



June 2019

Dear Parents:

Any student participating in athletics **MUST** have a current physical (**taken after May 1, 2019**) before they will be allowed to practice/tryout for any athletic team (this includes cheer or dance). We encourage you to see your child's physician to schedule the necessary sports physical and to insure your child's immunization are current.

In April of 2011, the Concussion Awareness Act was signed into law with the intent to protect the youth participating in athletics across the state from the dangers of concussions that are often unrecognized, undiagnosed, and/or mismanaged. To comply with this Concussion Awareness Act, parents of students participating in athletics, as well as the student athlete, must read and sign the Head Injury/Concussion Acknowledgement Form.

***The following forms are available through the Gross Catholic website at ([www.grosscatholic.org](http://www.grosscatholic.org))***

- (1) History Form (**kept on file in doctor's office**)
- (2) Physical Examination Form (**kept on file in doctor's office**)
- (3) Clearance Form (**returned to school**)
- (4) Parental Consent Form / Proof of Insurance (**returned to school**)
- (5) Head Injury / Concussion Form (**returned to school**)

If your student plans to participate in a fall sport; football, softball, volleyball, cross-country, girl's golf or boy's tennis or for cheer or dance; they need to obtain a ***Permit to Participate Card before*** they can start practice. Practice will begin on August 12<sup>th</sup> for all Fall Sports. More information on try-out dates and times will be in the Back to School Newsletter, which will be mailed approximately the last week of July. In order to receive this card, the student must (1) have taken a current physical and have the completed Clearance Form on file at Gross Catholic, (2) sign, date and return to Gross Catholic, the Parental Consent / Proof of Insurance Form, (3) sign, date and return to Gross Catholic, the Head Injury/ Concussion Acknowledgement Form and (4) qualify academically. Students who have all the necessary requirements may obtain their *Permit to Participate* card from the school office starting the week of July 29th. (**Office hours are 8:30 AM to 1:30 PM**)

If you have any questions, regarding this process, please don't hesitate to give me a call.

Sincerely,

***Mike Dempsey***  
**Activities Director**