



Athletic Clearance Requirements
Fall Sports 2010



All students who are participating in a Fall sport at Westlake High School or Westlake Middle School must have the following paper work completed:

1. A *physical examination* dated after September 1, 2009.
2. A completed, signed *Interval History Updated Form* dated after July 30, 2010. (can be downloaded from district website; drop down “parents and students” click on health information then click on Sports Interval Health History form)
3. A completed, signed *Athletic Release Card*. Please pick a card up at the High School Athletic Office.

ALL HIGH SCHOOL ATHLETES must report to the nurse’s office with the above appropriate forms on one of the dates listed below in order to be cleared for the Fall starting date: August 20, for football and August 23, for all other high school sports.

Wednesday	August 18, 2010	9:00am – 12:00pm
Thursday	August 19, 2010	9:00am – 12:00pm
Friday	August 20, 2009	8:00am – 11:00am
Monday	August 23, 2009	9:00am – 1:00pm
Tuesday	August 24, 2009	9:00am – 12:00pm
Thursday	August 26, 2009	9:00am – 12:00pm

ALL MIDDLE SCHOOL ATHLETES must report to the nurse’s office on one of the dates listed below with the appropriate forms in order to be cleared for the Fall starting date: Sept. 7.

September 1, 2010	3:00 - 5:00pm
September 2, 2010	3:00 - 5:00pm
September 7, 2010	3:00 - 5:00pm
September 8, 2010	3:00 - 5:00pm
September 13, 2010	3:00 - 5:00pm
September 14, 2010	3:00 - 5:00pm

Any student, who had a sports physical done by our school physician in June, still must come to one of the above clearance dates. **STUDENTS WILL NOT BE ALLOWED TO BEGIN PRACTICE FOR ANY FALL SPORT WITHOUT PHYSICAL CLEARANCE.** If you have any questions, please call the Athletic Office at 769-8940 or Health Office at 769-5554.

STARTING DATE INFORMATION FOR HIGH SCHOOL FALL SPORTS:

SPORT	COACH	DATE	TIME	PLACE
Football	Hennessy	Fri. 8/20/10	7:30 am-see coach	Football Practice Field
Cheerleading	McNamara	Mon. 8/23/10	9:00am-11:00am	Westlake Middle School Gym
Boys Soccer	Romeo	Mon. 8/23/10	9:00am- 12:00	Westlake High School Field
Girls Soccer	Bendlin	Mon. 8/23/10	10:00am– 12:00	Westlake High School Field
Volleyball	Bates/Ferrauto	Mon. 8/23/10	9:00am-11:00am & 12:00– 4:00pm	Westlake High School Gym
Cross Country	Smith	Mon. 8/23/10	9:00am– 11:00am	Westlake High School Track
Girls Tennis	Robbins	Mon. 8/23/10	3:00pm– 5:00pm	Westlake High School Tennis Courts
Girls Swimming	Robinson	Mon. 8/23/10	10:00am– 11:30am	Westchester Community College

Middle school sports begin Tuesday September 7, check for a listing of information regarding coaches, time slots and locations on the district’s athletic site beginning September 1st.