

Q&A Athletics at RSU14

1. **Who can participate in RSU14 athletics?** Any RSU 14 students, entering grades 9-12, may try out for a sport at Windham High School - Varsity, Junior Varsity, or First Team. Any RSU14 students entering grades 6-8 may sign up and tryout for sports offered at Windham Middle School – see link for WMS Sports Info. Students transferring into WHS, must fill out appropriate paperwork in student services, including transfer waiver form.
2. **How does my child get signed up for a team?** All students must be signed up for their sport, if they did not attend the sign up meeting with the coach they must contact the athletic office or email Marleen at mbicknell@rsu14.org. Directions are given out in meetings on how to sign up, using the students Google accounts. Sign up dates & times are sent out via list serve emails and announced in house at each applicable school.
3. **Emergency Contact Info and RSU14 Athletic Policies:** All athletes are required to have an Emergency card filled out by the parent/guardian, using this link: bit.ly/rsu14athleticsecard, also found on the athletics web page: <http://www.rsu14.org/Sports/index.cfm>. This is your emergency contacts, verification of insurance and following school policies.
4. **Physical Exams:** To be eligible for tryouts, a student **MUST** have a current physical exam on file in the nurse's office. Physicals are current for 2 years, from the date of your last physical. It is the responsibility of the high school athletes/parents to check Infinite Campus portal-Health tab to see if we have one on file. If you are in need of a current physical, contact your doctor's office, we will need proof of the date of your last physical in writing from their office on letterhead or doctors note paper. Slide it under our door, fax it, scan it or email it to us. We then enter it into Infinite Campus, upon receipt, during busy times allow for turnaround time. Middle school must rely on checking the sign up list posted outside of the café following sign ups – to see if they are in need of a new physical.
5. **Grades:** Each athlete must be passing all classes.
 - 1 F you can practice but not play until after a 3 week grade check, (begins on the first day of school)
 - 2 F's ineligible for the season. (Does not apply to incoming Freshman @ the high school for Fall sports only-one season bye)