



# NEW TRIER ATHLETICS



## CLASS OF 2020

Winnetka Campus: 385 Winnetka Ave, Winnetka, IL 60093  
Northfield Campus: 7 Happ Road, Northfield, IL 60093

Ph: 847-784-2225 (Fax 847-446-8247)  
Ph: 847-784-7517 (Fax 847-784-3112)

**This packet contains all the forms you will need to submit in order to participate in interscholastic sports.**

**Students Starting School August 2016:** All students who intend to try out for interscholastic athletics are required to have an Athletic Physical & Parent Consent Form on file in the Athletics Office on or before the first day of tryouts/practice of the athlete's specific sport season. Per IHSA rules, the physical exam is good for 395 days (13 months) from the date of the last exam. [This is in addition and separate from the State of IL Physical Examination form that is required by Health Services in order for students to attend classes]

**FALL SPORTS START DATES**  
**Football – Monday, August 8, 2016**  
**All Other Fall Sports – Wednesday, August 10, 2016**

### REQUIRED FORMS

**Athletic Physical and Parent Consent Form** – this form is good for 395 days from the last physical exam and must be signed by the Doctor and Parent/Guardian

**Football Waiver** – for football players only; (to be signed by Parent/Guardian & Student)

**Emergency Information Sheet** – filled out and given directly to the coach on first day of tryouts/practice

Forms can be found at [www.newtrier.k12.il.us/athletics](http://www.newtrier.k12.il.us/athletics) (scroll down)

**Forms can be mailed, faxed or emailed to the Northfield or Winnetka campus \*\***

**\*\* During the summer months, please send forms to the Winnetka campus since the Northfield Athletics office is closed until the opening of the fall sports season – August 8, 2016.**

***Please keep a copy of forms for your records.***

If you have questions, please contact the Athletics Offices:

**Erin Romano** (Summer & School Year)  
Administrative Assistant  
Winnetka Campus  
PH: 847-784-2225  
FAX: 847-446-8247  
[romanoe@newtrier.k12.il.us](mailto:romanoe@newtrier.k12.il.us)

**Jan Douaire** (School Year only)  
Department Assistant  
Northfield Campus  
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## ATHLETICS FAQs

**Q: How do I indicate what sports in which I intend to try out or participate?**

A: On the Athletic Physical and Parent Consent Form, circle ONE sport, per season, for which you would like to try out or participate; submit form to Athletics office

**Q: How often do we need to submit the Athletic Physical and Parent Consent Form?**

A: Annually – BEFORE the start of your sports season. The physical must be updated before it expires. (395 days from last medical examination date)

**Q: How do we submit the Athletic Physical and Parent Consent Form?**

- A:
1. Fax to 847-446-8247 (winn); 847-784-3112(nfld)
  2. Drop off in person to Room 214 (winn); Room F111 (nfld)
  3. Scan/Email to [romanoe@newtrier.k12.il.us](mailto:romanoe@newtrier.k12.il.us) (winn); [douairej@newtrier.k12.il.us](mailto:douairej@newtrier.k12.il.us) (nfld)

**Q: How long is my child's athletic physical valid?**

A: 395 days (13 months) from date of last physical exam

**Q: Do I have to submit both State of IL Physical Examination Form and Parent Consent Form?**

A: YES. The State of IL form is required by Health Services for students to attend school/classes.  
The Athletic Physical and Parent Consent Form is required by Athletics to participate in sports.

**Q: What if my child's physical expires before the end of their season?**

A: Students need an updated physical prior to the expiration date in order to continue to practice or play.

**Q: What is a Permit to Participate?**

A: A New Trier form indicating the student is eligible to tryout or practice for a sport. Students should check with the Athletics office prior to the season they are entering to be sure all information is current and up to date. A hard copy of the "permit" is only necessary if a student joins that sport within a week of the tryout/start date.

**Q: How do I learn about the start of each season's sport offerings?**

A: All the information is posted on the athletics website – [www.newtrier.k12.il.us/athletics](http://www.newtrier.k12.il.us/athletics) – **"Quick Facts Guide"**  
You can also contact the head coach with specific questions.