

NORTHPORT – EAST NORTHPORT UNION FREE SCHOOL DISTRICT  
PHYSICAL EDUCATION AND ATHLETICS DEPARTMENT

PAUL KLIMUSZKO

DISTRICT DIRECTOR OF PHYSICAL EDUCATION, HEALTH AND ATHLETICS

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**THERE WILL BE NO MAILING OF THIS LETTER**  
**AND/OR CLEARANCE/PHYSICAL FORMS**  
**2016-2017 School Year IMPORTANT INFORMATION FOR ATHLETES**

Dear Northport High School Athletes & Parents:

**(To all incoming 9th Grade athletes)**

All students are invited to participate in the interscholastic athletic program. This letter is to remind potential team members of a few responsibilities, such as dates of school physical examinations, where, as well as when you are to report for medical clearance slips issued by the school nurse and “try-outs” for sports for the 2016-2017 school year.

**SCHOOL PHYSICALS - FOR FALL SPORTS ONLY** - This examination must have been done within one year of start of sport. You must have been administered a physical exam to participate. This examination may be performed by your private physician or by the school doctor. If your private physician performs the exam, please download the annual health exam form from the District website.

**REQUIRED FOR CLEARANCE:**

Be sure your physician does **height, weight, blood pressure, vision and scoliosis testing.**

If you prefer to have a physical done by our school physicians, the doctor will be in the school Nurse’s Office on:

**(You may only see the doctor in the building where you currently attend Middle School)**

**East Northport Middle School - Tuesday, June 7      9:00 a.m.**

**Northport Middle School – Tuesday, June 14      9:00 a.m.**

**If your health insurance will only cover one exam per calendar year and that date falls after the start of the Fall season, you should take advantage of this opportunity.**

**CLEARANCE DATES:**

**You must report to Northport High School for your clearance...Follow the attached schedule:**

<b>Friday, August 12, 2016</b>	<b>7:30 a.m. to 1:00 p.m.</b>	<b>Nurse’s Office</b>
<b>Friday, August 19, 2016</b>	<b>7:30 a.m. to 1:00 p.m.</b>	<b>Nurse’s Office</b>
<b>Monday, August 22, 2016</b>	<b>6:30 a.m. to 12:00 p.m.</b>	<b>Nurse’s Office</b>

In addition, all student-athletes must have the Pre-Participation Form and both sides of the Health History Form (**which also need to be downloaded from the website**) completed and signed by their parent to get a clearance slip from the school nurse. If you do not have all the requirements, you will not be eligible for a sport team and will not be permitted to try out. All 3 sports forms may be downloaded from the website, (“Instructional Programs”.....”Physical Education & Athletics”).

I strongly urge you to obtain your clearance on August 12<sup>th</sup> or 19<sup>th</sup> if you are able to get to the school, as this will avoid unnecessary delays on the first day of practice. The nurses, on these dates, will be taking all athletes by the schedule on a “first in line - first into the nurse’s office” basis.

If you have any questions, please contact your coach or call the Office of Physical Education & Athletics.

### Fall Try Out Dates Are:

<u>Sport</u>	<u>Level</u>	<u>1st Try Out / Practice</u>	<u>Where to Report</u>	<u>Tentative Time</u>	<u>Coach</u>
Football	Varsity	15 August 2016	Football Field	8:00 a.m.	Mr. Lukralle
	JV	15 August 2016	Football Field	8:00 a.m.	Mr. Russo
	JV9	15 August 2016	Football Field	8:00 a.m.	Mr. Cascone
Boys Cross Country	Varsity	22 August 2016	Commons	8:00 a.m.	Mr. Strom
Girls Cross Country	Varsity	22 August 2016	Commons	8:00 a.m.	Mr. Visconti
Field Hockey	Varsity	22 August 2016	Hockey Field	8:00 a.m.	Ms. Walling
	JV	22 August 2016	Hockey Field	8:00 a.m.	Ms. Martinez
Boys Soccer	Varsity	22 August 2016	Soccer Field	8:00 a.m.	Mr. Strasser
	JV	22 August 2016	Soccer Field	8:00 a.m.	Mr. Mitchinson
	JV2	22 August 2016	Soccer Field	8:00 a.m.	TBD
Girls Soccer	Varsity	22 August 2016	Soccer Field	8:00 a.m.	Ms. Gipp
	JV	22 August 2016	Soccer Field	8:00 a.m.	Mr. McGinn
Girls Tennis	Varsity	22 August 2016	Tennis Courts	8:00 a.m.	Mr. Quinn
	JV	22 August 2016	Tennis Courts	8:00 a.m.	Mr. Failla
Boys Volleyball	Varsity	22 August 2016	South Gym	8:00 a.m.	Ms. DiPietro
	JV	22 August 2016	South Gym	8:00 a.m.	Mr. Fritch
Girls Volleyball	Varsity	22 August 2016	Main Gym	8:00 a.m.	Ms. Holecek
	JV	22 August 2016	Main Gym	8:00 a.m.	TBD
Girls Swimming	Varsity	pool start date TBD	YMCA		Mr. Kretzer

### Vacation / Recess Policy: (from the student athlete handbook)

Being chosen to represent the Northport-East Northport School District as a member of an interscholastic team is an honor and a privilege. It requires great commitment, dedication, hard work and desire to be the very best you can be in your position. **All varsity, junior varsity, and 9th grade athletes are expected to participate in all try outs, practices, scrimmages, and interscholastic contests during vacation / recess periods.** This includes practices which occur prior to the opening of school in September. Student-athletes may petition the District Athletic Director for relief in these matters if there are extenuating circumstances.

If you have any questions regarding participation on an interscholastic athletic team, please feel free to contact me in the Athletic Office (262-6701).

Sincerely,

*Paul Klimuszko*

Paul Klimuszko  
District Director of Physical Education, Health & Athletics

# **Northport High School**

## **Interscholastic Athletic Clearance Schedule**

**Come Only During Your Assigned Time**

### **Friday, August 12, 2016**

7:30 - 9:30	Football - <b>ONLY</b>
9:30 - 10:00	Boys Soccer
10:00 - 10:30	Boys Cross Country
10:30 - 11:00	Girls Cross Country & Girls Tennis
11:00 - 11:30	Field Hockey & Cheerleading
11:30 - 12:00	Girls Soccer & Girls Swimming
12:00 - 1:00	Girls & Boys Volleyball

### **Friday, August 19, 2016**

7:30 - 8:00	Boys Cross Country
8:00 - 8:45	Boys Soccer
8:45 - 9:30	Girls & Boys Volleyball
9:30 - 10:15	Girls Soccer & Girls Swimming
10:15 - 11:00	Field Hockey & Cheerleading
11:00 - 12:00	Girls Cross Country & Girls Tennis
12:00 - 1:00	OPEN TO ALL ATHLETES

### **Monday, August 22, 2016**

6:30 - 12:00	OPEN TO ALL ATHLETES
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**We ask you to please come at your team's assigned time to eliminate long lines waiting to see the nurses.**