

SPRING LAKE
HEIGHTS

PREPARATION. PRIDE. POSSIBILITIES.

JOHN W. SPALTHOFF
SUPERINTENDENT/PRINCIPAL

DANIELLE HOLTER, ASSISTANT PRINCIPAL
DIRECTOR OF CURRICULUM & INSTRUCTION

January 21, 2019

Dear Parent/Guardians of Grades 4-8 students:

If your child is considering trying out for Baseball, Softball, Tennis (grades 6-8) and Track (grades 4-8) this year, he/she **must** have a physical that was done within the past year (365 days). The Spring Lake Heights physical examination form **must** be used. This is State mandated. No substitutes may be accepted. Here is the link to the [Sports Application Packet](#). Physical evaluations must be completed by a physician licensed to practice medicine or a Nurse Practitioner working with such a physician. The packet includes the following 5 parts:

1. **Physical Exam:** Parent to fill out [History Form](#) only. If not filled out it will be returned to you. Physician completes the remainder. This must be handed in once every 365 days.
2. **Sports Application:** Page 1 completed in full and signed by student and parent/guardian. This must be handed in EVERY time a student tries out for a sport.
3. **Health History Update Questionnaire:** Completed and signed by parent/guardian. This must be handed in EVERY time a student tries out for a sport.
4. **Sudden Cardiac Death in Young Athletes Pamphlet & Opioid Use & Misuse Fact Sheet.** Please read and **signature** required by parent & student.
5. **The permission slip must be completed, signed, and returned to the coach on the first day of try-outs.** [Athletic Permission Slip](#)

If a student sustains an injury during the year, they must have a doctor's note clearing them to play before participating.

****ALL FORMS MUST BE RETURNED TO THE NURSE BY WEDNESDAY, MARCH 6, 2019****

There will be a brief meeting on **Thursday, February 7, 2019 at 3:00 PM in the gymnasium for all students interested in signing up for Spring sports.** After March 6th there will be a list of names outside the nurse's door and your child should check for their name. If they are **not** on the list, they will **not** be allowed to try out. They should come in and ask the nurse what they need to be cleared for tryouts. The list is updated on a daily basis.

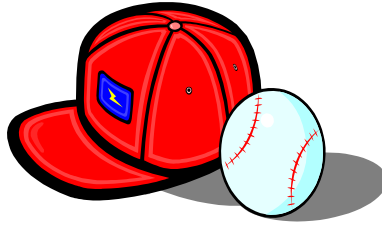
If you have any questions please don't hesitate to call Mrs. Loriann Grimes, School Nurse, at 732-449-6149 ext. 201.

Sincerely,

John W. Spalthoff
Superintendent/Principal

Cc: Mrs. Danielle Holter, Assistant Principal/Director of Curriculum & Instruction
Mrs. Loriann Grimes, RN, School Nurse
Mrs. Joan Bassi, Athletic Coordinator





Mark your calendars!

If your child is interested in Baseball/Softball ~ the tryout schedule is:

Baseball Schedule

Wednesday, March 20th & Thursday, March 21st

From

3:00 - 5:00 PM

Softball Schedule

Tuesday, March 26th & Thursday, March 28th

From

3:00 - 4:45 PM

Practice dates TBA



Mark your calendars!

There will be a brief meeting on
Thursday, April 4th at 3:00 PM in the gymnasium
if your child is interested in playing Tennis

The tryout schedule is:

**Monday, April 8th, Tuesday, April 9th,
Wednesday, April 10th (tryouts/practice)**

From
3:30 - 5:30 PM
at the Ocean Road Tennis Courts

Practice dates TBA





Mark your calendars!

There will be a brief meeting on
Monday, April 8th at 3:00 PM in the gymnasium
if your child is interested in Track

Details/schedule will follow