

Dear Guilderland Students and Families-

Interested in playing a fall sport? Below is all the information you need to know in order to be prepared for the start of fall sports. GO DUTCH!

Guilderland is excited to offer the following sports in the fall season for any current 7th-12th grader who is interested:

### **Guilderland Fall Sports Offerings**

Boys Cross Country  
Girls Cross Country  
Game Day Cheer (HS Sport Only)  
Field Hockey  
Football  
Boys Golf (HS Sport Only)  
Girls Golf (HS Sport Only)  
Boys Soccer  
Girls Soccer  
Girls Swimming & Diving (HS Sport Only)  
Girls Tennis (HS Sport Only)  
Boys Volleyball  
Girls Volleyball  
Unified Bocce (HS Sport Only)

### **Fall Sports Start Dates**

Monday, August 19th- First day of Varsity & JV football  
Monday, August 26th- First day of all other Varsity, JV, Freshman fall sports  
Thursday, August 29th- First day of Mod 9 and Modified fall sports  
\*\*Some modified teams may choose to begin on Tuesday, September 3rd\*\*

### **Fall Sports Google Signup Form**

Below is a link to the Fall Sports Google Signup Form. If you are interested in participating in a sport this fall, please take 1 minute out of your day to complete this form.

**PLEASE COMPLETE FORM ONLY ONCE PER ATHLETE**

[2024 Fall Sports Google Signup Form](#)

## **Required Health Forms**

Required health forms for athletic participation can be turned in to school nurses beginning on the following dates. **PLEASE DO NOT TURN IN FORMS BEFORE THESE DATES!**

**Monday, July 22nd-** Students participating in varsity and JV football can begin submitting the required health forms to the school nurses.

**Monday, July 29th:** High school fall athletes (9th-12th Graders) can begin submitting the required health forms to the school nurses. 7th & 8th graders who are participating in the Advanced Athletic Placement can also begin submitting the required health forms to the school nurses.

**Monday, July 29th:** Modified fall athletes (7th-8th Graders) can begin submitting the required health forms to the school nurse

Required health forms include:

1. Athletic Form which includes emergency contact information
2. Health History Update  
**Please make sure "DATE FORM COMPLETED" is no earlier than the dates listed above!!**
3. Required NYS School Health Examination Form (completed by private physician or school physician  
\*\*If our nurse has a valid physical on file (within the last calendar year), the NYS School Health Examination Form is not required. It is only required if we do not have a valid physical on file.\*\*

### **9th-12th graders**

Hard copy packets of the required forms for athletic participation are located outside of the HS nurses office. These forms can also be found at the following link:

[Athletics- Required Health Forms](#)

Nurses prefer you hand in hard copies of these forms. Please drop these forms off to the HS nurses office. If you cannot send hard copies, forms can be sent to the following email:

[vogela@guilderlandschools.net](mailto:vogela@guilderlandschools.net)

## **7th-8th graders**

Please drop these forms off to the FMS Main Office (Attn Beth Ford). If you cannot drop off hard copies of the required health forms to the FMS nurses, forms can be sent to the following email:

[fordb@guilderlandschools.net](mailto:fordb@guilderlandschools.net)

These forms can be found at the following link:

[Athletics- Required Health Forms](#)

## **Sports Physicals**

In order to be eligible for participation in interscholastic athletics in the 24-25 school year, student athletes must have a valid physical examination. A valid physical examination is one within the last calendar year of the start of the sports season. For fall sports, an August 2023 or more recent physical examination is good.

Don't have an up to date physical? The school will be offering sports physicals, free of charge, at the following dates and locations:

### **Free Physicals**

Thursday, August 1st from 3:30-5:30 at FMS Nurses Office (7th-12th Graders)

Tuesday, August 6th from 3:30-5:30 at GHS Nurses Office (7th-12th Graders)

Tuesday, August 27th from 3:30-5:30 at FMS Nurses Office (7th-12th Graders)

## **Questions???**

If you have any questions about the sign up process, please contact us in the athletics office at 518-861-8591 (extension 1400) or by email at [austind@guilderlandschools.net](mailto:austind@guilderlandschools.net).

We are looking forward to the fall season. GO DUTCH!!

Sincerely,

Dave Austin  
Athletic Director  
Guilderland CSD