

# **PENFIELD CENTRAL SCHOOL DISTRICT ATHLETIC INFORMATION** **FOR 2009/2010**

**\*\*PLEASE NOTE-- PERMISSION NEEDED--SEE BELOW\*\***

Call the PHS Health Office at **249-6780, 249-6721 or 249-6808** with any questions.

**Free sports physicals will be given one day only on June 3<sup>rd</sup> from 4-6 PM.**

**Please refer to the Checklist for Student-Athletes below for complete instructions on how to meet the requirements for participation in our athletic program. There have been some minor changes made to the process, including on-line availability of forms, and the need for students to personally hand in their paperwork to one of the school nurses year-round, so please read carefully.**

## **A CHECKLIST FOR STUDENT ATHLETES**

1. \_\_\_ Student-Athletes must have a valid physical examination **on file in the Health Office.** New York State regulations specify that physical exams are only valid for a period of twelve continuous months (one year). If you are unsure of when your physical expires, check with your school nurse **as soon as possible.** You may mail or fax in copies of your physical, but we suggest that you staple a copy of your current physical to your paperwork if you have it. Send physicals to: **PHS SCHOOL NURSE, 25 High School Drive, Penfield, NY 14526; FAX: 249-6810.**
2. \_\_\_ The **Athletic Program Permission Slip/Medical Recertification Form** is available on line on the Athletic Department website. Hard copies are also available in the Main Office or Health Office. The forms must be filled out and **signed by a parent and student no earlier than 30 days before the first practice or try-out,** and then personally turned in to the school nurse. If turned in before 30 days, the form will be invalid and not accepted. For the **Fall 2009** sports season, forms can only be signed **after July 18, 2009.** A new permission slip is needed before each sports season. Please provide all the information requested. **All forms must be turned in the Friday before a sport season begins.**
3. \_\_\_ All students must have a brief **Health History Review in person** with the school nurse when they hand in their forms as outlined above in step 2. This is a time when the nurse will review the form and clarify any information provided. Doctor's notes stating that the student is cleared to participate in sports or listing any specific restrictions are necessary if the student has sustained any injury or had a significant illness since their physical was performed. **Forms cannot be dropped off in the Main Office.**
4. \_\_\_ All athletes must have had a **Tetanus shot** within the past 10 years **on record** with the school nurse. Consider asking your physician's office for a copy of your Immunization Record with your physical.

For your convenience, a variety of dates and times have been set up when Mrs. Samuels and/or Mrs. Teng, the High School nurses, will be available to complete the Health History Review outlined in #3 above. One of them will be in the Health Office to assist you at any of the following times: **Wednesday, July 22 3-7 PM; Tuesday, July 28<sup>th</sup> 2-6 PM; Thursday July 30 12-4 PM; Tuesday – Thursday, August 4, 5, 6 8:30 AM – 12:30 PM; Tuesday – Friday August 11,12,13,14 8:30 AM -12:30 PM; and Monday – Tuesday, August 17<sup>&</sup>18<sup>th</sup> 8 AM - 12:30 PM.** Each student will be seen on a first-come, first served basis.

The school nurses at Bay Trail will be available on **Wednesday, August 26<sup>th</sup> and Thursday, 27<sup>th</sup> from 8 AM to 2PM** to complete sports paper work.

## FALL SPORTS FIRST PRACTICE DATES AND TIMES FOR THE 2009-2010 YEAR

Varsity & J.V. Football	Mon.	Aug. 17
Varsity & J.V. Cheerleading	Mon.	Aug. 17
Varsity & J.V. Boys' Soccer	Mon.	Aug. 17
Varsity & J.V. Girls' Soccer	Mon.	Aug. 17
Varsity & J.V. Boys' & Girls' XCountry	Mon.	Aug. 17
Varsity & J.V. Boys' Volleyball	Mon.	Aug. 17
Varsity & J.V. Girls' Tennis	Mon.	Aug. 17
Varsity & J.V. Field Hockey	Mon.	Aug. 17
Varsity & J.V. Girls' Swimming	Mon.	Aug. 17
Varsity Girls' Gymnastics	Mon.	Aug. 17
Varsity Girls' Golf	Mon.	Aug. 17
Varsity & J.V. Girls' Volleyball	Mon.	Aug. 17
Freshman Football	Mon.	Aug. 24
Freshman Boys' Soccer	Mon.	Aug. 31
Freshman Girls' Soccer	Mon.	Aug. 31
Bay Trail Mod. Football	Tues.	Sept. 8
Bay Trail Girls' Soccer	Wed.	Sept. 9
Bay Trail Boys' Soccer	Wed.	Sept. 9
Bay Trail Boys' & Girls' XCountry	Wed.	Sept. 9
Bay Trail Boys' Volleyball	Wed.	Sept. 9
Bay Trail Gymnastics	Wed.	Sept. 9
Bay Trail Girls' Swimming	Wed.	Sept. 9
Bay Trail Girls' Volleyball	Wed.	Sept. 9

**\*\*\*PRACTICE SCHEDULES\*\*\***  
FOR THE FALL SEASON (*HIGH SCHOOL TEAMS ONLY*) WILL BE AVAILABLE IN AUGUST (*THIS INCLUDES: VARSITY, JV, AND MODIFIED A TEAMS*) IN THE ATHLETIC OFFICE AT THE HIGH SCHOOL

## WINTER SPORTS FIRST PRACTICE DATES

Varsity & J.V. Winter Cheerleading	Mon.	Nov. 2
Varsity Ice Hockey	Mon.	Nov. 9
Varsity & J.V. Boys' & Girls' Basketball	Mon.	Nov. 9
Varsity & J.V. Boys' Swimming	Mon.	Nov. 9
Varsity & J.V. Wrestling	Mon.	Nov. 9 (Weight Cert is 11/21/09)
Varsity & J.V. Boys' & Girls' Winter Track	Mon.	Nov. 9
Varsity & J.V. Boys' & Girls' Nordic Skiing	Mon.	Nov. 9
Varsity & J.V. Boys' & Girls' Alpine Skiing	Mon.	Nov. 9
Varsity Boys' & Girls' Bowling	Mon.	Nov. 9
Freshman Boys' Basketball	Mon.	Nov. 9
Freshman Girls' Basketball	Mon.	Nov. 9
Bay Trail Boys' Basketball	Mon.	Nov. 30
Bay Trail Wrestling	Mon.	Nov. 30
Bay Trail Girls' Basketball	Mon.	Nov. 30
Bay Trail Boys' Swimming	Mon.	Nov. 30

## SPRING SPORTS FIRST PRACTICE DATES

Varsity, J.V. Baseball	Mon.	Mar. 8
Varsity & J.V. Softball	Mon.	Mar. 8
Varsity & J.V. Boys' Lacrosse	Mon.	Mar. 8
Varsity & J.V. Boys' & Girls' Track	Mon.	Mar. 8
Varsity & J.V. Girls' Lacrosse	Mon.	Mar. 8
Varsity & J.V. Boys' Tennis	Mon.	Mar. 8
Varsity & J.V. Boys' Golf	Mon.	Mar. 8
Mod. A Boys' Baseball	Mon.	Mar. 22
Mod A Girls' Softball	Mon.	Mar. 22
Bay Trail Field Hockey	Mon.	Mar. 29
Bay Trail Boys' Lacrosse	Mon.	Mar. 22
Bay Trail Softball	Mon.	Mar. 29
Bay Trail Girls' Lacrosse	Mon.	Mar. 22
Bay Trail Baseball	Mon.	Mar. 29

## Sports Physical Permission Slip

Students are encouraged to have their physicals performed by their own family doctor. If they are unable to do so, they may take advantage of the free sports physicals that Penfield Central School District provides once each year. Physicals administered during June 2009 are good for any sport during the 2009/2010 school year. All physicals must be documented on the Penfield Health Appraisal Form or a physician's office computerized printout and filed with the school nurse.

**THE PENFIELD CENTRAL SCHOOL DISTRICT WILL NOT  
GIVE FREE PHYSICALS DURING THE SUMMER.**

**Free sports physicals will be given one day only on June 3<sup>rd</sup> from 4-6 PM.**

*You must return this completed slip to the High School Health Office in order to have a sports physical performed by our school physician. It can be brought to the Health Office at the time of the physical.*

\_\_\_\_\_ I give permission to have my child interviewed and examined by the school physician/provider as

scheduled at the convenience of the school. I have read the attached information sheet on Health Appraisals and have advised my child of my decision. See back of this page.

\_\_\_\_\_ Student's Name     Male or  Female

\_\_\_\_\_ Grade in September

\_\_\_\_\_ Parent's Signature

\_\_\_\_\_ Date

# PENFIELD CENTRAL SCHOOL DISTRICT

## School Physical Examinations (6-12)

*Health Appraisal Informed Consent*  
*Please Read this if you want an exam done in school*

Should you choose to have a health appraisal done by the school physician, in school, it will be scheduled at a time convenient to the district. Most parents do not choose to attend, but if you wish to attend, please notify the school nurse. Otherwise, please be advised of how the appraisal will be conducted in your absence.

Your child will be asked to disrobe to their undergarments. Other children of the same sex may be in the changing area. Generally, capes are available. First, the physician conducts a mini-interview for history either verbally or by asking the student to read a list of questions, or both. The interview includes age-appropriate questions identified by the American Medical Association and the American Academy of Pediatrics, which explore psycho-social areas of concern for children. The student is told that if he /she is uncomfortable discussing such topics with the school physician, the private physician should conduct the exam instead.

Next, the physical examination is conducted. It includes a head-to-toe screening of all major organ systems. You will be advised of any areas of concern found on examination.

In matters pertaining to the psycho-social interview, if there is concern that a student is engaging in activities that are immediately self-injurious, e.g., suicide ideation, you will be notified immediately. In instances where a student's choices cause concern for future problems, e.g., smoking, an appropriate school staff member such as the nurse or counselor will be advised to work with the students. Most often, this includes counseling the student to involve you. Often, the counselor is involved to explore more deeply whether issues discussed with the physician are of a serious nature. Please understand that students in New York are protected by law to rights of confidentiality in matters pertaining to sexuality. Every effort is made by the district to educate a student about the importance of responsibility in such matters, particularly in regard, to involving their parents in their decision-making. However, we encourage you to develop an atmosphere in your home, from the time your children are young, that will allow your teenager to come to you to discuss anything. We also urge you to involve your primary physician in matters of sexuality if you feel uncomfortable addressing this issue yourself.

We ask that you share the details of the appraisal with your child so that there are no surprises. We also request that you involve your child in the decision of whether the exam should be done in school or by your private physician.

Thank you for your cooperation.

Sincerely,



Cynthia Devore, MD  
School Physician