



Lyme-Old Lyme Middle School Girls & Boys Basketball 2018/2019

Online registration and clearance from the athletic department must be completed prior to participating in any workout with our school teams. To prevent from being held out of practice, begin the registration process and submit all documents as soon as possible.

Please direct ALL questions to Hildie Heck, Athletic Director, at heckh@region18.org or by calling (860) 434-1651 ext. 1014 unless otherwise noted.

REQUIREMENTS TO PARTICIPATE

1. Up-to-Date PHYSICAL EXAM

Please confirm with the nurse that student(s) physical(s) are up to date. Please submit all physicals to the Mrs. Kathy Bartus, RN – LOL Middle School Nurse.

2. Up-to-Date GREEN EMERGENCY FORM

This were required before school began in the fall. Please make sure Mrs. Bartus is aware of any changes to emergency contacts, phone/cell numbers, etc.

3. REGISTRATION ON FAMILYID.COM – Opens: 11/01/2018 Closes: 11/12/2018

Complete the online athletic registration at www.familyid.com. A link can also be found under Athletics at www.region18.org. If you've already registered your child on FAMILY ID all that is required is that you log in and update any required information and make sure you choose basketball as the sport.

When completing the online registration, you will be fulfilling the requirement for the following forms and agreements:

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|---|--|
| <input type="checkbox"/> Permission to Participate in Athletics | <input type="checkbox"/> Extracurricular Activities Notification Acknowledgement |
| <input type="checkbox"/> Medical Data Sheet | <input type="checkbox"/> Concussion and Head Injury Awareness & Consent |
| <input type="checkbox"/> Sudden Cardiac Arrest Program | |

4. MANDATORY CONCUSSION (IMPACT) TESTING

(If you tested for fall sports, you do not need to repeat testing)

Monday, Nov. 12th	2:30 - 3:30 PM	Girls	No Late Bus – Computer Lab South
	3:30 – 4:30 PM	Boys	No Late Bus – Computer Lab South

If you are unable to attend testing on the dates mentioned above, please contact our Athletic Trainer, Sammee Ward, at wards@region18.org or at 860-434-1651 to set up an individual appointment.

5. \$0 BALANCE ON POWERLUNCH

Also, please check your child's PowerLunch account to ensure there is a zero balance. Payments can be made online or students can bring in a check and give directly to our lunch staff. All students participating in a spring activity, such as athletics, need to start the season with a zero balance. Questions regarding your child's account can be directed to Gary Holland, Director of Food Services for Chartwells. (hollandg@region18.org).

PLEASE SEE REVERSE SIDE FOR TRYOUT INFORMATION

TRYOUTS

DATE	Tues., Nov. 13th	Wed., Nov. 14th	Thurs., Nov 15th
BOYS	4:00 – 5:30 PM	2:20 – 4:00 PM	
GIRLS	2:20 – 4:00 PM	4:00 – 5:30 PM	2:20 – 4:00 PM