

Owego Apalachin Central School District
Andy Buchsbaum
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Dear Parent/Guardian & Student-Athlete,

Welcome back for another exciting season of OFA Athletics. The fall 2019 sports season begins on August 19th for all Varsity/JV sports; on August 26th for Modified Cross Country and Modified Football; and on September 4th for all other 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 "*Sports Registration/Information*". 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 Physical Form, and this will go directly to the Nurses office. New this school year, the Blue Health Update form is included in your online documents.* Please complete your electronically signed Health Update on or after the following dates:

Varsity & JV athletes, Modified XC & Football ... **July 20th** All other Modified Athletes... **August 5th**

***** Health Updates will not be valid if submitted 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:

- Fall 2019 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 2019-20 sports year (with the exception of the Health Update; Health updates must be submitted seasonally per NY State.)*
- *As a courtesy, Dr. Phykitt will be visiting the OFA nurse's office to complete physicals as follows. Make sure your health update is completed online before you arrive to school.*
- *Wednesday July 31st 8:00am-2:00pm (see back of this page for schedule by team)*
 - *Thursday August 8th 8:00am-1:30pm (see back of this page for schedule by team)*
- *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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Fall 2019 Sports Physicals Schedule

** This is a courtesy offered by the district. You may also see your own family physician, but please use the district physical form located on our website. If attending physicals at the school please make sure your health update is completed online as referenced in the fall letter.*

Wednesday July 31, 2019

8:00	Volleyball (Varsity & JV)
8:30	Girls Soccer (Varsity & JV)
9:00	Field Hockey (Varsity & JV)
9:30	Girls Swimming & Diving (Varsity)
10:00	Girls Tennis & Girls Cross Country (Varsity)
11:00	Boys Soccer (Varsity & JV)
12:00	Boys Cross Country, Golf (Varsity), Cheer (Varsity)
12:30	Football (Varsity & JV)
1:00	Make-ups

Thursday August 8, 2019

8:00	Volleyball (Modified)
8:30	Girls Soccer (Modified)
9:00	Field Hockey (Modified)
9:30	Girls Swimming & Diving (Modified)
10:00	Girls Tennis & Girls Cross Country (Modified)
11:00	Football (Modified)
11:30	Boys Cross Country & Golf (Modified)
12:00	Boys Soccer (Modified)
12:30	Make-ups