

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



October 2018

Dear Parent/Guardian & Student-Athlete,

Welcome back for another exciting season of OFA Athletics. The winter 2018-19 sports season begins on **November 5th** for all Varsity/JV sports; and on **November 13th** 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 "*winter 2018-19 Sports Registration/Information - Parents & Athletes*". Please review all of the attached videos, links, documents and information. **You will electronically sign all documents.** Follow the links and instructions on our Athletics Website.

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

- All Varsity/JV sports... **October 6th** **All Modified Sports... October 14th**

***** 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:

- Winter 2018-19 pre-season power point
 - 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
- **All items must be addressed above regardless of past participation. These must be updated each year and will cover your child through the entire 2018-19 sports year (with the exception of the Health Update)**
 - **Dr. Phykitt will be visiting the OFA nurse's office to complete physicals as follows. Bring a completed and signed Health Update with you to the School Physical.**
 - **Tuesday October 30th 8:00am-12:00pm**
 - **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. I hope the online initiative and electronic registration is convenient and easy for you to navigate. Go Indians!

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Pre-Season Program Meeting Information:

Girls Basketball	October 29 th , 6:00pm, LGI
Cheerleading	October 29 th , OES, 6:00pm
Bowling	October 29 th , OFA Library, 6:00pm
Boys Swim & Dive	November 1 st , 5:30pm, Pool
Boys Basketball	November 1 st , 6:00pm, LGI
Indoor Track	November 5 th , 6:00pm, LGI
Wrestling	November 7 th , OFA Cafeteria, 6:45pm