

TO: JUNIOR HIGH and HIGH SCHOOL STUDENTS and PARENTS/GUARDIANS
RE: Physicals - Required Paperwork - Practices for 2018-19

GYM FLOOR - All 7-12 P.E. students are encouraged to bring a different pair of shoes (other than their street shoes) to minimize scratches to the wood floor.

PHYSICALS

Junior High and/or High School students that will be participating in athletics this upcoming school year will **need a physical exam prior to practicing** (August 6th for High School football and volleyball players and August 15th for Junior High students). Physicals must be set up on your own time and expense. **The NSAA has requested students use the enclosed standardized form for physicals.** Please fill out the PREPARTICIPATION PHYSICAL EVALUATION forms prior to the physical appointment and take the form to the appointment. **You must return the PHYSICAL CLEARANCE FORM signed by the physician to the school along with the Other Paperwork described below.**

ALL PAPERWORK

Is located on our school website www.pdcoyotes.org for your convenience.

**** The enclosed NSAA Consent Form** is required by the NSAA. Please read and complete. **Student and parent/guardian signatures are required. ATHLETES MUST HAVE HEALTH INSURANCE PRIOR TO THE START OF PRACTICE.** If you do not have insurance, the school has forms for you to fill out to purchase supplemental accidental bodily injury insurance. **THE SCHOOL DOES NOT CARRY INSURANCE ON STUDENTS. INSURANCE IS THE PARENTS' RESPONSIBILITY.**

**** INSURANCE WAIVER FORM – Signed by your parent/guardian.**

**** The enclosed Activity & Extra-Curricular policy form** must also be read and **SIGNED ON BOTH PAGES by the student and parent/guardian.** Just a reminder that according to the academic requirements, if a student, Junior High or High School, is failing in one class for two consecutive weeks, he/she will be ineligible to compete that second week. The student will still be expected to practice. **Both of these forms (blue & tan) MUST be returned if you are going to participate in ANY activities, i.e. Drama, Speech, Music, etc. even if you are NOT participating in athletics.**

**** STUDENT EMERGENCY FORM – Signed by your parent/guardian.**

**** DRUG & ALCOHOL TESTING POLICY – (9-12 Grades Only) - signed by you and your parent/guardian.**

ALL FIVE FORMS MUST BE RETURNED TO THE COACHES THE FIRST DAY OF PRACTICE ALONG WITH YOUR COMPLETED PHYSICAL FORM. YOU WILL NOT BE ABLE TO PARTICIPATE IN PRACTICE UNTIL THE COACHES HAVE ALL THESE FORMS ON FILE.

ALL 7TH GRADERS NEED A FULL PHYSICAL AND IMMUNIZATIONS – Please note the enclosed NSAA School Sports Qualifying Screening Evaluation instruction form! In accordance with the State Laws of Nebraska and Board Policy, all incoming 7th graders are required to have a complete physical before entering Junior High including a visual evaluation by physician, physician assistant, an advanced practice registered nurse, or an optometrist. They are also required to have the following immunizations:

- 3 doses of DTaP, DTP or Td vaccine (one given on or after the 4th birthday) and evidence of a Tdap (tetanus, diphtheria and pertussis) shot anytime after 10 or 11 years of age (depending on which brand of vaccine is received).
- 3 doses of Polio vaccine
- 2 doses of MMR vaccine, given on or after 12 months of age and separated by at least one month
- 3 doses of Hepatitis B vaccine
- 2 doses of Varicella (chickenpox) for all K-12 students; or written documentation that the child has had the disease with the date they had the disease listed

HIGH SCHOOL VOLLEYBALL & FOOTBALL PRACTICE – See back of letter.

June 2018

To: All **9-12** Volleyball Players
From: Coach Michelman

- Starting August 6th we will have one practice every day from 4:00-6:00 P.M.
- First game is Thursday, September 6th it is a triangular @ Mitchell with Kimball

To: All **9-12** Football Players
From: Coaches Frerichs & Coffey

- Week of August 6th – 10th
7:00 A.M. Walkthrough Monday-Friday (Helmets Only)
4:00 P.M. Practice (Mon & Tues - Helmets Only, Wed & Thurs - Helmets and Shoulder Pads, Fri - Full Pads)
- Week of August 13th – 17th
Monday, Wednesday, & Friday – Two a Days 6:00 A.M. & 4:00 P.M. (Full Pads)
Tuesday & Thursday 7:00 A.M. walkthrough (Helmets Only) & 4:00 P.M. Practice (Full Pads)
- First game is Friday, August 24th @ Home with Hay Springs

Get your required forms [Physical form, NSAA consent form (blue), Activity & Extra-Curricular policy form (tan)-signed on both sides, AND your Student Emergency Form] turned in as soon as possible. You will NOT be able to participate in practice until the coaches have all these forms on file.