



# MOUNT SINAI UNION FREE SCHOOL DISTRICT

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Mr. Scott C. Reh  
Director of Athletics, PE,  
Health, Nursing & Grounds

Mr. Gordon Brosdal  
Superintendent of Schools

June 2019

Dear Parents:

**For your child to be eligible to participate in interscholastic athletics for the Fall Season 2019 thru the Spring Season 2020, a sports physical must be performed after June 1<sup>st</sup> 2019. For this reason there will be a school physician available to do sports physicals on the following dates at the High School Nurses office:**

<b>Wednesday, June 19<sup>th</sup></b> (DATE CHANGE)	4:00 p.m.	7 <sup>th</sup> through 12 <sup>th</sup> grade girls (all sports)
	4:45 p.m.	7 <sup>th</sup> through 12 <sup>th</sup> grade boys (all sports)
<b>Wednesday, July 10<sup>th</sup></b>	9:00 a.m.	7 <sup>th</sup> through 12 <sup>th</sup> grade girls (all sports)
	9:45 a.m.	7 <sup>th</sup> through 12 <sup>th</sup> grade boys (all sports)
<b>Thursday, August 8<sup>th</sup></b>	9:00 a.m.	7 <sup>th</sup> through 12 <sup>th</sup> grade girls (all sports)
	9:45 a.m.	7 <sup>th</sup> through 12 <sup>th</sup> grade boys (all sports)

**NOTE:** Athletes must report **ONLY** on their assigned day and time as indicated above. They should be prepared to stay for the entire session.

Students entering 7<sup>th</sup> grade who received a sports physical in June from the school physician at the Middle School are not required to have another physical during the 2019-20 school year.

***NO STUDENT MAY PARTICIPATE IN INTERSCHOLASTIC ATHLETICS UNLESS THEY HAVE BEEN EXAMINED AND CLEARED BY THE SCHOOL PHYSICIAN OR THEIR PRIVATE PHYSICIAN.***

***\*\*\*STUDENTS USING A PRIVATE PHYSICIAN MUST HAVE THE ENCLOSED GOLDENROD SCHOOL EXAMINATION FORM FULLY COMPLETED, INCLUDING BLOOD PRESSURE, & BMI FORMS MUST BE SUBMITTED TO THE SCHOOL NURSE ONE WEEK PRIOR TO THE START OF THE SEASON.***

**\*\*THE NYS SCHOOL HEALTH FORM WILL BE THE ONLY ONE ACCEPTED\*\***

**ALL PHYSICALS MUST BE TAKEN ON OR AFTER JUNE 1, 2019 TO BE VALID AND WILL ONLY BE RECOGNIZED FOR THAT SCHOOL YEAR!**

Practices and/or try-outs will begin for the following fall sports on the dates and times listed below.

**High School - Grades 9-12**

<b><u>Date</u></b>	<b><u>Team</u></b>	<b><u>Time</u></b>
<b>Monday, August 19<sup>th</sup></b>	Varsity Football equipment handout	3:00 p.m.
	J.V. Football equipment handout	3:45 p.m.
	1 <sup>st</sup> Football Practice Varsity & J.V.	5:00 p.m.
<b>Monday, August 26<sup>th</sup></b>	Varsity and J.V. Boys Soccer	8:00 a.m.
	Varsity and J.V. Girls Soccer	8:00 a.m.
	Varsity Tennis	8:00 a.m.
	Varsity Boys & Girls X-Country	8:00 a.m.
	Varsity Golf	8:00 a.m.
	Varsity and J.V. Girls Volleyball	8:00 a.m.
	Varsity & J.V. Cheerleading	8:00 a.m.

**Middle School - Grades 7 and 8**

1<sup>st</sup> day of school; Wednesday, September 4<sup>th</sup> meetings immediately after school, announcements will be made regarding location:

Boys/Girls Soccer  
Football  
Boys/Girls Cross Country  
Girls Tennis  
Cheerleading

**1<sup>st</sup> Day of Practice Thursday, September 5<sup>th</sup>**

**2019–2020 ATHLETIC STARTING DATES**

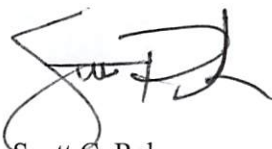
**High School Varsity & J.V.**

Football	August 19 <sup>th</sup>
All Fall Sports	August 26 <sup>th</sup>
Homecoming	September 28 <sup>th</sup> (DATE CHANGE)
Winter	November 12 <sup>th</sup>
Spring	March 9 <sup>th</sup>

**Middle School**

Fall	September 4 <sup>th</sup>
Early Winter	November 4 <sup>th</sup>
Late Winter	January 21 <sup>st</sup>
Spring	March 23 <sup>rd</sup>

We hope this information will help your child meet his/her athletic goals and be ready when the season starts.  
Sincerely,



Scott C. Reh  
Director of Physical Education, Health, Athletics, Nursing, Security, Buildings & Grounds