

Spring Sports Sign-up's: Will be held from Tuesday, January 17th through Friday, January 20th for all students in grades 7-12. The following sports are being offered: Var/JV/Mod. Baseball, Var/JV/Mod. Boys and Girls Lacrosse, Var/JV/Mod. Softball, Var. Golf, Var. Boys Tennis, Var/Mod. Boys and Girls Track & Field. If your child is interested in participating in a spring sport, please have them sign up in the Athletic office located in room W34. After your child signs up, an email will be sent to the address on file with the school with all the information needed regarding physical status, forms, start dates and due dates. If you have any further questions please call 669-5414, ext. 2180.

Varsity/JV: Try-out's will begin on Monday, March 12, 2012.

Due Dates: Interval Health History forms and physicals must be submitted to the school nurse by Monday, March 5th. Failure to meet this deadline will result in the student-athlete not being allowed to participate for the first two days of try-out's. Physicals and Interval Health History forms will not be accepted after 3:00 pm on Tuesday, March 13th.

Due to New York State regulations, Interval Health History forms cannot be accepted before February 10, 2012.

Modified: Try-out's will begin on Monday, March 26, 2012.

Due Dates: Interval Health History forms and physicals must be submitted to the school nurse by Monday, March 19th. Failure to meet this deadline will result in the student-athlete not being allowed to participate for the first two days of try-out's. Physicals and Interval Health History forms will not be accepted after 3:00 pm on Tuesday, March 27th.

Due to New York State regulations, Interval Health History forms cannot be accepted before February 27, 2012.

Forms: All forms can be downloaded from the North Salem web site; click on forms on the top of the main page.

Physical Info: There are two ways you can acquire a sports physical:

- Schedule a sports physical with the school physician
- Schedule a sports physical with your child's primary care physician

Please note: If you are unable to meet the deadlines because your insurance carrier limits your ability to schedule a physical within one calendar year, please be sure to schedule a sports physical with our school physician.

If you would like to have your child's sports physical completed by our school physician, Dr. Elliot Barsh, free of charge on Tuesday, February 28th, please email Laura Chamberlain at chamberlainl@northsalem.k12.ny.us to schedule an appointment. **Appointments must be made by Thursday, February 16th.**