

June 2019

TO: All Westside High School Students and Parents,

I hope you are having an enjoyable and relaxing summer. With the beginning of each school year, participants in our athletic programs need to be reminded of certain requirements, which must be met prior to the first day of legal practices. My intent is to inform each of you about several items that hopefully will make the start of the year go smoothly for you. This communication contains information for student-athletes and parents.

We want and need our parents to be active participants by attending parent meetings that our school and coaches host. By attending these meetings, many of the questions that you may have about the school's athletic program will be answered, the coaching philosophies and team expectations of our coaches will be addressed, and you have an opportunity to directly ask questions to the leaders of our athletic programs. You need to be comfortable with the programs in which your children will participate and attendance at these meetings will be helpful.

SPORTS ATHLETIC INFORMATION

ATHLETIC PARTICIPATION FORMS AND PHYSICAL EXAMINATIONS:

Each student-athlete **must** have an **Athletic Physical Exam** and his or her **Athletic Participation Form** completed and signed by all necessary individuals **prior** to the beginning of athletic practices. All sports physicals must be completed after May 1, for the coming school year. **PLEASE NOTE:** The **Athletic Participation forms** include the athletic physical form and three consent forms - the **Athletic Participation Form, Parent/Guardian Consent Form, Activities/Clubs/Athletic Code of Conduct card and Student/Parent Concussion Acknowledgement Form**. All forms must be completed in their entirety, and all required signatures must be included prior to a student being allowed to participate. This is a Nebraska School Activities Association (NSAA) requirement as well as a Westside High School regulation. All forms are kept on file at Westside High School.

Student-athletes are responsible for getting their own physical exams. The opportunity to receive a sports physical from a consortium of doctors will be available on **Wednesday, July 31st and Wednesday, August 7st, from 6:00 to 8:00 p.m. at Westside High School. The cost for the physical exam will be \$30.** There will be doctors of both genders available to do the physical exams. Students should report for check-in at the east door of the Sports Pavilion. Student-athletes may always choose the option of receiving their exams from their own family physician. **NOTE:** If students have their family physician give them the physical, they should still use the Westside Athletic Participation form.

Athletic physical forms and required signature pages are included in this email. If you wish to pick up a printed copy of the packet stop by the Main Office Monday thru Friday or check with your student's coach. All forms are also available on the high school website under Athletics at the top of the page.

Remember all forms/letters must be turned into the Westside Athletic Department prior to the first official day of the season.

We appreciate your interest and look forward to your participation in and support of Westside High School's athletic program. A rich tradition of quality, hard work, and success awaits you. In July, you will receive additional student information, including the Warrior **Handbook**. In that handbook, I particularly direct your attention to athletic and activities information, conduct/regulations, and the code of conduct. Some fall sports coaches may also send letters to you specifically about their activity. If you have any questions, please contact the appropriate coach (all coaches are listed on the attached form "All Sports Info") or my office at Westside High School. Along with the sports participation forms attached to this email, you will find information regarding our Westside Athletic Club. The Westside Athletic Club (WAC) is a parent-led organization that provides support for Westside High School Athletics. WAC promotes good sportsmanship, generates fan support & school spirit, and provides financial support to more than 20 Sports and Spirit Squad. Please read through all the attached forms to learn more.

Sincerely,
Thomas G. Kerkman
Assistant Principal/Athletic Director

Attachments Included:

- 1. All Sports Info**
- 2. Physical Form for Print**
- 3. Athletic Participation Consent and Letter**
- 4. Concussion Acknowledgement Form**
- 5. Code of Conduct Form**
- 6. WAC 101**
- 7. WAC Membership Form**
- 8. BBQ Save the Date**
- 9. Westside Spirit Signs**