

# GUILDERLAND HIGH SCHOOL SPRING SPORT SIGN-UPS

Return completed packet to the Nurses' Office **ASAP**

Boys' Track and Field

Girls' Track and Field

Softball

Boys' Lacrosse

Girls' Lacrosse

Baseball

Boys' Tennis

Unified Basketball

## PHYSICALS for SPRING SPORTS

In the HS Nurses' Office

(Sign up in the Nurses' Office)

Tuesday, February 13<sup>th</sup>, 2018 from 3:30 pm - 5:30 pm

Tuesday, February 27<sup>th</sup>, 2018 from 3:30 pm - 5:30 pm

PHYSICALS ARE OPEN TO ALL STUDENTS FOR:

Working Papers, 10<sup>TH</sup> Grade Physicals, New Student Physicals and Sports

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.

**\*\*\* SPRING SPORTS START: March 5th, 2018 \*\*\***

The following forms need to be completed and returned to the Nurses' Office **ASAP**:

- ⊗ Department of Athletics Form (1/2 sheet), completed by parent/guardian;
- ⊗ Health History Form, completed 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 "Athletics" under "District Information"