



## Belvidere North High School Athletics

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Belvidere, IL 61008

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Darrin Sisk – Interim Athletic Director  
Kelly Holsker – Athletic Secretary

Dear Parents and Athletes:

May 2009

Following is important information concerning the athletic program at Belvidere North High School. On the reverse side are the fall sports offered, starting dates and other important information. Please look at these dates closely so you can plan ahead. Meeting dates are mandatory in order to participate in athletics at BNHS. Listed below are important reminders and/or changes for the upcoming school year. Athletics are an integral part of education and we encourage all to participate. In order to participate, the following requirements must be met.

**Athletic registration must be submitted separately from school registration. Please use a separate envelope and address to the Athletic Department. To expedite your registration, please send a separate check (or copy of your epay receipt) with all required paperwork.**

1. **Annual Physical** - Prior to your first practice, you must turn in a copy of the physical form completed by a doctor. BNHS will offer athletic physicals on May 21, 2009 from 6:00 – 8:30 pm in the Athletic wing. Cost for the physical is \$25.00 and no appointment is necessary. Physical forms are available at a doctor's office or at the High School's athletic office. Dr. Norem, Dr. Trenhaile and the staff from Rockford Orthopedic will be conducting the physicals.
2. **Release Form** - An Athletic Release Form containing medical information, verification of insurance and consent signatures of both parent/guardian and athlete must be completed and signed prior to participation in any sport. This form is enclosed and will be available at the mandatory pre-season parent/athlete meeting or in the athletic office after August 3rd.
3. **Athletic Fee** - A \$100.00 athletic fee **must** be paid prior to practice/tryouts beginning. **Upon parent request, the fee will be refunded to any student who does not make a team.**
4. **Permit Card** - An athletic permit card will be issued to a student upon completion of the necessary requirements. **NO STUDENT WILL BE ALLOWED TO PARTICIPATE UNTIL THEY HAVE THIS CARD.** Once you receive the athletic permit card, show it to the coach and keep during the season. Each season a different athletic permit card will be issued. Do not give the permit card to the coach. The items listed below need to be completed and returned to the BNHS athletic office to obtain an athletic permit card:
  - A. Physical;
  - B. Athletic Release Form; and
  - C. Athletic Fee (\$100.00).
5. **Parent/Athlete Pre-Season Mandatory Meetings** – Fall sport parent/athlete pre-season meetings are scheduled for Monday, August 10<sup>th</sup> in the cafeteria at BNHS. Times are listed on reverse side. Athletic policies will be discussed, and fall coaches will be present to discuss individual sport rules, practice schedules, expectations and requirements. Starting one hour prior to the general meeting you may bring the items above (#4) and receive the athletic permit card. Permit cards will be issued in the main lobby. **Athletes will not be allowed to participate until they, and at least one parent or guardian, attend this mandatory pre-season meeting.** Coaches will have a sign-in sheet. Tryout dates, times and locations will be provided at this meeting.
6. **Random Drug Screening** - The Board of Education passed a policy in which all athletes will be part of a random sampling for testing of illegal drugs and nicotine. Details of this policy will be addressed at the mandatory pre-season meeting.
7. **Academic Eligibility** – (Semester) In order to participate in a sport, a student must earn academic eligibility by passing five (5) courses and maintaining a 2.0 grade point average from the previous semester. An academic check is conducted each week.
8. **Residence Eligibility** – If you are not living with your legal guardian you are NOT eligible to participate in athletics per IHSA eligibility rules. NO EXCEPTIONS.