THURSTON MIDDLE SCHOOL FALL ATHLETIC PROGRAM

For the Fall of 2009, Thurston Middle School will be offering interscholastic teams in the sports of Cross Country, Field Hockey, Football and Volleyball. Athletic Director Karl Fogel will hold an informational meeting for 7th graders on June 2nd at 1:40. At that time, Medical Consent Forms will be distributed. These forms must be completed by parents and returned to the office. The appropriate Athletic Fee is due when signing up and each team will be filled on a first-come first-served basis. A student can sign up for one sport only.

CO-ED CROSS COUNTRY

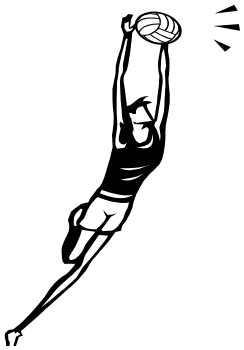
Coaches: Gina Cosmini & Colin Potter
For: Grades 6, 7 & 8 (Unlimited Registration)
Fee: $125
First Practice: Sept. 9 @ 2:45—TMS Old Gym

GIRLS' FIELD HOCKEY

Coach: Katherine Wilson
For: Grades 7 & 8 (22 Player Limit)
Fee: $125
First Practice: Sept. 3, 4:30-6:00—TMS Field Hockey Field

FOOTBALL

Coaches: PJ Vande Rydt, Mike Caulfield & Pete Huntington
For: Grade 8 (Unlimited Registration)
Fee: $200
First Practice: August 31 @ 2:30—WHS Gym (equipment hand out followed by conditioning)



GIRLS' VOLLEYBALL

Coach: Denise Collins
For: Grade 8 (18 Player Limit)
Fee: $125
First Practice: Sept. 8 @ 2:45—TMS Palladino Gym

All team schedules can be found on www.highschoolsports.net under Westwood High School.

THURSTON MIDDLE SCHOOL

Athletic Consent Form Directions, Fall 2009

Please read the following carefully. ***Students will not be allowed to participate unless these directions are followed.***

- Sign up by June 12 to help coaches create rosters!

- There are no team try-outs. Rosters are filled on a first-come, first-serve basis. 7th grade students may be allowed to join 8th grade teams if there are insufficient 8th grade players.

- All students planning on participating in fall sports must submit: 1) a valid physical exam and 2) a completed athletic consent form.
    - **Due Dates:**
        - **August 21, 2009 (football, volleyball, field hockey)**
        - **September 7, 2009 (cross country)**

- Physicals are valid for 13 months. Since our fall sports season begins at the end of August, **only physicals completed after August 1, 2008 will be considered valid.**

- Athletic consent forms are available on the Thurston Middle school web site and hard copies will be available in school. They will be distributed at informational meetings and at lunches. Extra forms will be in the office.

- The form needs to be filled out completely by a parent/guardian. Parent/guardian and student sign it. The athletic fee is due when signing up.

- Students must meet academic eligibility requirements in order to participate in sports at Thurston.

- If your child opts not to participate within the first week of the season, the athletic fee will be returned to you.

- Students can put the forms in the box marked "Middle School Sports" in the office before school, during lunch or after school.

- Students are not allowed to bring forms to the office during class or X block.

MEDICAL CONSENT FORM – THURSTON MIDDLE SCHOOL

NAME OF SPORT

FALL_____

WINTER_____

SPRING_____

Name: _____ Grade: _____

Address: _____ D.O.B.: _____

Has your child been diagnosed with or has s/he experienced any of the following?

	YES	NO	EXPLANATION/COMMENTS
ALLERGIC REACTIONS			
ASTHMA			
VISION PROBLEMS/CORRECTIVE LENSES			
HEART DISEASE			
CHEST PAINS			
HEART MURMUR			
HIGH BOOLD PRESSURE			
DIABETES			
MISSING PAIRED ORGAN			
HEAD INJURY/CONCUSSSION			
HEAT INTOLERANCE			
MUSCULOSKELETAL INJURIES			
CONVULSIONS OR SEIZURRES			
SUGERY			
OTHER			

CURRENT MEDICATIONS: _____

I hereby give permission for my daughter/son to participate in any/all competitive athletics at Thurston Middle School. I understand that interscholastic athletics involves the potential for minor, major and catastrophic injuries which are inherent in all contact/non-contact sports. I understand that Thurston Middle School and the Westwood School department are not responsible for injuries my daughter/son may incur while participating in athletics.

In case of accident, I give permission to have my daughter/son treated for any medical emergency that might arise in the event that I cannot be contacted or in extreme emergency where immediate treatment is necessary.

My daughter/son and I have read and understand the school athletic regulations as outlined in the Student Handbook. I will notify the school nurse or athletic trainer immediately should my daughter's/son's medical condition change.

Signature of Parent/Guardian _____ Phone (H) _____
(C) _____
(W) _____

Signature of Student _____

Physician in Case of Emergency _____ Phone _____

Date of Physical _____ School Nurse Signature _____
(attach copy of physical to this form)

Date Consent Form Submitted _____ Athletic fee submitted with this form: ❒ Yes ❒ No

For School Use Only Date Rec'd: _____

Physical good until: _____ Athletic fee received: ❒ Yes ❒ No

❒ Nurse's copy ❒ Trainer's copy ❒ Coach's copy

THURSTON MIDDLE SCHOOL
Eligibility Requirements for Competitive Sports

Academic Requirements:

- **Final grades of C- or higher in all subjects**.
  Students with D or F final grades from 2008-2009 may participate upon successful completion of summer school or a pre-approved independent project.

- Students with "Unsatisfactory" or "In Danger of Failing" comments on term 1 progress reports will be considered ineligible until their team leader verifies that performance has improved to a satisfactory level.

Other requirements:

- Students must be present in school in order to participate in practices and games.

- Students must dress for and participate in their scheduled physical education classes in order to be eligible for participation.

- Students who are suspended—either in-school or at home—may not participate in practices or games during the days of their suspension.

- After-school detentions assigned for inappropriate behavior or homework make-up take precedence over athletic practices and games.

- Students participating in or attending Thurston sporting events are expected to adhere to the code of conduct in our hand book.