

**GUILFORD HIGH SCHOOL
FALL PRACTICE INFORMATION
SCHOOL BEGINS AUGUST 28, 2008**

The following is a listing of all our fall sport programs and the scheduled first practice dates.
Additional practices will be announced on that day.

Team	Day	Date	Time	Location	Coach
Football (all grades)	Mon.	Aug. 18	5:00-7:00pm	GHS - Turf Field	Tom Unger
Field Hockey (all grades)	Sat.	Aug. 23	9:00-12:00pm	GHS - Maturo Field	Kitty Palmer
Girls Soccer (all grades)	Sat.	Aug. 23	9:00am	Upper Cox Field	Scott McMahon
Volleyball (All) Parent Meeting	Tues	Aug. 19	6:00-7:00pm	GHS Gym	Tammy Lizotte
Volleyball (returning players)	Sat.	Aug. 23	9:00-12:00pm	GHS Gym	Tammy Lizotte
Volleyball (Fresh. & new players)	Mon.	Aug. 25	3:30-6:00pm	GHS Gym	Tammy Lizotte
Boys Soccer (all grades)	Sat.	Aug. 23	7:30-9:30am	Calvin Leete	Joe Maher
B/G X-Country (grades 10,11,12)	Sat.	Aug. 23	9:00am	GHS Track	Jim Ford
B/G X-Country (Freshman)	Sat.	Aug. 23	11:00am	GHS Track	Jon Faitsch
Cheerleading	Sat.	Aug. 23	9:00am	GHS Track	Mary Beth Morrissey

(Other Cheerleading practices are held over the summer. If interested please contact the Athletic Department Office: 453-2741 x212)

PHYSICAL EXAMINATION REQUIREMENTS FOR PARTICIPATION

- A current physical examination form must be on file with the school nurse in order to participate.
- The examination expires 13 months from the date of the examination.
- When the physical examination expires the student-athlete is athletically ineligible to practice and/or compete.
- Student-Athletes and their parents are responsible for knowing the expiration date of their physical.

****Note:** An important distinction in physical examination requirements is that the State of CT Department of Health Assessment Record (Grade 10 Physical Exam) **cannot be used instead of the sports participation physical exam.** The Sports Physical Exam must be documented on **The Sports Participation Health Record.** This form is available in the nurse's office, the main office or online at:

http://www.guilford.k12.ct.us/~gpssports/sports_physical_exam.pdf

OTHER REQUIREMENTS FOR PARTICIPATION

1. Parental permission is required. Permission forms are available at the high school, Adams Middle School and online.
2. At least once during their high school career each student athlete must take a computerized test called Impact (Immediate Post Concussion Assessment and Cognitive Testing) that will be used by our trainer and the student's doctor to help assess when it is safe to return to play following a head injury. All incoming freshmen who plan on playing a sport anytime during the year are asked to take this test on one of the following dates if possible: August 19th, 20th, and 21st at 9:00 a.m. Other dates will be scheduled if necessary. An appointment to take the test can be made by calling 453-2741 ext.212 after August 1st.