**ATHLETIC DEPARTMENT**

Matthew Mills Carmela Shiptoski Vicky Hall

Athletic Director Certified School Nurse Athletic Trainer

Dear Athlete and Parents/Guardians:

This letter is for anyone interested in playing sports for Northwest Area School District for the upcoming 2019-2020 school year. This includes **all junior high and high school students planning to participate in the fall, winter and/or spring sport seasons.** Sports available include: football, field hockey, cross country, basketball, cheerleading, baseball, softball, track and field and also those athletes competing in the co-ops of golf and wrestling at Benton. We are once again offering sport physicals to be completed by our school physician,

Dr. Stephen Evans**. Physicals will be held on Wednesday, June 5 and Saturday, June 8.** These are the only days that sport physicals will be offered by the school for this upcoming school year.

If you choose to get your physical from the school instead of your primary care physician, you must pick up a CIPPE packet (physical forms) from the school. They are located in the principal’s office, nurse’s office, or the Athletic Director’s office. The forms may also be printed off the school’s website at [www.nasdedu.com](http://www.nasdedu.com) and there is information at this site regarding the various sports that are available. Parents and athletes must complete the packet in full. Bring the packet to the physical. **NO physical will be performed on anyone who has an incomplete packet. Be sure to double check!!** On the parent’s permission form, please sign next to any sport that your son or daughter may even consider playing.

We are organizing the physicals alphabetically. **Please report during your appointed time frame to the high school lobby by the bus unloading dock.** The physicals will be conducted in the school library. If you are unable to make your scheduled date but wish to get the physical on the other scheduled day, please report after 7:15 pm on Wednesday, or after 9:15 am on Saturday, if at all possible.

If your last name begins with: Report time

* **SK-Z Wednesday, June 5 at 6:30 pm**
* **O-SI Wednesday, June 5 at 7:00 pm**
* **K–N Wednesday, June 5 at 7:30 pm**
* **A-D Saturday, June 8 at 8:00 am**
* **E-J Saturday, June 8 at 9:00 am**

If you have any questions, please feel free to call the following individuals at 542-4126.

Thank you,

Matthew Mills, ext.1024 Carmela Shiptoski, ext.1113 Vicky Hall, ext.1022

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