



# MOUNT SINAI UNION FREE SCHOOL DISTRICT

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MR. SCOTT C. REH  
DIRECTOR OF ATHLETICS, PE,  
HEALTH, NURSING & GROUNDS

MR. GORDON BROSDAL  
SUPERINTENDENT OF SCHOOLS

June 2016

Dear Parents:

**For your child to be eligible to participate in interscholastic athletics for the Fall Season 2016 thru the Spring Season 2017, a sports physical must be performed after June 1<sup>st</sup> 2016. For this reason there will be a school physician available to do sports physicals on the following dates at the High School Nurses office:**

<b>Wednesday, June 22<sup>nd</sup></b>	3:30 p.m.	7 <sup>th</sup> through 12 <sup>th</sup> grade girls (all sports)
	4:00 p.m.	7 <sup>th</sup> through 12 <sup>th</sup> grade boys (all sports)
<b>Wednesday, July 13<sup>th</sup></b>	9:00 a.m.	7 <sup>th</sup> through 12 <sup>th</sup> grade girls (all sports)
	9:30 a.m.	7 <sup>th</sup> through 12 <sup>th</sup> grade boys (all sports)
<b>Thursday, August 11<sup>th</sup></b> (date revised)	9:00 a.m.	7 <sup>th</sup> through 12 <sup>th</sup> grade girls (all sports)
	9:30 a.m.	7 <sup>th</sup> through 12 <sup>th</sup> grade boys (all sports)

**NOTE:** Athletes must report **ONLY** on their assigned day and time as indicated above. They should be prepared to stay for the entire session.

Students entering 7<sup>th</sup> grade who received a sports physical in June from the school physician at the Middle School are not required to have another physical during the 2016-17 school year.

***NO STUDENT MAY PARTICIPATE IN INTERSCHOLASTIC ATHLETICS UNLESS THEY HAVE BEEN EXAMINED AND CLEARED BY THE SCHOOL PHYSICIAN OR THEIR PRIVATE PHYSICIAN.***

***\*\*\*STUDENTS USING A PRIVATE PHYSICIAN MUST HAVE THE ENCLOSED GOLDENROD SCHOOL EXAMINATION FORM FULLY COMPLETED, INCLUDING BLOOD PRESSURE, & BMI. FORMS MUST BE SUBMITTED TO THE SCHOOL NURSE ONE WEEK PRIOR TO THE START OF THE SEASON.***

**\*\*\*THE SCHOOL FORM WILL BE THE ONLY ONE  
ACCEPTED\*\*\***

**ALL PHYSICALS MUST BE TAKEN ON OR AFTER JUNE 1, 2016  
TO BE VALID AND WILL ONLY BE RECOGNIZED FOR  
THAT SCHOOL YEAR!**

**Practices and/or try-outs will begin for the following fall sports on the dates and times listed below.**

**High School - Grades 9-12**

<b><u>Date</u></b>	<b><u>Team</u></b>	<b><u>Time</u></b>
Monday, August 15 <sup>th</sup>	Varsity Football equipment handout	3:00 p.m.
	J.V. Football equipment handout	3:45 p.m.
	1 <sup>st</sup> Football Practice Varsity & J.V.	5:00 p.m.
		Monday, August 22 <sup>nd</sup>
	Varsity and J.V. Boys Soccer	8:00 a.m.
	Varsity and J.V. Girls Soccer	8:00 a.m.
	Varsity Tennis	8:00 a.m.
	Varsity Boys & Girls X-Country	8:00 a.m.
	Varsity Golf	8:00 a.m.
	Varsity and J.V. Girls Volleyball	8:00 a.m.
	Varsity & J.V. Cheerleading	8:00 a.m.

**Middle School - Grades 7 and 8**

1<sup>st</sup> day of school; Tuesday, September 6<sup>th</sup> meetings immediately after school, announcements will be made regarding location:

- Boys/Girls Soccer
- Football
- Boys/Girls Cross Country
- Girls Tennis
- Cheerleading

**1<sup>st</sup> Day of Practice Wednesday, September 7<sup>th</sup>**

**2016-2017 ATHLETIC STARTING DATES**

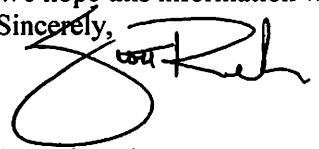
**High School Varsity & J.V.**

Football	August 15 <sup>th</sup>
All Fall Sports	August 22 <sup>nd</sup>
Homecoming	October 15 <sup>th</sup>
Winter	November 14 <sup>th</sup>
Spring	March 6 <sup>th</sup>

**Middle School**

Fall	September 6 <sup>th</sup>
Early Winter	November 2 <sup>nd</sup> , 3 <sup>rd</sup> & 4 <sup>th</sup> (Girls Volleyball tryouts)
	November 7 <sup>th</sup> - 1 <sup>st</sup> Official Practice (Boys Basketball & Girls Volleyball)
Late Winter	January 23 <sup>rd</sup>
Spring	March 27 <sup>th</sup>

We hope this information will help your child meet his/her athletic goals and be ready when the season starts.

Sincerely,  


Scott C. Reh  
 Director of Physical Education, Health, Athletics, Nursing & Grounds