SARASOTA SUNCOAST ACADEMY MIDDLE GRADES

8084 Hawkins Rd. Sarasota, FL 34241 941.924.4242 www.suncoastacademy.org





Dear Suncoast Parents,

We are excited to announce that Suncoast will be offering both boys' and girls' basketball again this year! The season will take place from mid-October through December. Erik Uhlinger will be coaching the boys' team, and Eric Hoskins will coach the girls' team. As you consider trying out for the team, please know that being a part of the basketball program is a commitment that requires dedication and a willingness to work hard toward improvement. Members of the team will be expected to attend practices and events.

Tryouts will take place on October 13th and 14th. The boys will have their tryouts from 3:30-5:30 at St. John's Church, 6611 Proctor Rd. The girls will hold their tryout from 3:45 to 5:30 at Sarasota Baptist Church, 7091 Proctor Rd. All participants must arrange transportation to and from tryouts/practices. A carpool can be set up once the team is established. This season, boys' practices will take place Monday through Friday from 3:30 - 5:30 pm at St. John's (6611 Proctor Rd, Sarasota, FL 34241). The girl's team is scheduled to practice Monday - Friday, 3:45 PM - 5:30 PM at Sarasota Baptist Church, 7091 Proctor Rd. Please see the attached schedule and calendar for the current practice/match schedule, but be aware that some things may change as the season approaches.

Please look over the information in this packet and have all the medical forms/Athletic Policy completed and turned in to Coach Hill by Friday, October 11th. All forms must be completed and turned in before students are allowed to try out for the team. Please note that a doctor must complete the "Pre-Participation Physical Evaluation" form included in this packet (no other form will be accepted). Also, a completed Athletic Packet is good for all sports for the current school year. Please just turn in a new signed Athletic Policies form for each additional sport. All students who make the team are responsible for a \$75 participation fee. We are looking forward to a great basketball season at Suncoast!

Included in this packet:

- Practice / Game Calendar
- Suncoast Athletic Policies
- 2025-2026 Middle School Athletic Packet

Michelle Hill

Suncoast Academy Athletic Director michelle.hill@suncoastacademy.org

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Suncoast Academy Middle School Athletic Department Policies

At Suncoast Academy, our goals for student-athletes align with the CARES of our school (Cooperation, Assertion, Responsibility, Empathy, and Self-Control). We believe student participation in school athletics has a positive impact on a student's view of themselves and their school. As an extension of the school day, student-athletes are a reflection of their school, and their behaviors during practice and competitions are expected to reflect CARES.

Objectives for Student Athletes:

- Recognize that each individual has a unique set of skills and provide opportunities for maximum participation for all students.
- Develop individual and team skills necessary to compete successfully.
- Grow strong school/team spirit.
- Learn and reflect on the characteristics of good sportsmanship.
- Apply CARES within sports programs.
- Understand body growth and development and learn healthy living habits.

The Suncoast Academy Athletic Department recognizes the vital role that coaches, parents, and students all play in the healthy development of a student-athlete and the success of an athletic program. The athletic director has been assigned by the principal to administer the athletic program. Head coaches report to the athletic director and are charged with responsibility for the student-athletes involved in their program. The coach is also responsible for communicating relevant information to parents throughout the season. Student-athletes represent our school and are, therefore, held to a high standard of conduct at all school events.

| Student Name: | Grade | Advisor | * |
|--|---------------------|----------------------------|-----------------------|
| # 41 A | | | |
| Athletic Dis | cipline / El | gibility Policy | |
| Academics Co | | - J. Oncy | |
| result in that player athletes MUST | maintain a GPA | 0f20 c-1 | |
| Academics - Student-athletes <u>MUST</u> result in that player missing games un practice and stay on the team, but will | itil the minimum | GPA is poble to mai | ntain this standard |
| Outstanding Maning Dut Will | not be able to | Participate in the | player will be able |
| has not returned library books or unifor Cost- Each participating student-athlet coaches, equipment, and other associated academy and turned in to Michael Academy. | rms from other | sports will be to the caf | eteria, After Care, o |
| coaches equipment | te will contribute | 75 00 to do to | ed to try out. |
| coaches, equipment, and other associated Academy and turned in to Michelle Hill. Absence from School- The student as | ated expenses | Check should deiray the co | sts of uniforms. |
| Absence from Salar to Michelle Hill. | | offeck should be mad | e payable to Sunco |
| that they are about The student-at | thlete may not r | varžinim | |
| Absence from School- The student-at that they are absent from school unless School Conduct- Students must comp | s excused by an | rarticipate in practice of | a contest on a day |
| School Conduct- Students must comp expectations. Athletic events may be for Disciplinary Action- Disciplinary actions. | ly with all of SS | A Middle ! | -/· u day |
| expectations. Athletic events may be for Disciplinary Action- Disciplinary action | orfeited due to a | nisponders behavioral | and attendance |
| Action - Disciplinary action | n by an adminis | haconduct during the s | chool day. |
| | | | following penaltics |
| 2nd- Incident as directed by a 3rd- Inciden as directed by ad | administrator = | game suspension | 5 portaities. |
| ord- inciden as directed by ad | ministrator - m | week suspension | |
| 3rd- Inciden as directed by ad sports for the year) Language- Profanity will not be television. | 16 | moval from the team (| oossibly from all |
| Appearance Committy will not be tolerated | d. Violation of the | No with the same | y Gill all |
| Language- Profanity will not be tolerated Appearance- Students involved in inters guidelines for proper appearance as well | Scholastic athlet | is rule will be referred | to the administration |
| Who are not promise | as any addition | 1010 | w the school's |
| Practice. Athlese | lowed to nartici | THOMES HOME | ne coach, Student |
| the coach for any | d all practices | Jale. | orangili. |
| the coach for any practices missed. Injuring the expected to do so. Missing a contest- If a student has to me | red athletes w | runietes must be excus | sed in advance by |
| Missing a missin | annetes Mi | no can attend practice | es and dames |
| least 1 waste If a student has to m | liss any ac- | | games Will |
| Missing a contest- If a student has to m least 1 week in advance. If the absence in Quitting without notifying the Coach-S | is excured | r contest, the coach m | ust he notice. |
| current social and in the Coach-S | Suchanaina t | enalty will follow. | ts periodilled at |
| Quitting without notifying the Coach-S current season and next sports season. Transportation-Parents will be responsible | respension from | all athletics for the rer | Mainder of the |
| practices Assembly Parents will be responsible | ole for transport | | Of the |
| Transportation- Parents will be responsible practices. Any carpool arrangements must have written permission for students to be Playing Time- No player is guaranteed as | it be made by a | ation to and from all att | hletic events |
| riaving Time Ni | driven by anyo | and and | me school music |
| be chosen to all in player is guaranteed an | lequal amount | ne other than their pare | ent or quardian |
| Playing Time- No player is guaranteed an be chosen to play in a game. If you do not positive attitude during that game and in pro- | det plaving tim | of playing time in each | game and man |
| that game and in pro- | actices | e in a game it is import | ant to maintain |
| | | | |
| GREE WITH THE ABOVE STATEMENTS A ACADEMY MIDDLE SCHOOL A | | | |
| ACADEMY THE STATEMENTS A | ND WILL LIBE | 01/2 | |
| ACADEMY MIDDLE SCHOOL A | THLETIC DO | ULD THE SARASOTA | SUNCOAST |
| rie. | | CIES. | |
| | | | |
| nlete Signature (Date) | _ | | |
| (Date) | P. | Tent Ci- | |
| | | arent Signature | (Date) |

(Date)

PRE-PARTICIPATION PHYSICAL EVALUATION FOR MIDDLE SCHOOL STUDENTS Instructions: This completed form must be kept on tills by the school. This form is valid for 365 calendar days from the date of the evaluation as written on page 2. This form is non-transferable; a change of schools during the validity period of this form will require page 1 of this form to be re-authoritied. School Sex___Age_____Date of Sinh_____ Grade _____Sport(s) ___ Home Address Parent/Guardian Name (Print)___ Home Phone Person to Contact in Case of Emergency E-Dai Home Phone Work Phone Relationship to Student Fersonal/Family Physician Name Cell Phone Part 2. Medical History (to be completed by student or parent). Explain "yes" enswers below. Circle questions you don't know enswers to. Do you have an ongoing chronic illness? 26. Have you ever become ill from exercising in the heat? Have you ever been hospitalized overnight? 27. Do you cough, wheeze or have trouble breathing during or Yes No Have you ever had surgery? Are you currently taking any prescription or non-prescription (over-the-counter) medications or pills or 28. Do you have astima? 29. Do you have seasonal allergies that require medical treament?

30. Do you use any special protective or corrective equipment or medical devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, not orthodics, shunt, retainer on your teeth or hearing aid)? 6. Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance?

Do you have any allergies (for example, pollen, latex, medicine, food or stinging insecis)? Have you ever had a rash or hives develop during or after 31. Have you had any problems with your eyes or vision? 31. Have you ned any protents with your eyes or vision?
32. Do you weer glasses, contacts or protective eyewear?
33. Have you ever had a sprain, strain or swelling efter injury? Have you ever passed out during or after exercise?
 Have you ever been dizzy during or after exercise? 10. Have you ever been dizzy during or ener exercise?

11. Have you ever had diest pain during or after exercise?

12. Do you get tired more quickly than your friends do during 34. Have you broken or fractured any bones or dislocated any 35. Have you had any other problems with pain or swelling in muscles, tendons, bones or joints? If yes, check 13. Have you ever had racing of your heart or skipped appropriate blank and explain below: 14. Have you had high blood pressure or high cholesterol? 15. Have you ever been told you have a heart murmur? Elbow Hip Neck Foream 16. Has any family member or relative died of heart problems Thigh Back Wrist or sudden death before age 50? Knee Chest Hand 17. Have you had a severe vital infection (for example, Shin/Calf Shoulder Finger mycearditis or mononucleosis) within the last month? 36. Do you want to weigh more or less than you do now? Upper Arrn Ankle 18. Has a physician ever danied or restricted your 37. Do you lose weight regularly to meet weight requirements participation in sports for any heart problems? 19. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, blisters or pressure Do you feel stressed out? 39. Have you ever been diagnosed with sickle cell anemia? 20. Have you ever had a head injury or concussion?
21. Have you ever been knocked out, become unconscious or lost your memory?
22. Have you ever had a selzure? 40. Have you ever been diagnosed with having the sickle cell 41. Record the dates of your most recent immunizations 23. Do you have frequent or severe headaches?
24. Have you ever had numbness or lingling in your arms, Tetanus Meesles Hapalis B Chickenpox FEMALES ONLY (optional) 25. Have you ever had a singer, burner or pinched nerve? 42. When was your first mensional period? 43. When was your most recent menstrual period? Explain "Yes" answers here. 44. How much time do you usually have from the start of one period to the 45. From much time to you askely have from the sent of one per start of enother?

45. How many periods have you had in the last year?

46. What was the longest time between periods in the last year? We hereby state, to the best of our knowledge, that our answers to the above questions are complete and correct. In addition to the routine medical evaluation required by s.1008.20, Florids Statutes, we understand and addrowledge that we are hereby advised that the student should undergo a cardiovascular assessment.

We hereby state, to the best of our knowledge, that our answers to the above questions are complete and correct. In addition to the routine medical evaluation which may include such diagnostic tests as electrocardiogram (EKG), echocardiogram (ECG) and/or cardio stress test.

Student Signature RET: Master, ESY, GS7 37 Parent/Guardian Signature Dupl., OSA Date

PRE-PARTICIPATION PHYSICAL EVALUATION FOR MIDDLE SCHOOL STUDENTS Part 3. Physical Examination (to be completed by licensed physician, licensed ostsopathic physician, licensed chiropractic physician assistant or certified advanced registered nurse practitioner). Student Name (Print) ___ Weight % of Sody Fat (Optional) Pulse Blood Pressure Temperature ____ Flearing: right: P F left: P F Visual Acuity: Right 20/____Left 20/___ Corrected: Cl Yes Cl No Pupils: Equal ______Unequal ____ FINDINGS NORMAL MEDICAL ABNORMAL FINDINGS 1. Appaarance 2. Eves/Ears/Nose/Throat INITIALS? 3. Lymph Nodes 4. Heart 5. Pulses 6. Lungs 7. Abdomen 8. Genitelia (males only) 9. Skin MUSCULOSKELETAL 10. Neck 11. Back 12, Shoulder/Arm 13, Elbow/Foream: 14. Wrist/Hand 15. Hip/Thigh 16. Knee 17. Leg/Ankle 18. Foot station hased examination only ASSESSMENT OF EXAMINING PHYSICIAN/ASSISTANT/NURSE PRACTITIONER

I hereby certify that each exemination field above was performed by myself or an individual under my direct supervision with the following conclusions(s). Ulagnosīs _____ Precautions_ Not Cleared For Reason Cleared after completing evaluation/rehabilitation for_____ Referred to _____ FOT Recommendations___ Physician/Assistant/Nurse Practitioner Name (Print) Physician/Assistant/Nurse Practitioner Signature

RET: Master, ESY, GS7 37 Dupl., OSA

> 066-14-DIS Rev. 2-27-2020 Page 2 of 3

Date

PARENT/GUARDIAN RELEASE AND HOLD HARMLESS AGREEMENT FOR HIGH SCHOOL STUDENT ATHLETIC PARTICIPATION

Instructions: This form must be notarized and returned to the Head Coach/Athletic Director's Office with the Athletic Packet. If you have questions pertaining to this form, contact your child's school. Student Name (Print) Student No. _____ DOB ____ School Name School Year____ Name of sport/activity this agreement governs Parent/Guardian Home Address ___ Home Phone ____ Work Phone ___ I/We fully understand that playing or practicing to play interscholastic sports may be hazardous and poses a risk of injury, including but not limited to, sprains, strains, contusions, abrasions, broken bones and in extreme cases, paralysis or death. Due to the potential hazards associated with interscholastic sports, liwe recognize the importance of following the instructions of coaches and trainers, regarding playing techniques, training I/We understand that it is the responsibility of the parents/guardians to provide proof of medical insurance coverage prior to participating in any Yes I/we will be purchasing the student accident insurance made available through the Sarasota School District. No liwe have comprehensive medical insurance that covers this student for any expenses he/she may incur as the result of a Insurance Company Name Policy No. This agreement is entered into voluntarily and is made with the understanding that I/we have not violated any of the eligibility rules and regulations Effective Dates of the Florida High School Athletic Association (FHSAA) and/or the Sarasota School District. I/we give my/our consent for my/our student/child/ward to engage in FHSAA and Sarasota School District approved athletic activities as a representative of the student's school. I/we In consideration of The School Board of Sarasota County, Florida, permitting my/our student/child/ward to engage in interscholastic sports, I/we in consideration of the action board of aarasuta County, Florida, permitting myour addenvernitureard to engage in interscriptastic sports, tiwe agree to release and hold harmless The School Board of Sarasota County, Florida, and its employees and agents from and against all claims, agree to release and note names the school sound of calculations country, monds, and its employees and agents from and agents all claims, judgments, cost, expenses, attorney fees, including but not limited to, claims occurring from the negligence of The School Board of Sarasota County, Florida, its employees, and agents arising out of bodily injuries or property damage resulting from participation in interscholastic sports. I/We acknowledge that I/we have read this agreement and fully understand its meaning, and that I/we will abide by all terms and conditions Parent/Guardian Name (Print)_ Parent/Guardian Signature_ Date____ Parent/Guardian Name (Print) Parent/Guardian Signature ____ Student Signature Date Date _____ STATE OF FLORIDA, SARASOTA COUNTY Sworn to (or affirmed) and subscribed before me by means of ____ physical presence or ___ online notarization, this ______ day of _____, 20_____, by____ Personally Known Produced Identification Type of Identification Produced____ (Seal) Typed or Printed Name of Notary Public Signature of Notary Public My Commission Expires _ Commission No. RET: Master, 7SY, GS7 172

PRIVATE VEHICLE TRANSPORTATION PERMISSION

Instructions: The School Board will not be providing bus transportation for certain field trips/athletic events during the school year. Instead, the school may try to arrange alternate transportation using private vehicles driven by parents or other adults. If you agree to allow your student to be driven to/from field trips/athletic events in a private passenger vehicle, complete this form, have it notarized and return it to the school. This form must be signed and returned to the school before your student will be allowed to be transported to any field trip/athletic event in a private passenger vehicle.

| To the state of th | | nool. This form must be signed and returned to the eld trip/athletic event in a private passenger vehicle. |
|--|--|---|
| | Parent/Guardian Name (Print) | give my permission for |
| Annual Control of the | Student Name (Print) | to be transported to/from field trips/athletic |
| events in a private preached during this | assenger vehicle during the 2020s | |
| | | |
| Parent/Guardian Sigr | | |
| . Grond Guardian Sigr | nature | Date |
| | | |
| | and subscribed before me by means of ∏ phys | |
| Sworn to (or affirmed) | September 1979 September 1979 September 1979 | |
| County of Sarasota Sworn to (or affirmed) day of he foregoing instrume Pe | (Name ent was acknowledged by ersonally known to me, or coduced identification consisting of | of Person Making Statement) Who is: |
| County of Sarasota Sworn to (or affirmed) day of he foregoing instrume Per Problem Public Signature | (Name ent was acknowledged by | of Person Making Statement) who is: |
| County of Sarasota Sworn to (or affirmed) day of the foregoing instrume Per Protary Public Signature ame of Notary Public (| September 1979 September 1979 September 1979 | of Person Making Statement) who is: |

063-12-RKM Rev. 3-4-2020

AUTHORIZATION TO RELEASE MEDICAL INFORMATION FOR ATHLETICS

Instructions: This form is required to allow Athletic Trainers from Agility Physical Therapy & Sports Performance, LLC, to release protected medical information for student athletes to The School Board of Sarasota County, Florida, coaching staff. This form must be returned to the Head Coach or Athletic Secretary. The original will be given to the Athletic Trainer and a copy will be maintained in the Athletic Director's office. This authorization is not valid unless signed and dated by the athlete or legally authorized representative. If

In accordance with the Health Insurance Portability and Accountability Act (HIPAA) of 1996, Agility Physical Therapy & Sports Practices describing how they use and disclose patient health information. If you have not received a copy of the Notice of Privacy Authorization of Disclosure

| Student Name (Print) | | |
|--|--|---|
| | Last | First Officer DOS |
| Director, Team Physici for the purposes of my | onzation has been made volunt an, School Health Professional, c care as a student athlete. | First Middle promance, LLC. to release/disclose the following protected heal g information regarding my medical condition, injuries, prognosi are information, and related personal identifiable health informatic ladily. This information is to be released/disclosed to the Athlet or coaching staff for The School Board of Sarasota County, Florida |
| Possibility of Re-disci I understand that any circumstances no longe | losure information provided under this or protected by state and federal | release may be subject to re-disclosure by the recipient unde |
| I I I I I I I I I I I I I I I I I I I | 221011 | regulations. s from the date I sign it. I understand that I have the right to revoke will take effect on the day it is received except to the extent it has |
| Candidana | | enformance cannot condition my treatment upon my signing this |
| 1 1020 | eipt of Notice of Privacy Practice | es (initial) |
| Parent/Guardian Name (F | Print) | Date |
| Parent/Guardian Signatur | re | Date |
| *Legally Authorized Repre | eseniative Name (Print) | Date |
| Legally Authorized Repres | entative Signature | Data |
| fi other than student athle | te signing, state relationship | |
| RET: Master, 7AY, GS7 132 Dupl., OSA | Distribution: Original - Athletic Train | ner CopyStudent Athlete File |
| | | 062-14-DIS Rev. 2-27-2020 |

| EMERGENCY MEDICAL TO | HONE (941) 927-9000 |
|--|--|
| Instructions: Popular Consent | HONE (941) 927-9000 IT FOR FIELD TRIPS AND/OR OTHER AFTER SCHOOL ACTIVITY tool. If you have questions pertaining to this form contact. |
| Deta | AT FOR FIELD TRIPS AND/OR OTHER AFTER SCHOOL ACTIVITY to the form, contact your child's school. If you have questions pertaining to this form, contact your child's school. |
| | quescons perialning to this form, contact your child's sche |
| Student Name | The delig |
| | st Middle DOB |
| Home Address Street | Windle |
| Parent/Guardies New 7 | C's |
| Address of the Addres | City Zip Relationship |
| Address of above (if different) | Relationship |
| Home Phone | e City Zip |
| Work Phon | City Zip e Cell Phone could be contacted in case of emergency between |
| a person other than the parent or constitution | Cell Phone |
| List a person other than the parent or guardian who c Emergency Contact Name (Print) | could be contacted in case of emergency below: Phone Posts? Yes No |
| Is above student allers in the | Drong |
| Is above student allergic to foods, medications, or inse | Pots? Yes No |
| , es, list what they are and emergency medication/fr | ects? Yes No |
| The state of the s | |
| If Yes, complete the medication tractment | |
| he medication(s) and time to be administered | and list |
| amily Physician Name (Print) case of non-life threatening emergency, list hospital processes of serious illegates. | |
| case of non life at | Annual Property and the second |
| case of serious illness or injury and | eference eded, the school or its representative has my permission to contact the estimation. The understored will be provide necessary treatment. |
| propriate emergency medical service. The emergency insportation for my service and service. | eded, the school or its representation |
| st. I then request that I be notified of the | nedical service has my consent to provide |
| the case of an accident or illness where immediate treatment d trip, I request that the school contest as | eleded, the school or its representative has my permission to contact the medical service has my consent to provide necessary treatment or estimation. The undersigned will be responsible for emergency treatment of the first of my child is not indicated, but where (s)he is unable to remain at the carrange transportation for my child. If the school is unable to contact there are any of the service of the servi |
| request that the other person listed on this form be contact | arrange transportation for the state (s)he is unable to remain a s |
| derstand that I must notify the school in writing if the | ed and requested to care for my child. If the school is unable to contact |
| ent/Grewier ci- | end of this school year unless revised or any information. |
| -Aliendie | and the second s |
| : Master, ESY, GS7 37 Distribution: Original – Office Dupl., OSA | Date |
| and odd | Copies - Teachers/Coaches |
| т. | 063-96-DIS Rev. 9-13-2019 |

2025

October (Tentative and subject to change)

Suncoast Academy Sports

| Saturday 4 | 1.1 | L1 80 | 25 | |
|------------|-----|-----------------------------|-----------------------------|-----------------------------|
| Friday | 10 | 17 | 24 | 31 |
| Thursday 2 | 6 | 16 Practice 3:30-5:30 | 23 Practice 3:30-5:30 | 30 Game |
| Wednesday | ∞ | 15 Practice 3:30-5:30 | 22 Practice 3:30-5:30 | 29 Practice 3:30-5:30 |
| Tuesday | 7 | 14 Basketball Tryouts | Practice 3:30-5:30 | 28 Game |
| Monday | 9 | Basketball Tryouts | 20 Practice 3:30-5:30 | 27 Practice 3:30-5:30 |
| Sunday | 10 | 12 | 19 | 26 |

2025

November

Suncoast Academy Volleyball

| Н | ~ | | | |
|------------------|----------------------------|-----------------------------|-----------------------------|-------|
| | 00 | 15 | 22 | 29 |
| Friday. Saturday | 7 | 14 | 21 | 28 |
| Thursday | Game | Game | 20 Game | 27 |
| Wednesday | 5 Practice 3:30-5:30 | 12 Practice 3:30-5:30 | 19 Practice 3:30-5:30 | 26 |
| Tuesday | 4 Game | Game | 18 Game | 25 |
| Monday | 3:30-5:30 | 10 Practice 3:30-5:30 | 17 Practice 3:30-5:30 | 24 |
| Sunday | 7 | σ | 16 | 23/30 |

2025

December

Suncoast Academy Volleyball

| urday 6 | 13 | 50 | 27 | |
|------------------------------------|-----------------------|-----|----|--------|
| Saturday | | | | |
| Friday | 12 | 19 | 26 | |
| Frid | | | | |
| 7 | 1 | 80 | 25 | |
| Thursday 4 Game | Finals | | | |
| m | 10 | 17 | 24 | 31 |
| Wednesday Practice 3:30-5:30 | Practice 3:30-5:30 | , , | 2 | M |
| Wedn Prac 3:30- | Prac 3:30- | | | |
| 7 | o | 16 | 23 | o m |
| Tuesday | Semi-finals | | | |
| Н | | | | |
| | 88 30 | 15 | 22 | 29 |
| Monday Practice 3:30-5:30 | Practice 3:30-5:30 | | | |
| | 7 | + | | |
| Sunday | | 14 | 21 | 28 |
| 35 | | | | |