

LONGWOOD CENTRAL SCHOOLS

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Dear 7th Grade and 8th Grade Students:

Practices for the *Junior High Early Winter teams* will begin on *Monday, November 6th* for all 7th and 8th grade students interested in the following sports:

BOYS BASKETBALL @ MS

GIRLS VOLLEYBALL @ JHS

CHEERLEADING @ JHS

All interested students are to bring a signed permission slip (below) with them and report to the gym immediately after school on *Monday, November 6th*. Practices will run until 5:00 PM and will take place at either the *Middle School* or the *Junior High School* (see above). Athletes will be transported home at 5:30 PM.

New York State law requires all students trying-out or participating in athletics receive a sports physical. Sports physical information and forms can be picked up at the Health Office. The final approval for sports clearance rests with the school medical officer.

The Health History Form is part of the physical and is to be completed by the parent/guardian and returned to the Health Office along with the Health Examination Form. A new Health History Form must be completed thirty (30) days prior to the start of any sport season in which the student participates. Students are reminded that in order to participate in the interscholastic program, students must be academically eligible.

Students must bring this Permission Form with them on the **first day of practice**. Additional information can be obtained by contacting the Athletic Office at (631) 345-9260.

PARENT PERMISSION

Student's Name _____ Grade _____

Address _____ Phone # _____

*I give my son/daughter permission to stay after school beginning **Monday, November 6th** to try out for an interscholastic athletic team. I understand that they will be transported home from practice by bus at **5:30 PM**. Transportation home from the school is **NOT** provided after games.*

Parent's Name _____ Signature _____