

## **NEW TRIER ATHLETIC INFORMATION SHEET**

1. All students must have submitted an athletic physical form prior to participation. This document, entitled the **Physical and Parent Consent Form**, must include a parent signature indicating parent permission and a physician's signature, indicating the date of the most recent physical examination. Links to the athletic physical form are included in this mailing for your convenience. **Students participating in interscholastic football and their parent/guardian are required to sign an additional Football Waiver form as well.** A link to this form is also provided. All forms may be found on the main New Trier Athletics web page.

2. IHSA rules state "You must have a physical examination by a licensed physician annually. Your physical examination each year is good for 395 days from the date of the exam and the physician's report or statement must be on file with your high school." Signatures of the office nurse or a nurse/practitioner are acceptable.

We recommend that the student's physical exam carries him/her through the sport season to avoid mid-season ineligibility.

We encourage you to mail the completed physical form document to the Athletic Office as soon as you have completed it. If sent to the Athletic Office in advance of the start of the season, confirmation of the permit to participate is given directly to the coach and the student-athlete will not have to wait in line the day the season starts. The form should be mailed to: **Athletic Office, New Trier High School, 385 Winnetka Avenue, Winnetka, Ill. 60093.** If you wait until the season starts, you must bring the physical form to the Athletic Office on either campus. If the physical form is complete and valid, the student-athlete will be issued a Permit to Participate that must be delivered in person to his/her coach.

**REMEMBER** – No "Physical Form" – No "Permit to Participate" – No Practice.

**3. This consent form also serves as Consent to Random Steroid and Performance-enhancing Supplement Testing.**

The Illinois High School Association's Board of Directors has approved plans developed by the IHSA's Sports Medicine Advisory Committee to implement random testing for steroids and performance-enhancing dietary supplements. Beginning with the 2008-09 school term, any student-athlete who ingests or otherwise uses substance from the association's banned drug classes, without written permission by a licensed physician, to treat a medical condition, violates IHSA By-law 2.170 and its subsections, and is subject to IHSA penalties, including ineligibility from competition. The IHSA will test certain randomly selected individuals and teams for banned substances. The results of all tests shall be considered confidential and shall only be disclosed to the student, his or her parents, and his or her school.

No student-athlete may participate in IHSA competition unless the student and the student's parent/guardian consent to random testing. The signatures of you and your student will allow the student to begin practice and competitions immediately. You can read more about current IHSA Banned Drug Classes and the IHSA Drug Testing Policy at <http://www.ihsa.org/Resources/SportsMedicine/PerformanceEnhancingDrugsSteroidEducation.aspx>.

4. According to IHSA Guidelines, a student must be passing in 2.5 credit hours during the current semester, as well as the previous semester, to be eligible to participate in an IHSA sport. Weekly checks will be made during the sport season to evaluate each student-athlete's academic status. If a student reduces his/her class load during the course of an interscholastic season, they may jeopardize their IHSA athletic eligibility status. Contact the adviser, Adviser Chair or Athletic Office with any questions you may have regarding student eligibility.

5. All students are automatically enrolled in a mandatory student accident insurance plan, which provides secondary accident insurance for all students in the District. This means all students are covered for all school sponsored and supervised student activities, regardless of location. This includes interscholastic athletics and sponsored group travel.

6. Athletic footwear is not provided and students are urged to purchase their shoes in sufficient time to allow a proper break-in period before practice begins.

7. Student-athletes are responsible for all specific equipment, uniforms and warm-ups issued to them. It is the student-athlete's personal responsibility to turn in all items issued to him/her at the conclusion of the season. Student-athletes will be charged replacement cost plus twenty-five percent for any items not returned whether they are lost or stolen.

**Augie Fontanetta, Athletic Director**