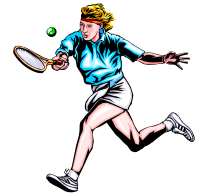


CITY SCHOOL DISTRICT OF ALBANY HIGH SCHOOL SPRING SPORTS SIGN-UP INSTRUCTIONS

1. STUDENTS, SIGN UP WITH YOUR PHYSICAL EDUCATION TEACHER

a. Sign-up dates for Spring sports: **January 9 – January 20!**



2. SEE YOUR SCHOOL NURSE FOR YOUR PAPERWORK

a. You must obtain a packet of information from the school nurse during “sign-up” weeks (or download 3 forms off the district’s website - athletic link). Paperwork must be signed by the student and parent and returned to the nurse by **January 20.**



3. PHYSICALS

- a. A physical conducted within 12 months prior to the first day of practice is required. If you need a physical, the school nurse will notify you when you pick up your paperwork.
- b. We encourage you to have the required physical with your health care provider. Have your provider complete the physical form (HE 104) found in your packet and return the completed form to the nurse.
- c. If you need a physical and do not have a health care provider, the District will schedule you for a physical. There will be NO make-up days. If you miss your scheduled school physical, you must obtain the required physical from a private physician and return the completed physical form no later than **January 20.**

4. YOU AND YOUR PARENT MUST REVIEW AND SIGN THE NECESSARY FORMS

a. Student and parent must sign HE 106A and HE 106B.
Both forms must be completed and signed before each season in which you play.

5. RETURN YOUR PAPERWORK TO THE SCHOOL NURSE

a. Paperwork must be returned by: **January 20.**



MEDICATION

If you require medication during athletic events, you must have a note from your parent, a note from your health care provider, and the medication must come in a labeled container. You may obtain the necessary permission forms from your school nurse.

NO PAPERWORK WILL BE ACCEPTED AFTER January 20. IT IS YOUR RESPONSIBILITY TO MEET THIS DEADLINE OR YOU CANNOT PLAY A SPRING SPORT.

SPORTS AVAILABLE THIS SEASON INCLUDE:

Varsity

Baseball – boys
Softball – girls
Lacrosse – b & g
Tennis - boys
Track – b & g

JV

Baseball – boys
Softball – girls
Lacrosse – b & g

TRYOUTS BEGIN: March 6 – V & JV

