

**ALL INCOMING ATHLETES MUST HAVE A CURRENT PHYSICAL AND ALL FORMS TURNED IN AND MEET THE ACADEMIC AND OTHER ELIGIBILITY REQUIREMENTS TO TRYOUT FOR A FALL SPORT:**

**THERE WILL NOT BE PHYSICALS AVAILABLE THIS YEAR AT THE HIGH SCHOOL – STUDENTS MUST GET A PHYSICAL FROM THEIR PRIMARY CARE PHYSICIAN OR WALK IN CLINIC**

**Physicals must be dated 7/26/2009 or After**

**FALL SPORTS AT HOLYOKE H.S. and DEAN TECHNICAL H.S.**

**WHAT YOU MUST KNOW TO PARTICIPATE IN A FALL SPORT**

**1. You must complete the following paperwork prior to the first day of tryouts:**

- **Physical exam** must be dated 7/26/09 or after. You fill out front page-history, the doctor fills out the back page when you have your physical exam.
- **No physicals will be offered this year in the High Schools .**  
***You must get a physical from your primary care physician or walk-in clinic.***
- **Emergency card (yellow)**...fill out completely both front and back sides - must be signed by a parent or guardian and by the athlete.
- **Hazing form (pink)**...read and must be signed by student/athlete.
- **Sportsmanship form (blue)**...read and must be signed by parent/guardian and student/athlete.
- **Team rules**...must be signed by parent/guardian and student/athlete. To be given out at the pre-season meeting on June 11<sup>th</sup> at 6:30 at the Holyoke High School Auditorium.

**\*\*\*IF YOU DO NOT HAVE A HARD COPY OF ANY OF THE FORMS THEY CAN BE DOWNLOADED OFF THE HOLYOKE PUBLIC SCHOOLS WEBSITE ON THE ATHLETIC PAGE [www.hps.holyoke.ma.us/athletics .htm](http://www.hps.holyoke.ma.us/athletics.htm)**

**2. You must attend the first day of practice/tryouts. Check the list for date, time, & site.**

**ANY QUESTIONS CONTACT THE ATHLETIC DEPARTMENT OR COACH**

**Aaron Patterson – Athletic Director**

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