

COMMACK MIDDLE SCHOOL
COMMACK, NEW YORK

Dear Parent/Guardian:

Medical examinations and clearance for Interscholastic Sports for the **2018-2019** school year will be given at **Commack High School**.

There will be two separate options for school physical clearance. First, there will be specific dates for our staff to review your private physician physical. The dates and times for drop off and review is attached. The physicals must be completed on school district forms or the equivalent.

Private physical forms must include:

- * Blood Pressure
- * Pulse
- * Tanner score
- * Height and Weight
- * Be signed and stamped by physician

Completed documents must be viewed and approved by the school physician prior to receiving clearance to try out. It will be the responsibility of the parent/athlete to ensure the private physical and documents are completed to the standard of the school physician and district. Private physician physicals for students participating only in winter and spring sports can be dropped off at the school nurses office during the school year. **Physicals mailed in will not be accepted.**

*Any private physical completed more than 30 days from the start date of the sport season must be accompanied by an Interval Health form.

The second option is to attend and complete an actual physical on the dates listed attached to this letter. All physical examination **must be completed and passed before a student may participate in try outs** for any of our sports teams. This includes students wishing to serve as team managers. It will be the responsibility of your son/daughter to get to the examination at the prescribed time.

If your child wears contact lenses, braces, has a retainer or a dental cap, a contact lens-orthodontic appliance permission note signed by a parent must be submitted at the time of the examination by the school physician.

Please complete the attached forms and have your son/daughter return them when he/she reports for the medical examination. Additional sports physical packets are available in the Nurse's Office.

- #1 – Parent Consent Form – Signed
- #2 – Health Appraisal Form which includes the contact lens and orthodontic appliance permission slip – Signed
- #3 – Health Interval Form – Signed

Any recommendation that your family doctor may have regarding your youngster's health and ability to participate in sports should be included with the above list of forms returned to the Nurse's Office (contact lens, capped teeth, etc.). **The school physician is the final authority regarding a student's fitness for participation in interscholastic athletics.**

Please refer to the Master Schedule attached to this letter for the dates and times your youngster is scheduled for a physical or to review your private physician's physical.

REMINDER: STUDENTS WILL BE UNABLE TO OBTAIN SCHOOL PHYSICALS FOR ATHLETICS UNLESS THEY HAVE COMPLETED ALL REQUIRED IMMUNIZATIONS ACCORDING TO STATE LAW. IF A STUDENT IS UNABLE TO ATTEND ONE OF THE SUMMER PHYSICAL DATES, HE/SHE WILL BE UNABLE TO OBTAIN A PHYSICAL EXAM UNTIL THE WEEK OF SEPTEMBER 12, 2018.

We hope you enjoy a happy and pleasant summer. We look forward to your child's participation in our sports program.

Sincerely,

Patrick Friel
Director H.P.E.R.

SPORTS PHYSICAL EXAMINATION DATES

2018-2019

PLEASE READ CAREFULLY
MASTER SCHEDULE

NO MAIL INS WILL BE ACCEPTED

It is imperative an athlete trying out for the fall season attend one of the dates listed below. This will be their only opportunity to receive clearance. Private physician physicals for athletes participating only in winter and spring sports can be dropped off at the school nurses office during the school year prior to the start of their season.

CLEARANCE IS NEEDED PRIOR TO TRY OUT.

PRIVATE PHYSICIAN PHYSICAL REVIEW BY OUR NURSING STAFF AT COMMACK HIGH SCHOOL

Wednesday, August 8, 2018	8:00 am – 11:00 am	All Grades
Thursday, August 16, 2018	8:00 am – 11:00 am	All Grades
Wednesday, August 29, 2018	5:00 pm – 8:00 pm	All Grades (Except Fall High School Athletes)

SCHOOL PHYSICIAN PHYSICALS WILL BE CONDUCTED BY THE SCHOOL PHYSICIAN
AT COMMACK HIGH SCHOOL

PRIVATE PHYSICIAN PHYSICALS WILL ALSO BE ACCEPTED FOR REVIEW

Thursday, August 9, 2018	5:00 pm – 8:00 pm	All Grades
Monday, August 13, 2018	7:00 am – 11:00 am	All Grades
Monday, August 20, 2018	7:00 am – 8:00 am 8:00 am – 11:00 am	For Fall High School Athletes Only All Grades

Fall Sports Season Starting Dates and Try-out Times
Commack High School

<u>Sport</u>	<u>Date</u>	<u>Site</u>	<u>Time</u>
Cheerleading	8/20/18	Auxiliary Gym	7:00 am
Cross-Country (Boys)	8/20/18	South Gym Entrance	7:00 am
Cross-Country (Girls)	8/20/18	North Gym	7:00 am
Field Hockey (V & JV)	8/20/18	Field Hockey Field	7:00 am
Football (V & JV)	8/13/18	Locker Room	7:00 am
Golf (V & JV Boys)	8/20/18	South Gym	7:00 am
Gymnastics (Girls)	8/20/18	South Gym	7:00 am
Soccer (V & JV Boys)	8/20/18	Soccer Field	7:00 am
Soccer (V & JV Girls)	8/20/18	Soccer Field	7:00 am
Swimming (Girls)	8/13/18	Northport High School	9:00 am
Tennis (V & JV Girls)	8/20/18	Tennis Courts	7:00 am
Volleyball (V & JV Boys)	8/20/18	North Gym	7:00 am
Volleyball (V & JV Girls)	8/20/18	North Gym	5:00 pm

Double practices AM and PM should be expected prior to the start of the school.
Times typically can be 7:00 am – 10:00 am and 4:30 pm – 8:00 pm

Note: **Middle School** (Cheerleading, Cross Country, Field Hockey, Football, Soccer, and Girls Tennis)
Fall sport teams will meet in the gymnasium in their school immediately following school dismissal on **September 5, 2018**, which is the first day of tryouts and practice. Kickline and Danceline try-outs will be announced in September.
WE RECOMMEND ALL SPORT PHYSICALS FOR THE FALL SEASON AT THE MIDDLE SCHOOL BE DONE PRIOR TO THE FIRST DAY OF SCHOOL.

An updated schedule will be posted in Commack High School during summer physicals in the event of changes.
Mandatory Athletic Code Nights for Commack High School 9th grade parents are presented each season for that specific season.
Anticipated dates are: Fall (August 27), Winter (November 20), and Spring (March 11).

COMMACK UNION FREE SCHOOL DISTRICT
COMMACK HIGH SCHOOL
Scholar Lane
Commack, NY 11725
(631) 912-2080
(631) 912-2282

Patrick Friel
Director of Health, Physical
Education and Recreation

Mailing Address:
1 Scholar Lane
Commack, N.Y. 11725

Dear Parent/Guardian:

I would like to take this opportunity to explain the nature of our Commack Middle School interscholastic/athletic program to you. A number of questions regarding this program arise from time to time. I hope this letter will provide you with a clear understanding of our goals and objectives for youngsters at the Middle School.

Participation in interscholastic sports at the Middle School is governed by the rules of the New York State Public High School Athletic Association Modified Program. These rules set standards of participation that deal with age, eligibility, practice sessions, number of contests, duration of seasons, penalties, health examinations, and safety, to mention some of the more critical areas of concern. This program is available to youngsters in grades seven and eight.

Sports available by season are as follows:

Fall **(9/5/18 - 11/2/18)** cheerleading, cross-country (boys and girls), field hockey,
Football, soccer (boys and girls), tennis (girls)

Early Winter* **(11/5/18 – 1/18/19)** basketball (boys), volleyball (girls)

* Note: All Early Winter sports may have tryouts a maximum of 3 days during the week of November 4th.

Late Winter **(1/22/19 – 3/29/19)** basketball (girls), volleyball (boys), wrestling

Spring **(4/1/19 – 6/7/19)** baseball, gymnastics (girls), lacrosse (boys and girls), softball, track (boys
and girls), tennis (boys)

Parents should note the season starting and ending times in order that family vacations do not interfere with your son(s) or daughter(s) sport season. In addition, athletes are encouraged to obtain their physical exams in the summer. If this is not possible they should schedule a school physical exam through the nurse's office several weeks before their first season starting date.

Schedules for our teams are developed by the Section XI Scheduling Committee. Section XI is the local governing body for athletics in Suffolk County and operates under the guidelines of the New York State Public High School Athletic Association. The Commack Middle School competes primarily within Division II, which consists of schools from Babylon, Bay Shore, Brentwood, Copiague, Deer Park, Elwood, Half Hollow Hills, Harborfields, Huntington, Islip, Kings Park, Lindenhurst, Northport, South Huntington, West Babylon, West Islip, and Wyandanch. As you can see this division consists of schools in Western Suffolk County from both the north and south shores and is essentially a geographic configuration designed to limit travel.

While the Commack School District stresses participation and encourages coaches at this level to carry as many youngsters as is practical, "cutting" from teams is necessary in a number of sports. There are no mandatory participation rules within Section XI at any level. Unlike community programs, youngsters are not guaranteed any set amount of playing time. However, all Commack coaches are given the opportunity to play fifth or extra periods, providing their opponents are willing to do so. The objective here is to provide some game experience to as many youngsters as possible.

Unlike community programs, student-athletes are expected to attend practices regularly five days per week. This requires a great deal of commitment from each individual who makes a team. Generally speaking, students are not penalized for missing practices or games or for coming late to practice due to a medical emergency, illness, death in a family, religious observance or staying after school for extra-help. Missing practices or games for those or other reasons **may** result in reduced playing time and/or other penalties, as priority for participation is given to those youngsters who are in regular attendance. Attending practice, which involves the instructional phase of each sport, is equally important as attending games.

Parents of youngsters in the Middle School athletic program are urged to eliminate as many conflicts as possible between the demands of family and other school activities and the participation in interscholastics. It is exceedingly difficult for coaches to be effective when there is inconsistent attendance for any given practice or game. Coaches have been urged to either refrain from carrying youngsters on their teams who have regular weekly commitments to other activities that conflict with interscholastic games and practices or to give priority consideration for playing time to those youngsters with regular attendance.

Athletes must complete the entire athletic season prior to participating in another season or with another team or in any other school activity which has a schedule of meetings, rehearsals, or events that conflict with the team's schedule of practices and contests. We recognize the recurrent conflict between the time requirements of certain athletic teams and the time requirements of certain school organizations and clubs. An athlete who accepts a position on a Commack team and who, later, wishes to join a different team or organization, the time requirements of which are in conflict with the time requirements of the team, must resign his/her position on the team within two weeks of the start of the season. As a case in point, a CMS danceline/kickline member must submit her resignation from danceline/kickline by October 15 in order to be permitted to try out for or accept a position in the CMS musical that year.

Since one of the objectives of our program is to encourage sportsmanship, we are requesting that coaches and parents stress with our athletes the importance of appropriate behavior at all times. Coaches and parents can be powerful role models for our youngsters and should, therefore, be setting the examples we expect our athletes to follow.

I hope this letter has served to clarify some of the more important elements regarding our program. Your continued support of your children and our coaches is appreciated. Please contact me if you have any questions regarding this information.

Sincerely,

Patrick Friel
Director H.P.E.R.

PF/gf

PARENT CONSENT FORM

Before representing Commack High School on any athletic team, every student is required to fill out Section I of this form and have Section II approved by a father, mother or guardian. This form is to be returned to the school nurse on the day of the student's physical.

SECTION I - TO BE FILLED OUT BY STUDENT

(PLEASE PRINT)

SPORT _____
 Fall Winter Spring

NAME _____ GRADE _____ HOMEROOM _____
 (Last) (First)

DATE OF BIRTH _____ AGE (as of 9/1/18) _____
 (Month) (Day) (Year)

HOME ADDRESS _____
 (Number and Street) (Town) (Zip)

HOME TELEPHONE NUMBER _____

PARENT/GUARDIAN CELL NUMBER _____

I have never used my athletic skill or knowledge of athletics for monetary gain. I have never competed under an assumed name. I am currently residing at the above address and if at any time reside outside district boundaries, for any reason, I will alert the athletic department and guidance office.

Signature of Student

SECTION II - TO BE FILLED OUT BY FATHER, MOTHER OR GUARDIAN

I hereby certify that it is with my full knowledge and consent that my son/daughter, may participate in any of the sports **NOT** **CROSSED OFF** from the list below:

<u>Contact or Collision Sports</u>			<u>Endurance Activities</u>			<u>Others</u>
Baseball	Football	Softball	Badminton	Fencing	Track	Golf
Basketball	Lacrosse	Wrestling	Cheerleading	Gymnastics	Volleyball	Field Events
Field Hockey	Soccer	Other _____	Cross-Country	Kickline	Other _____	_____
			Danceline	Tennis		

In appreciation of the loan to my son/daughter of the protective and valuable equipment used in connection with the sports named above, I **HEREBY AGREE TO REPLACE ANY EQUIPMENT NOT RETURNED BY HIM/HER WHILE IN HIS/HER CARE.** I also certify that Section I is filled out correctly.

I further give my permission for him/her to go on any trips with the team under the supervision of the coach. In addition, if it is necessary for him/her to wear glasses while participating, I will assume responsibility for providing shatterproof lenses. (It is also recommended that the Tetanus Toxoid immunization be up to date.)

Permission Letter for Contact Lenses and Orthodontic Appliances

My child, _____, has my permission to engage in all physical education programs and/or athletic activities while wearing his/her contact lenses and/or orthodontic appliances. I understand that there is a possibility of loss of or damage to the lenses or appliances during participation by my child in such activities. I recognize that the lenses and/or appliances can be lost, crushed or damaged during body contact activities and other vigorous exercise. I am willing to take calculated risks involved and assume responsibility for replacement of the above should they be lost or broken.

_____ Contact Lenses _____ Orthodontic Appliances

Date

Signature of Parent or Guardian

Commack Public Schools Health Appraisal Form-TO BE COMPLETED BY PARENT/GUARDIAN

Name: _____ Date of Birth: _____
 Address: _____ Home Phone # _____
 _____ Family Physician/Phone: _____
 _____ Family Dentist/Phone: _____
 Mother's Name _____ Work # _____ Cell # _____
 Father's Name _____ Work # _____ Cell # _____

School: _____ Gender: M F Grade: _____ Teacher: _____

Chicken Pox _____ Pneumonia _____ Diabetes _____
 Diphtheria _____ Poliomyelitis _____ Epilepsy _____
 German Measles _____ Scarlet Fever _____ Tuberculosis _____
 Measles _____ Whooping Cough _____ TB Contact _____
 Mumps _____ Rheumatic Fever _____

<i>Please check each item with YES or NO</i>	NO	YES-PLEASE EXPLAIN <u>AND</u> INCLUDE DATES
1. Eye Disorder, Loss of Vision, Detached Retina		
2. Ear Disorder, Hearing Loss		
3. Nose Disorders		
4. Throat Disorders, Thyroid Conditions		
5. Facial Injuries		
6. Heart Murmur, Heart Disease, Rheumatic Fever		
7. Lungs, Pneumonia, Bronchitis, Asthma		
8. Kidney/Bladder Disorder, Loss of Kidney		
9. Abdominal, Intestinal Disorders		
10. Hernia, Varicocele, Hydrocele		
11. Undescended Testicle, Loss of Testicle		
12. Bones/Joints- Fractures, Dislocations, Disorders		
13. Head Injuries, Seizure Disorder, Loss of Consciousness		
14. Allergies		
15. Prescribed Medications- Regular Basis Dosage		
16. Surgeries, Hospital Admissions		
17. Diabetes, Endocrine Disorders		

My child _____ has my permission to engage in all physical education programs and/or athletic activities while wearing his/her contact lenses and/or orthodontic appliances. I understand that there is a possibility of loss of or damage to the lenses or appliances during participation by my child in such activities. I recognize that the lenses/and or appliances can be lost, crushed or damaged during body contact activities and other vigorous exercise. I am willing to take calculated risks involved and assume responsibility for replacement of the above, should they be lost, stolen or broken. () Contact Lenses () Orthodontic Appliances

Date _____ Parent/Guardian Signature _____

PHYSICAL EXAM- To be completed by provider

Student's Name _____ Date of Exam: _____

Height: _____ Weight: _____ Blood Pressure: _____ Pulse: _____

Referral

Body Mass Index: _____ . _____ Weight Status Category (BMI Percentile): <input type="checkbox"/> less than 5 th <input type="checkbox"/> 5 th through 49 th <input type="checkbox"/> 50 th through 84 th <input type="checkbox"/> 85 th through 94 th <input type="checkbox"/> 95 th through 98 th <input type="checkbox"/> 99 th and higher	Vision - without glasses/contact lenses	R	L	
	Vision - with glasses/contact lenses	R	L	
	Vision - Near Point	R	L	
	Hearing <input type="checkbox"/> Pass 20 db sc both ears or:	R	L	

EXAM ENTIRELY NORMAL Tanner: I. II. III. IV. V. Scoliosis: Negative Positive: _____

Menarche (date-first time) _____ Urinalysis: protein _____ glucose _____

Specify any abnormality (use reverse of form if needed): _____ **Lead Level** _____ **Date** _____

Medications (For medications dispensed in school, we must have a doctor's order. Please Attach.):

List all _____ None

Significant Medical/Surgical History: See attached _____

Specify current diseases:	<input type="checkbox"/> Asthma	Diabetes: <input type="checkbox"/> Type 1	<input type="checkbox"/> Type 2	<input type="checkbox"/> Hyperlipidemia	<input type="checkbox"/>
Hypertension	<input type="checkbox"/> Other: _____				

Allergies: **LIFE THREATENING** Food: _____ Insect: _____
 Seasonal Medication: _____ Other: _____

PHYSICAL EDUCATION / SPORTS / PLAYGROUND / WORK QUALIFICATION / CSE CONSIDERATION

Free from contagions & physically qualified for all physical education, sports, playground, work & school activities OR only as checked:

- ___ Contact: baseball, basketball, field hockey, football, lacrosse, soccer, handball, softball, wrestling
- ___ Endurance: badminton, cheerleading & kickline, cross-country, tennis, volleyball, track, fencing, gymnastics
- ___ Other: bowling, golf, swimming, field events

Restrictions: _____

Protective equipment required: Athletic Cup Sport goggles/impact resistant eyewear Other: _____

IMMUNIZATION RECORD *serology report must accompany this form if child has had disease.

3 Doses Hepatitis B	month/date/year	month/date/year	month/date/year		
4-5 Diphtheria Toxoid (DTaP/DTP/Tdap)	month/date/year	month/date/year	month/date/year	month/date/year	month/date/year
3-4 Polio Vaccines	month/date/year	month/date/year	month/date/year	month/date/year	
2 MMR Vaccines	month/date/year	month/date/year			
2 Varicella Vaccines	month/date/year	month/date/year		Had Disease(date)	
1-2 Meningococcal Conjugate Vaccine	month/date/year	month/date/year			

Chest XRay Date _____ **Result** _____

TB Test Date _____ **Result** _____ **Other** _____ **Date** _____ **Result** _____

Provider's Signature: _____ **Phone:** _____ **(STAMP BELOW-not valid without stamp)**

Name/Address: _____ **Date:** _____