

## PARENT ATHLETIC CHECKLIST BEFORE TRYOUTS

\_\_\_ Completed Athletic Physical on Middle School Athletic Physical form dated AFTER May 1 2010. Please make sure ALL BLANKS ARE FILLED IN

\_\_\_ Acknowledgement and Consent form Signed and returned (page 8 of Hawk Handbook)

\_\_\_ Visit school website

(<http://www.henrico.k12.va.us/ms/pocahontas/>) get comfortable with information found in "Athletics" tab.

\_\_\_ Be aware that in trying out for Pocahontas athletic teams that other athletic activities cannot interfere/overlap with PMS practices or games

## ONCE ON TEAM

\_\_\_ Green emergency card

\_\_\_ Fill out form that allows your child to carry appropriate medications (inhaler, benadryl/epipen) and return to CLINIC.