

MONROE-WOODBURY CENTRAL SCHOOL DISTRICT

-----HIGH SCHOOL, 155 DUNDERBERG ROAD, CENTRAL VALLEY, NEW YORK 10917 (845) 460-7045 mw.k12.ny.us

Dear Parent/Student:

Monroe-Woodbury offers many Interscholastic Sport Programs throughout the school year. In order to participate in a sport, you must have a current physical exam and complete the Interscholastic Parent Permission/Update form. This form may be signed no sooner than thirty days before the opening day of each sport.

Physical exams are valid for one calendar year. For this fall, the physical is valid if it was performed on or after August 1, 2018. If you choose to have a physical by your private physician, a copy of the physical should be brought to the Nurse's Office, along with the Parent Permission/Update form. School physicals will be given at the High School Nurse's office on **Thursday, August 15th** and **Tuesday, August 20th**, between 8:00 a.m. and 9:00 a.m. The Nurses will be available to sign Parent Permission/Update forms on the following dates: **August 14, 15, 16, 19, and 20** between 7:00 a.m. and 11:30 a.m. **Each athlete must appear in person** at the High School Nurse's Office. It is your responsibility to have the necessary medical clearance before the first day of practice! Coaches **cannot** allow you to practice until they receive a clearance slip from the High School Nurse.

If you have a history of asthma or allergies that require medication, you must provide the Health Office with a new medication order each year. **In order to be cleared**, you will need the physician's order, written permission from your parent or guardian, and the medication in its original container.

All High School Varsity & J.V. Fall Sports are scheduled to begin try-outs on **Monday, August 19th**. The Parent Permission/Update form is downloadable along with the Authorization for Medication and the Physical Examination forms through the mw.k12.ny.us website.

Sincerely yours,

Lori Hock
Athletic Director