

**BELLPORT HIGH SCHOOL
INTERSCHOLASTIC ATHLETICS PROGRAM**

Additional Information

PHYSICALS: All student-athletes must pass a sport physical before starting practice. The physical may be administered by either a family physician or the school doctor, and, when passed, are in effect for one calendar year with health history updates for each sports season. Physicals are done in June at the high school, and again in October. Forms for the physical may be obtained in the Nurse's Office, the Athletic Office, or on line at www.southcountry.org, and require a parent's or guardian's signature.

PERMISSION SLIPS: Student-Athletes are not allowed to practice or play in games until the coach has received an official permission slip signed by a parent. Slips will be distributed by the coach, or may be picked up in the Athletic Office.

PRE-SEASON MEETINGS: It is customary for coaches to hold pre-season information and sign-up meetings in advance of their seasons. For the fall, these meetings are held in the late spring and for the winter and spring seasons, toward the ends of the seasons preceding. Details on these meetings are announced over the public address system and publicized by signs posted around the building.

PRACTICES: Practices are held Monday through Friday afternoons, usually from 2:30 PM to 5:30 PM, with adjustments possible when inclement weather disrupts outdoor activities. Most teams also practice on Saturdays, generally in the morning. Under no circumstances are teams permitted to practice/play on seven consecutive days. Practices are also held during such vacation periods as Thanksgiving, Christmas, and winter and spring breaks. Coaches are always asked to provide parents with printed practice (and game) schedules to facilitate drop-off and pick-up times, and to coordinate with other family commitments. Transportation cannot be provided to or from practice sessions.

Holy day observance: On the following days, neither games nor scrimmages may be scheduled:
Rosh Hashanah, Yom Kippur, Christmas Eve, Christmas Day, 1st Day of Passover, Holy Thursday
Good Friday, Easter Sunday

Practices may be scheduled at the coach's discretion, contingent on the availability of athletes.

SAFETY: Wherever possible, a certified trainer or EMT is assigned for games, particularly for sports which involve heavy physical contact. Also, every coach is required to maintain current certification in First Aid and CPR, and all teams are provided with first-aid equipment and supplies.

FALL SEASON

Boys

Football: Varsity & JV
Soccer: Varsity & JV
Cross Country: Varsity
Golf: Varsity & JV

Girls

Cheerleading: Varsity & JV
Clipperettes Dance Team
Cross Country: Varsity
Soccer: Varsity & JV
Tennis: Varsity & JV
Volleyball: Varsity & JV

WINTER SEASON

Boys

Basketball: Varsity & JV
Bowling: Varsity
Winter Track: Varsity
Wrestling: Varsity & JV

Girls

Basketball: Varsity & JV
Bowling Varsity
Cheerleading: Varsity & JV
Clipperettes Dance Team
Winter Track: Varsity

SPRING SEASON

Boys

Baseball: Varsity & JV
Lacrosse: Varsity & JV
Tennis: Varsity & JV
Track & Field: Varsity

Girls

Golf: Varsity
Lacrosse: Varsity & JV
Softball: Varsity & JV
Track & Field: Varsity