



# Freshmen Athletics Info



## **April 19 (Thursday):** Annual Pre-Participation Physical Exams

These sports physicals meet requirements for 2018-2019 athletic participation and expire 7/31/19.

6-8pm at Shoreline Orthopedics — \$15 **cash only** — Please bring a physical form (printed from FinalForms) with completed parental signatures OR fill out a blank form (available from the athletic office)

*100% of your money goes to the Zeeland Athletic Training and is used to purchase medical supplies for Zeeland athletes.*

## **June 5 (Tuesday):** Incoming Freshman Athlete & Parent Meeting

7pm at your home High School's Cafeteria— Everything you need to know about playing sports in high school, plus a tour & door prizes.

**Summer Participation Requirements:** New for 2018, all students participating in summer programs at ZE/ZW are required to be registered on FinalForms and have a valid physical submitted to the school athletic office prior to participation.

- Physicals dated on or after 4/15/17 will allow Summer 2018 participation.
- Physicals already submitted for 2017-2018 athletic participation at Creekside/Cityside or ZW/ZE meet this requirement.
- For FinalForms registration, please go to [Zeeland-MI.FinalForms.com](http://Zeeland-MI.FinalForms.com)

**ImPACT Testing:** Every freshman, who is even thinking about the possibility of playing a sport, must get tested *during the summer!!* Multiple testing sessions are held each week through June and July. Testing will take 1 hour. Dates will be released by spring break. Online sign-up is required. ImPACT testing is a required component of the high school FinalForms process.

**FinalForms:** All parents/athletes will need to sign up for or update FinalForms information and signatures **BEFORE** the start of the athlete's first sports season.

Fall sports begin on Aug. 8, Football begins Aug. 6