

SLEEPY HOLLOW ATHLETICS WANTS YOU!

**STARTING DATES FOR THIS SPRING SPORTS
SEASON**

**HIGH SCHOOL
MONDAY, MARCH 10TH**

**MODIFIED (7TH & 8TH GRADE)
*MONDAY, MARCH 24TH***

**THE FIRST DAY OF MODIFIED PRACTICE WILL BE A MEETING WITH
THE COACHES IN THE CAFETERIA AT 3:15PM.**

SPRING SPORTS OFFERINGS

HIGH SCHOOL

**BASEBALL
SOFTBALL
TRACK & FIELD
BOYS' LACROSSE
GIRLS' LACROSSE
GOLF
TENNIS**

MODIFIED

**BASEBALL
SOFTBALL
TRACK & FIELD
BOYS' LACROSSE
GIRLS' LACROSSE**

SLEEPY HOLLOW PRIDE IS ON THE RISE!

IMPORTANT INFORMATION FOR MEDICAL CLEARANCE

ALL STUDENTS MUST BE MEDICALLY CLEARED TO PARTICIPATE

ALL STUDENTS INTERESTED IN PLAYING A SPRING SPORT MUST START BY GOING TO THE NURSE'S OFFICE OR ATHLETIC OFFICE FOR A PRE-PHYSICAL INFORMATION BLUE FORM.

PLEASE COME DOWN DURING LUNCH OR FREE PERIOD.

IMPORTANT

MAKE SURE WHEN YOU PICK UP YOUR BLUE PERMISSION FORM TO TAKE IT HOME FOR YOUR PARENTS' SIGNATURE. IF YOU DON'T TURN IN YOUR BLUE FORM TO THE NURSE YOU CAN'T HAVE A PRE-PHYSICAL SCREENING. YOU MUST HAVE A PRE-PHYSICAL SCREENING TO RECEIVE A SCHOOL PHYSICAL BY THE SCHOOL PHYSICIAN.

VERY IMPORTANT: IF YOU GET A PRIVATE PHYSICAL, YOU STILL NEED TO HAND IN THE BLUE FORM WITH A COPY OF YOUR PHYSICAL TO THE NURSE

ALL SPRING PHYSICALS WILL BE FEBRUARY 27TH AND MARCH 5TH BUT YOU CAN ONLY SIGN UP BY TURNING IN YOUR BLUE FORM TO THE NURSE.