

**Newburgh Enlarged City School District
PROCEDURE FOR WINTER SPORTS CLEARANCE**

*Please note that Monday, November 5th is the start date for all high school level sports.
Tuesday, November 13th is the modified start date.

TO OBTAIN YOUR YELLOW CLEARANCE SLIP:

In order to get your sports clearance you must have a Health History form and a current Physical Examination Form.

Additional APP paperwork is necessary for students trying out for a Freshman/JV/Varsity Sport

PHYSICAL EXAMS

* **PHYSICALS MUST INCLUDE: BLOOD PRESSURE, PULSE, VISION, HEARING, URINE DIP RESULTS, and BMI on the PHYSICAL FORM.**

Please note that a Physical Exam is good for one year from the date it was completed and remains so until the last day of the month in which it was given.

APP information for students trying out for Freshman/JV/Varsity Sports

The APP Test is scheduled for Monday October 29th and October 30th at the NFA Main Track. Student/Athletes must have the proper paperwork from the Health Office prior to taking the test.

Please call the Athletic Office at 563-5419 with any additional questions about Winter Sports