



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 2018

Dear Parents:

For your child to be eligible to participate in interscholastic athletics for the Fall Season 2018 thru the Spring Season 2019, a sports physical must be performed after June 1st 2018. For this reason there will be a school physician available to do sports physicals on the following dates at the High School Nurses office:

Wednesday, June 27 th	9:00 a.m.	7 th through 12 th grade girls (all sports)
	9:45 a.m.	7 th through 12 th grade boys (all sports)
Wednesday, July 11 th	9:00 a.m.	7 th through 12 th grade girls (all sports)
	9:45 a.m.	7 th through 12 th grade boys (all sports)
Thursday, August 9 th	9:00 a.m.	7 th through 12 th grade girls (all sports)
	9:45 a.m.	7 th through 12 th 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 7th 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 2018-19 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 NYS SCHOOL HEALTH FORM
WILL BE THE ONLY ONE ACCEPTED*****

**ALL PHYSICALS MUST BE TAKEN ON OR AFTER JUNE 1, 2018
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

<u>Date</u>	<u>Team</u>	<u>Time</u>
Monday, August 13th	Varsity Football equipment handout	3:00 p.m.
	J.V. Football equipment handout	3:45 p.m.
	1 st Football Practice Varsity & J.V.	5:00 p.m.
Monday, August 20th	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

1st day of school; Wednesday, September 5th meetings immediately after school, announcements will be made regarding location:

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

1st Day of Practice Thursday, September 6th

2018-2019 ATHLETIC STARTING DATES

High School Varsity & J.V.

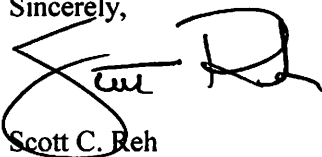
Football	August 13 th
All Fall Sports	August 20 th
Homecoming	October 13 th
Winter	November 12 th
Spring	March 4 th

Middle School

Fall	September 5 th
Early Winter	October 30 th & November 1 st , 2 nd (Girls Volleyball tryouts) November 5 th - 1 st Official Practice (Boys Basketball & Girls Volleyball)
Late Winter	January 21 st
Spring	April 1 st

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