

**AKRON CENTRAL SCHOOLS
MODIFIED SPORTS for GRADES 7 & 8**

FALL	WINTER	SPRING
<p style="text-align: center;"><u>BOYS</u></p> <p>Cross Country Soccer</p> <p style="text-align: center;"><u>GIRLS</u></p> <p>Cross Country Soccer Volleyball Field Hockey</p>	<p style="text-align: center;"><u>BOYS</u></p> <p>Basketball Wrestling</p> <p style="text-align: center;"><u>GIRLS</u></p> <p>Basketball</p> <p style="text-align: center;"><u>BOYS/GIRLS</u></p> <p>Swimming</p>	<p style="text-align: center;"><u>BOYS</u></p> <p>Lacrosse</p> <p style="text-align: center;"><u>BOYS/GIRLS</u></p> <p>Track and Field</p>
<p>TRY-OUTS APPROXIMATE START DATE: 9/6/16</p>	<p>TRY-OUTS APPROXIMATE START DATE: Girls BB and Wrestling 11/1/16 Boys BB 12/19/16 B/G Swim 1/4/17</p>	<p>TRY-OUTS APPROXIMATE START DATE: 3/14/17</p>
<p>DATE OF PHYSICAL ON FILE CANNOT BE OLDER THAN 9/1/15</p>	<p>DATE OF PHYSICAL ON FILE CANNOT BE OLDER THAN 11/1/15</p>	<p>DATE OF PHYSICAL ON FILE CANNOT BE OLDER THAN 3/1/16</p>

PHYSICALS

A valid physical **MUST BE ON FILE** in the health office **BEFORE** any student can try out for a sport. There are **NO EXCEPTIONS** to this rule. **DO NOT** turn in your physical to the Coach on the first day of try-outs.

- For Fall Sports only the physical can be faxed, emailed, mailed or delivered in person to the School Nurse no later than August 11th. Make sure your fax machine verifies that your fax transmission was successful.

A valid physical is one that is not more than one year old. Please use the above chart for the dates for this upcoming school year.

Sport physicals can be done by your family's doctor or at a walk-in clinic.

- If your doctor will perform the physical please ask them for a printed copy for the school nurse.
- Any student athlete who requires any special medical devices (epipen or inhaler) must have a doctor's order along with their medication turned in with their updated physical form to the health office by August 11th.
- If you use a walk-in clinic, please download the "**Sports Physical Form**" and take it with you to the clinic. You can find this form on the Akron School's web site (www.akronschools.org) by clicking on the "Athletics" page and then on "Sport Physicals". The walk-in clinic's physician must complete our health appraisal form. The walk-in clinic's forms will not be accepted as it does not include all required information. The following is a list of some of the walk-in clinics that will do sport physicals:
 - Immediate Care, 7616 Transit Rd. Williamsville NY 14221, 716-204-2273
 - Reddy Care, 6161 Transit Rd., East Amherst NY 14051, 716-688-6161
 - Health Works WNY, 6199 Transit Rd., Depew NY 14043, 716-206-0390

If you have questions regarding sports physicals, please call the school nurse's office. During summer months, the office hours are very limited. Please leave a voice message and the nurse will get back with you.

Health Office: **716-542-5036** Fax: **716-542-5018** Email: jfix@akronschools.org
Mail to: Health office, Akron Schools, 47 Bloomingdale Ave, Akron NY 14001