



# Plainfield North Athletics

12005 S 248<sup>th</sup> Ave-Plainfield, IL 60585  
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## Athletic Registration Information

Dear Parent/Guardian:

Attached you will find the athletic registration information and forms for the 2009-2010 school year. Every student-athlete needs to have a signed athletic code, current physical, emergency contact card, and IHSA steroid testing consent form on file, in the athletic office before they can participate in a sport at Plainfield North.

All of these forms can be found in the attached packet. The **student must put their ID number on the Athletic Code**. The IHSA steroid testing consent form can be found on the back of the athletic code, or on the IHSA physical form that is provided. For more information on this policy please visit <http://www.ihsa.org/initiatives/sportsMedicine/index.htm>. These forms need to be filled out completely and returned to the athletic office only if your student plans on participating in a sport in the 2009-2010 school year.

**Sports physicals** are being given at Plainfield North High School on **Thursday August 6<sup>th</sup>** and **Monday August 10<sup>th</sup> from 5:30-7:30 pm**. *The cost is \$25.* Please enter through door X. A physical is only good for 1 year from the date the physical was taken.

\*\*\***Freshman** students may use their freshman physical as their physical for the athletics. However the student/parent/guardian is responsible for sending a copy of the physical to the athletic office. The athletic office **will not** request the physical from the nurse's office. \*\*\*

If you have any additional questions please contact Anne Bardachowski in the athletic office at 815-609-6186 or [abardach@learningcommunity202.org](mailto:abardach@learningcommunity202.org)

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DETACH EMERGENCY CARD AND RETURN TO ATHLETICS

### ATHLETIC EMERGENCY MEDICAL AUTHORIZATION CARD

Name \_\_\_\_\_ Phone(\_\_\_\_) \_\_\_\_\_ Birth Date \_\_\_\_\_ ID# \_\_\_\_\_ Sport \_\_\_\_\_

Home Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_ Year in School FR SO JR SR

In case of emergency we will attempt to contact a parent/guardian at home or work. If one cannot be reached, we will attempt to contact the person listed as the alternate name below

Emergency Contact \_\_\_\_\_ Phone(\_\_\_\_) \_\_\_\_\_ Relationship \_\_\_\_\_

Permission is hereby granted to the attending physician to proceed with any medical or minor surgical treatment, x-ray examination and immunizations for the above named student. In the vent of an emergency arising out of a serious illness, the need for major surgery, or significant accidental injury, I understand that an attempt will be made by the attending physician to contact me in the most expeditious way possible. If said physician is unable to communicate with me, the treatment necessary for the best interest of the above-named student may be given.

\_\_\_\_\_/\_\_\_\_/\_\_\_\_  
PARENT/GUARDIAN SIGNATURE      DATE

\_\_\_\_\_  
WORK PHONE                      CELL PHONE

\_\_\_\_\_  
HOSPITAL OF CHOICE

ASHTMA	YES	NO	_____
ALLERGIES	YES	NO	_____
HEART PROBLEMS	YES	NO	_____
DIABETES	YES	NO	_____
SEIZURES	YES	NO	_____
BLOOD DISORDERS	YES	NO	_____
DAILY MEDICATIONS IF ANY	_____		
ADDITIONAL COMMENTS/DIRECTIONS	_____		

## PLAINFIELD NORTH TIGERS – ATHLETIC INFORMATION (2009-10)

**Registration:** Any student who wants to participate in athletics must have a physical, signed athletic code, and emergency medical card on file in the athletic office *before they are allowed to participate in tryouts/practices.*

**Football Registration:** August 8<sup>th</sup> (9:00 AM-Noon) in the athletic office. Equipment will be issued for all levels in the Stadium Building.

**Fall Registration:** Week of August 5-14 (9:00 AM – 3:00 PM) in the athletic office.

**Winter Registration:** Week of October 26-30 (9:00 AM – 3:00 PM) in the athletic office.

**Spring Registration:** Week of February 23-26 (9:00 AM – 3:00 PM) in the athletic office.

**Participation Fee:** For 2009-10 the fee is \$62.00 for each sport.

<b><u>Sport</u></b>	<b><u>First Day of Practice</u></b>	<b><u>Facility for Meets/Practices</u></b>
Boys/Girls Cross Country	August 12	Commissioner's Park
Boys/Girls Golf	August 12	Whitetail Ridge
Football	August 12	PNHS Fields
Boys Soccer	August 12	PNHS Fields
Girls Swimming**	August 12	Avery YMCA
Girls Tennis	August 12	PNHS Tennis Courts
Girls Volleyball	August 12	PNHS Gym/Field House
Poms	August 12	PNHS Dance Room/Field House
Cheerleading	August 12	PNHS
All fall activities are completed by the end of October unless a varsity team or athlete has advanced to the state level of competition.		
<b><u>Sport</u></b>	<b><u>First Day of Practice</u></b>	<b><u>Facility for Meets/Practices</u></b>
Girls Basketball	November 2	PNHS Gym/Field House
Boys Basketball	November 9	PNHS Gym/Field House
Wrestling	November 9	PNHS Wrestling Room/Field House
Boys Bowling	October 26	Brunswick Zone - Romeoville
Girls Bowling	November 9	Brunswick Zone - Romeoville
Boys Swimming**	November 23	Avery YMCA
Competitive Cheerleading	November 4	PNHS
**Girls and boys swimming will be a co-op program with the other Plainfield High Schools.		
All winter activities are completed by March 1 unless a varsity team or athlete has advanced to the state level of competition.		
<b><u>Sport</u></b>	<b><u>First Day of Practice</u></b>	<b><u>Facility for Meets/Practices</u></b>
Girls Badminton	March 1	PNHS Field House
Baseball	March 1	PNHS Fields
Softball	March 1	PNHS Fields
Girls Soccer	March 1	PNHS Fields
Boys/Girls Track	January 18	PNHS Track/Field House
Boys Tennis	March 1	PNHS Tennis Courts
Boys Volleyball	March 8	PNHS Gym/Field House
All spring activities are completed by May 27 unless a varsity team or athlete has advanced to the state level of competition.		

### 2009-2010 ATHLETIC REGISTRATION CHECK LIST

- CURRENT PHYSICAL (A physical is only good for 1 year from the date taken)
- TIGER ATHLETIC CODE W/ID #
- STEROID TESTING CONSENT FORM (CAN BE FOUND ON THE BACK OF THE TIGER CODE)
- ATHLETIC EMERGENCY MEDICAL AUTHORIZATION FORM
- \$62 ATHLETIC FEE WILL BE BILLED

***IT'S A GREAT DAY TO BE A TIGER!***