

How Do I Join an SHR Sports Program???

- 1) Obtain proper forms. Forms can be found in the main office, health office or on the school website's Athletic's Home Page: <http://www.shrhs.org/athletics> by using the [Athletics Participation Form](#) link.
- 2) **Arrange for a physical.** Physical examinations will NOT be administered at SHR. Discounts for participating "Minute Clinics" can be found at www.minuteclinic.com.
- 3) Fill out all forms, including **Questionnaire, Permission Slips, Results of Physical (completed by a Dr.), Random Student Drug Testing Adherence and Athletic Emergency Cards**, all of which are included in the [Athletics Participation Form](#) PDF file online, which can be printed from the website.
- 4) Submit completed forms to SHR's Health Office or Mr. Ruvolo by the deadlines listed below. All forms must be completed prior to the start of practice.

Official Practice Starting Dates for HS Teams

Fall:

**Aug. 24—XC, Football, Field Hockey, Soccer, Cheerleading
Completed forms due NO LATER THAN July 14th**

Winter:

Nov. 15—Bowling

Nov. 27—Basketball

Completed forms due NO LATER THAN October 26th

Spring:

Mar. 5—Baseball, Softball

Completed forms due NO LATER THAN February 8th