



# Bellmore – Merrick Central High School District Grand Avenue Middle School

*Office of the Principal  
Carlo A. Conte*



## Physical Examinations

*Important Information – All Students*

Please note that State Law mandates that all students entering 7<sup>th</sup> and 10<sup>th</sup> grade have physical examinations, whether they are participating in sports or not. These physicals must be completed within one year of entering 7<sup>th</sup> and 10<sup>th</sup> grade. Any physical examination performed after September 6, 2015 fulfills this requirement. All physicals are subject to approval by the Bellmore-Merrick CHSD medical staff. For more information and forms pertaining to physicals and health appraisals go to [www.bellmore-merrick.k12.ny.us/](http://www.bellmore-merrick.k12.ny.us/) and click on the Parents/Students tab then Nurses Information.

Ideally, the child's primary health care provider should perform the health appraisal, including the physical examination component. If you are unable to furnish the school with a medical report, the school physician will examine your child. The school physician will be at Grand Avenue on **September 7, 2016 from 9:00AM – 10:00AM.**

## Grand Avenue Athletics

*Athletes Only*

Grand Avenue Middle School offers a wide range of interscholastic sports. In order for your child to be eligible to participate, there are specific forms that need to be completed. These forms for Fall Sports are due before the season begins. This will allow the School Nurse the opportunity to review and clear every athlete in advance. In addition, coaches will hold pre-season meetings to discuss any important information. The earlier the forms are handed in, the faster the nurse can clear your child to participate.

**\*\* Athletic Participation Forms can be submitted online beginning August 8, 2016 for the fall season. Fall sports begin Tuesday, September 6<sup>th</sup>.**

## Navigating to Athletic Forms

- Go to: [www.bellmore-merrick.k12.ny.us](http://www.bellmore-merrick.k12.ny.us)
- Click on: District
- Click on: Physical Education, Athletics, Health and Drivers Ed (on drop-down)
- Click on: To Participate in Interscholastic Athletics, please click here (beginning of Mr. Caballero's letter)
- Click on: Rank One Sports Letter to Parents (to submit Athletic Forms online)

### Fall Sports:

- 7<sup>th</sup> & 8<sup>th</sup> Grade Football
- 7<sup>th</sup> & 8<sup>th</sup> Grade Boys Soccer (Tryout Team)
- 7<sup>th</sup> & 8<sup>th</sup> Grade Girls Soccer (Tryout Team)
- 7<sup>th</sup> & 8<sup>th</sup> Grade Boys Cross Country
- 7<sup>th</sup> & 8<sup>th</sup> Grade Girls Cross Country
- 8<sup>th</sup> Grade Boys Tennis