

The process may take up to one hour, so please plan your time accordingly.

****FALL SPORTS START: Monday, August 14, 2017****

The following forms need to be completed and returned to the Nurses' Office by August 14th.

- ❖ Department of Athletics Form (1/2 sheet), completed by parent/guardian;
- ❖ Health History Form, completed and signed by parent/guardian;
- ❖ Physical Examination Form. **Students need to come to the Nurses' Office to check to see if they have a valid physical. The physical must be completed on the attached GHS form.**

Students **will not** be able to try out or participate in practices without a sports packet cleared by the Nurses' Office.

PLEASE NOTE: If a student is seen by a doctor for any injury, accident or serious illness, the parent/guardian must notify the school nurse. *This is required whether or not the injury/illness occurred on school grounds.*

Information is also available on our website: <http://www.guilderlandschools.org>
Select "Forms" under "District Information", and then select "Athletics"