

Owego Apalachin Central School District

Andy Buchsbaum

Director of Athletics, Health, Physical Education,

Enrichment and School Improvement

1 Sheldon Guile Blvd.

Owego, NY 13827

607-687-7302 x2081

BuchsbaumA@oacsd.org



February 8, 2019

Dear Parent/Guardian & Student-Athlete,

Welcome back for another exciting season of OFA Athletics. *The spring 2019 sports season begins on March 4th for all Varsity/JV sports; and on March 25th for all Modified sports.* We will continue to utilize an Online Seasonal Information Session for Parents/Guardians and Student-Athletes. Please go to the Athletics Homepage linked at the top of the district website at www.oacsd.org. Look for the section labeled "*Spring 2019 Sports Registration/Information - Parents & Athletes*". Please review all of the attached videos, links, documents and information. *You will electronically sign all documents via the Rank One Sports link. Hard copy forms will not be accepted.* Follow the links and instructions on our Athletics Website.

*****Also included in this letter are pre-season program meeting schedules. These meetings are mandatory for each athlete and at least one parent. Thank you for planning ahead and attending these.**

*****The only form that will be accepted in hard copy will be the Health Update and/or Physical Form; and these will be submitted directly to the Nurses office.** Please submit your signed Health Update on or after the following dates:

- Varsity & JV ... **February 11th** All Modified Athletes... **March 4th**

***** Health Updates will not be valid if received prior to the dates above. (Note the "on or after" timeline)**

The documents you will be required to review online and electronically sign are the following:

- Parent Guide to Schedule Galaxy
 - Spring 2019 pre-season power point
 - 2018-19 Athletics Handbook
 - Concussion Management Protocol
 - Sports Physical/Health Update (**ALL** athletes are required to submit a new **Health Update** prior to each season regardless if their physical is current)
 - Concussion Awareness; 5 links/videos; Concussion & ImPACT overview, waiver and letter
 - NIAAA 5 Star Leadership Training Videos
- *If your child has already participated in the 2018-19 fall or winter seasons, the only requirements that must be completed are the Health Update form and assurance of a valid and current physical.*
- *Dr. Phykitt will be visiting both OFA and OAMS to complete physicals on Wednesday February 20th. Please contact the appropriate school nurse if you would like to be included in this schedule.*
- *No student-athlete will be allowed to participate on the first day of practice unless **ALL** of the required documents are reviewed and signed.*

If you do not have access to the internet or if you have any questions or problems; please do not hesitate to contact the Athletics Office during the day, so that we may assist you. Go Indians!

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Program parent/athlete meetings will be as follows. Meetings will include Modified, JV, and Varsity. These are mandatory for each athlete and at least 1 parent. Contact your Head Varsity Coach directly with any questions.

Boys Lacrosse

Tuesday February 19th, 6:00pm

OFA Cafeteria

Head Varsity Coach: Andy Race

RaceA@oacsd.org

Girls Lacrosse

Tuesday February 19th, 7:30pm

OFA Cafeteria

Head Varsity Coach: Ashlee Marsh

MarshA@oacsd.org

Baseball

Wednesday February 20th, 6:00pm

OFA LGI

Head Varsity Coach: Ryan Smith

SmithR@oacsd.org

Track & Field

Tuesday February 21st, 5:30pm

OFA Cafeteria

Head Varsity Coach: Greg Woolever

WooleverG@oacsd.org

Softball

Monday February 25th, 6:00pm

OFA Cafeteria

Head Varsity Coach: Kerri Lavender

LavenderK@oacsd.org

Boys Tennis

Wednesday February 27th, 6:00pm

OFA LGI

Head Varsity Coach: Erica Haray-Butcher

hiphiparay@gmail.com