



# CITY SCHOOL DISTRICT OF ALBANY FALL SPORTS SIGN-UP INSTRUCTIONS

## 1. STUDENTS, SIGN UP WITH YOUR PHYSICAL EDUCATION TEACHER

- a. Sign-up dates for Fall sports: **April 26 – May 7!**



## 2. SEE YOUR SCHOOL NURSE FOR YOUR PAPERWORK

- a. You must obtain a packet of information from the school nurse during “sign-up” weeks (or download 3 forms off the district’s website - athletic link). Paperwork must be signed by the student and parent and returned to the nurse by **May 7.**



## 3. PHYSICALS

- a. A physical conducted within 12 months prior to the first day of practice is required. If you need a physical, the school nurse will notify you when you pick up your paperwork.
- b. We encourage you to have the required physical with your health care provider. Have your provider complete the physical form (HE 104) found in your packet and return the completed form to the nurse.
- c. If you need a physical and do not have a health care provider, the District will schedule you for a physical. **There will be NO make-up days.** If you miss your scheduled school physical, you must obtain the required physical from a private physician and return the completed physical form no later than **May 7.**

## 4. YOU AND YOUR PARENT MUST REVIEW AND SIGN THE NECESSARY FORMS

- a. Student and parent must sign HE 106A and HE 106B.  
**Both forms must be completed and signed before each season in which you play.**



## 5. RETURN YOUR PAPERWORK TO THE SCHOOL NURSE

- a. Paperwork must be returned by: **May 7.**

## MEDICATION

If you require medication during athletic events, you must have a note from your parent, a note from your health care provider, and the medication must come in a labeled container. You may obtain the necessary permission forms from your school nurse.

**NO PAPERWORK WILL BE ACCEPTED AFTER May 7. IT IS YOUR RESPONSIBILITY TO MEET THIS DEADLINE OR YOU CANNOT PLAY A FALL SPORT.**

## SPORTS AVAILABLE THIS SEASON INCLUDE:

Varsity  
Cheerleading  
Cross County  
Football  
Soccer  
Swimming - girls  
Tennis – girls  
Volleyball - girls

JV  
Cheerleading  
Football  
Soccer  
Volleyball - girls

Modified  
Cross Country  
Football  
Soccer  
Volleyball – girls

**TRYOUTS BEGIN: August 16 – V/JV football  
August 23 – V/JV all other sports  
September 1 – all modified sports**

