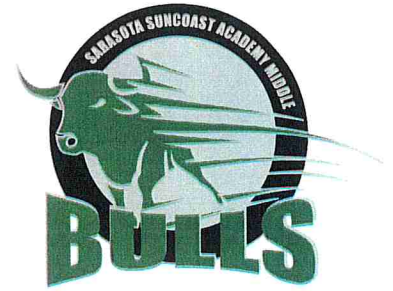


# SARASOTA SUNCOAST ACADEMY MIDDLE GRADES

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

## Cross Country (Coed)



Dear Suncoast Parents,

We are excited to announce that Suncoast will be offering another season of cross country. The season will take place from late September through early December. Mr. Jeremy Taylor and Mr. Joseph McVicker will be coaching our cross country program again this year. As you consider trying out for the team, please know that being a part of the cross-country team is a commitment that requires dedication and a willingness to work hard toward improvement. Members of the team will be expected to attend all practices and meets.

Tryouts for the cross country team will take place **Monday, September 29th from 3:15-4:30 on campus at Suncoast Academy (8084 Hawkins Rd. Sarasota, Fl. 34241).** We will be meeting outside under the middle school tent. Make sure to bring athletic clothes, a water bottle, and running shoes. When tryouts are over, student-athletes will be picked up by the basketball courts near the front of Suncoast Academy. If cuts need to be made, they will be made on September 30th. This season, practices will take place Monday through Thursday at Suncoast Academy after school until 4:30 pm. Please see the attached schedule to get an idea of when matches will be, but keep in mind 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 September 26th.** All forms must be completed and turned in before students are allowed to try out for the team. Please note, a doctor must complete the "Pre-Participation Physical Evaluation" form included in this packet (no other form will be accepted). Urgent care centers will usually perform the athletic physical for about \$40. Also, a completed Athletic Packet is valid 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 cross-country season at Suncoast!

Included in this packet:

- Cross Country Meet Schedule / Practice Calendar
- Suncoast Athletic Policies
- 2025-26 Middle School Athletic Packet

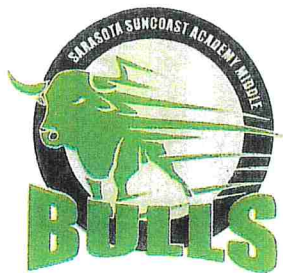
Sincerely,

Michelle Hill

A cursive signature of Michelle Hill in black ink.

Suncoast Academy Athletic Director

michelle.hill@suncoastacademy.org



## **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: \_\_\_\_\_

### Athletic Discipline / Eligibility Policy

- **Academics** - Student-athletes **MUST** maintain a GPA of 2.0. Failure to maintain this standard will result in that player missing games until the minimum GPA is achieved. The player will be able to practice and stay on the team, but will not be able to participate in the game(s).
- **Outstanding Monies Due to SSA**- Any student who owes money to the cafeteria, After Care, or has not returned library books or uniforms from other sports will not be allowed to try out.
- **Cost**- Each participating student-athlete will contribute 75.00 to defray the costs of uniforms, coaches, equipment, and other associated expenses. Check should be made payable to Suncoast Academy and turned in to Michelle Hill.
- **Absence from School**- The student-athlete may not participate in practice or a contest on a day that they are absent from school unless excused by an administrator.
- **School Conduct**- Students must comply with all of SSA Middle's behavioral and attendance expectations. Athletic events may be forfeited due to misconduct during the school day.
- **Disciplinary Action**- Disciplinary action by an administrator may result in the following penalties:
  - 1st- Incident as directed by administrator = 1 game suspension
  - 2nd- Incident as directed by administrator = 1 week suspension
  - 3rd- Incident as directed by administrator = removal from the team (possibly from all sports for the year)
- **Language**- Profanity will not be tolerated. Violation of this rule will be referred to the administration.
- **Appearance**- Students involved in interscholastic athletics are required to follow the school's guidelines for proper appearance as well as any additional requirements from the coach. Students who are not properly attired will not be allowed to participate.
- **Practice**- Athletes are expected to attend all practices. Athletes must be excused in advance by the coach for any practices missed. **Injured athletes who can attend practices and games will be expected to do so.**
- **Missing a contest**- If a student has to miss any game or contest, the coach must be notified at least **1 week** in advance. If the absence is excused, no penalty will follow.
- **Quitting without notifying the Coach**- Suspension from all athletics for the remainder of the current season and next sports season.
- **Transportation**- Parents will be responsible for transportation to and from all athletic events and practices. Any carpool arrangements must be made by parents in advance and the school must have written permission for students to be driven by anyone other than their parent or guardian.
- **Playing Time**- No player is guaranteed an equal amount of playing time in each game and may not be chosen to play in a game. If you do not get playing time in a game it is important to maintain a positive attitude during that game and in practices.

**I AGREE WITH THE ABOVE STATEMENTS AND WILL UPHOLD THE SARASOTA SUNCOAST  
ACADEMY MIDDLE SCHOOL ATHLETIC POLICIES.**

\_\_\_\_\_  
Athlete Signature (Date)

\_\_\_\_\_  
Parent Signature (Date)

THE SCHOOL BOARD OF SARASOTA COUNTY, FLORIDA  
1960 LANDINGS BOULEVARD, SARASOTA, FL 34231  
PHONE (941) 927-9000

**PRE-PARTICIPATION PHYSICAL EVALUATION FOR MIDDLE SCHOOL STUDENTS**

**Instructions:** This completed form must be kept on file 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-submitted.

**Part 1. Student Information (to be completed by student or parent).**

Student Name (Print) \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_  
School \_\_\_\_\_ Grade \_\_\_\_\_ Sport(s) \_\_\_\_\_  
Home Address \_\_\_\_\_ Home Phone \_\_\_\_\_  
Parent/Guardian Name (Print) \_\_\_\_\_ E-mail \_\_\_\_\_  
Person to Contact in Case of Emergency \_\_\_\_\_ Relationship to Student \_\_\_\_\_  
Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_  
Personal/Family Physician Name \_\_\_\_\_ Office Phone \_\_\_\_\_

**Part 2. Medical History (to be completed by student or parent). Explain "yes" answers below. Circle questions you don't know answers to.**

- |   |  |                 |             |           |            |               |             |            |             |            |             |            |                 |                |              |             |                 |            |  |               |               |                   |                  |
|---|--|-----------------|-------------|-----------|------------|---------------|-------------|------------|-------------|------------|-------------|------------|-----------------|----------------|--------------|-------------|-----------------|------------|--|---------------|---------------|-------------------|------------------|
| <ol style="list-style-type: none"> <li>1. Have you had a medical illness or injury since your last check up or sports physical? <span style="float: right;">Yes No</span></li> <li>2. Do you have an ongoing chronic illness? <span style="float: right;">_____</span></li> <li>3. Have you ever been hospitalized overnight? <span style="float: right;">_____</span></li> <li>4. Have you ever had surgery? <span style="float: right;">_____</span></li> <li>5. Are you currently taking any prescription or non-prescription (over-the-counter) medications or pills or using an inhaler? <span style="float: right;">_____</span></li> <li>6. Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance? <span style="float: right;">_____</span></li> <li>7. Do you have any allergies (for example, pollen, latex, medicine, food or stinging insects)? <span style="float: right;">_____</span></li> <li>8. Have you ever had a rash or hives develop during or after exercise? <span style="float: right;">_____</span></li> <li>9. Have you ever passed out during or after exercise? <span style="float: right;">_____</span></li> <li>10. Have you ever been dizzy during or after exercise? <span style="float: right;">_____</span></li> <li>11. Have you ever had chest pain during or after exercise? <span style="float: right;">_____</span></li> <li>12. Do you get tired more quickly than your friends do during exercise? <span style="float: right;">_____</span></li> <li>13. Have you ever had racing of your heart or skipped heartbeats? <span style="float: right;">_____</span></li> <li>14. Have you had high blood pressure or high cholesterol? <span style="float: right;">_____</span></li> <li>15. Have you ever been told you have a heart murmur? <span style="float: right;">_____</span></li> <li>16. Has any family member or relative died of heart problems or sudden death before age 50? <span style="float: right;">_____</span></li> <li>17. Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month? <span style="float: right;">_____</span></li> <li>18. Has a physician ever denied or restricted your participation in sports for any heart problems? <span style="float: right;">_____</span></li> <li>19. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, blisters or pressure sores)? <span style="float: right;">_____</span></li> <li>20. Have you ever had a head injury or concussion? <span style="float: right;">_____</span></li> <li>21. Have you ever been knocked out, become unconscious or lost your memory? <span style="float: right;">_____</span></li> <li>22. Have you ever had a seizure? <span style="float: right;">_____</span></li> <li>23. Do you have frequent or severe headaches? <span style="float: right;">_____</span></li> <li>24. Have you ever had numbness or tingling in your arms, hands, legs or feet? <span style="float: right;">_____</span></li> <li>25. Have you ever had a stinger, burner or pinched nerve? <span style="float: right;">_____</span></li> </ol> | <ol style="list-style-type: none"> <li>26. Have you ever become ill from exercising in the heat? <span style="float: right;">Yes No</span></li> <li>27. Do you cough, wheeze or have trouble breathing during or after activity? <span style="float: right;">_____</span></li> <li>28. Do you have asthma? <span style="float: right;">_____</span></li> <li>29. Do you have seasonal allergies that require medical treatment? <span style="float: right;">_____</span></li> <li>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, foot orthotics, shunt, retainer on your teeth or hearing aid)? <span style="float: right;">_____</span></li> <li>31. Have you had any problems with your eyes or vision? <span style="float: right;">_____</span></li> <li>32. Do you wear glasses, contacts or protective eyewear? <span style="float: right;">_____</span></li> <li>33. Have you ever had a sprain, strain or swelling after injury? <span style="float: right;">_____</span></li> <li>34. Have you broken or fractured any bones or dislocated any joints? <span style="float: right;">_____</span></li> <li>35. Have you had any other problems with pain or swelling in muscles, tendons, bones or joints? If yes, check appropriate blank and explain below: <span style="float: right;">_____</span></li> </ol> <table border="0" style="width: 100%;"> <tr> <td>_____ Head</td> <td>_____ Elbow</td> <td>_____ Hip</td> </tr> <tr> <td>_____ Neck</td> <td>_____ Forearm</td> <td>_____ Thigh</td> </tr> <tr> <td>_____ Back</td> <td>_____ Wrist</td> <td>_____ Knee</td> </tr> <tr> <td>_____ Chest</td> <td>_____ Hand</td> <td>_____ Shin/Calf</td> </tr> <tr> <td>_____ Shoulder</td> <td>_____ Finger</td> <td>_____ Ankle</td> </tr> <tr> <td>_____ Upper Arm</td> <td>_____ Foot</td> <td></td> </tr> </table> <ol style="list-style-type: none"> <li>36. Do you want to weigh more or less than you do now? <span style="float: right;">_____</span></li> <li>37. Do you lose weight regularly to meet weight requirements for your sport? <span style="float: right;">_____</span></li> <li>38. Do you feel stressed out? <span style="float: right;">_____</span></li> <li>39. Have you ever been diagnosed with sickle cell anemia? <span style="float: right;">_____</span></li> <li>40. Have you ever been diagnosed with having the sickle cell trait? <span style="float: right;">_____</span></li> <li>41. Record the dates of your most recent immunizations (shots) for: <span style="float: right;">_____</span></li> </ol> <table border="0" style="width: 100%;"> <tr> <td>Tetanus _____</td> <td>Measles _____</td> </tr> <tr> <td>Hepatitis B _____</td> <td>Chickenpox _____</td> </tr> </table> <p style="text-align: center;"><b>FEMALES ONLY (optional)</b></p> <ol style="list-style-type: none"> <li>42. When was your first menstrual period? <span style="float: right;">_____</span></li> <li>43. When was your most recent menstrual period? <span style="float: right;">_____</span></li> <li>44. How much time do you usually have from the start of one period to the start of another? <span style="float: right;">_____</span></li> <li>45. How many periods have you had in the last year? <span style="float: right;">_____</span></li> <li>46. What was the longest time between periods in the last year? <span style="float: right;">_____</span></li> </ol> | _____ Head      | _____ Elbow | _____ Hip | _____ Neck | _____ Forearm | _____ Thigh | _____ Back | _____ Wrist | _____ Knee | _____ Chest | _____ Hand | _____ Shin/Calf | _____ Shoulder | _____ Finger | _____ Ankle | _____ Upper Arm | _____ Foot |  | Tetanus _____ | Measles _____ | Hepatitis B _____ | Chickenpox _____ |
| _____ Head  | _____ Elbow  | _____ Hip       |             |           |            |               |             |            |             |            |             |            |                 |                |              |             |                 |            |  |               |               |                   |                  |
| _____ Neck  | _____ Forearm  | _____ Thigh     |             |           |            |               |             |            |             |            |             |            |                 |                |              |             |                 |            |  |               |               |                   |                  |
| _____ Back  | _____ Wrist  | _____ Knee      |             |           |            |               |             |            |             |            |             |            |                 |                |              |             |                 |            |  |               |               |                   |                  |
| _____ Chest   | _____ Hand   | _____ Shin/Calf |             |           |            |               |             |            |             |            |             |            |                 |                |              |             |                 |            |  |               |               |                   |                  |
| _____ Shoulder  | _____ Finger   | _____ Ankle     |             |           |            |               |             |            |             |            |             |            |                 |                |              |             |                 |            |  |               |               |                   |                  |
| _____ Upper Arm   | _____ Foot   |                 |             |           |            |               |             |            |             |            |             |            |                 |                |              |             |                 |            |  |               |               |                   |                  |
| Tetanus _____   | Measles _____  |                 |             |           |            |               |             |            |             |            |             |            |                 |                |              |             |                 |            |  |               |               |                   |                  |
| Hepatitis B _____   | Chickenpox _____   |                 |             |           |            |               |             |            |             |            |             |            |                 |                |              |             |                 |            |  |               |               |                   |                  |

Explain "Yes" answers here.

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.1006.20, Florida Statutes, we understand and acknowledge that we are hereby advised that the student should undergo a cardiovascular assessment, which may include such diagnostic tests as electrocardiogram (EKG), echocardiogram (ECG) and/or cardio stress test.

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



# **PRE-PARTICIPATION PHYSICAL EVALUATION FOR MIDDLE SCHOOL STUDENTS**

Part 3. Physical Examination (to be completed by licensed physician, licensed osteopathic physician, licensed chiropractic physician, licensed physician assistant or certified advanced registered nurse practitioner).

Student Name (Print) \_\_\_\_\_ Date of Birth \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ % of Body Fat (Optional) \_\_\_\_\_ Pulse \_\_\_\_\_ Blood Pressure \_\_\_\_\_

Temperature \_\_\_\_\_ Hearing: right P \_\_\_\_\_ F \_\_\_\_\_ left: P \_\_\_\_\_ F \_\_\_\_\_

Visual Acuity: Right 20/ \_\_\_\_\_ Left 20/ \_\_\_\_\_ Corrected: ☐ Yes ☐ No Pupils: Equal \_\_\_\_\_ Unequal \_\_\_\_\_

FINDINGS	MEDICAL	NORMAL	ABNORMAL FINDINGS	INITIALS*
1. Appearance				
2. Eyes/Ears/Nose/Throat				
3. Lymph Nodes				
4. Heart				
5. Pulses				
6. Lungs				
7. Abdomen				
8. Genitalia (males only)				
9. Skin				
<b>MUSCULOSKELETAL</b>				
10. Neck				
11. Back				
12. Shoulder/Arm				
13. Elbow/Forearm				
14. Wrist/Hand				
15. Hip/Thigh				
16. Knee				
17. Leg/Ankle				
18. Foot				

\*station based examination only

## **ASSESSMENT OF EXAMINING PHYSICIAN/ASSISTANT/NURSE PRACTITIONER**

I hereby certify that each examination listed above was performed by myself or an individual under my direct supervision with the following conclusions(s).

☐ Cleared without limitation

☐ Disability \_\_\_\_\_ Diagnosis \_\_\_\_\_

☐ Precautions \_\_\_\_\_

☐ Not Cleared For \_\_\_\_\_ Reason \_\_\_\_\_

☐ Cleared after completing evaluation/rehabilitation for \_\_\_\_\_

☐ Referred to \_\_\_\_\_ For \_\_\_\_\_

Recommendations \_\_\_\_\_

Physician/Assistant/Nurse Practitioner Name (Print) \_\_\_\_\_

Address \_\_\_\_\_

Physician/Assistant/Nurse Practitioner Signature \_\_\_\_\_

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

Date \_\_\_\_\_

THE SCHOOL BOARD OF SARASOTA COUNTY, FLORIDA  
1960 LANDINGS BOULEVARD, SARASOTA, FL 34231  
PHONE (941) 927-9000

**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 \_\_\_\_\_ Cell 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, I/we recognize the importance of following the instructions of coaches and trainers, regarding playing techniques, training and other rules associated with this sport/activity.

I/We understand that it is the responsibility of the parents/guardians to provide proof of medical insurance coverage prior to participating in any phase of this sport/activity.

☐ Yes I/we will be purchasing the student accident insurance made available through the Sarasota School District.

☐ No I/we have comprehensive medical insurance that covers this student for any expenses he/she may incur as the result of a sports injury.

Insurance Company Name \_\_\_\_\_

Policy No. \_\_\_\_\_ Effective Dates \_\_\_\_\_

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 of the Florida High School Athletic Association (FHSA) and/or the Sarasota School District. I/we give my/our consent for my/our student/child/ward to engage in FHSA and Sarasota School District approved athletic activities as a representative of the student's school. I/we give my/our consent for him/her to accompany the team on out of town/county trips.

In consideration of The School Board of Sarasota County, Florida, permitting my/our student/child/ward to engage in interscholastic sports, I/we agree to release and hold harmless The School Board of Sarasota County, Florida, and its employees and agents from and against 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 associated with this sport/activity and in this agreement.

Parent/Guardian Name (Print) \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Name (Print) \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Student Signature \_\_\_\_\_ 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 \_\_\_\_\_ who is

☐ 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, 75Y, GS7 172



THE SCHOOL BOARD OF SARASOTA COUNTY, FLORIDA  
RISK MANAGEMENT  
1960 LANDINGS BOULEVARD, SARASOTA, FL 34231  
PHONE (941) 927-9000

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.

I, \_\_\_\_\_ give my permission for  
Parent/Guardian Name (Print)

\_\_\_\_\_ to be transported to/from field trips/athletic  
Student Name (Print)  
events in a private passenger vehicle during the 20\_\_\_\_ 20\_\_\_\_ school year. The phone number(s) where I can be  
reached during this school year is(are) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

State of Florida  
County of Sarasota

Sworn to (or affirmed) and subscribed before me by means of ☐ physical presence or ☐ online notarization, this  
\_\_\_\_\_ day of \_\_\_\_\_ 20\_\_\_\_ by \_\_\_\_\_  
(Name of Person Making Statement)

The foregoing instrument was acknowledged by \_\_\_\_\_ who is:  
\_\_\_\_\_ Personally known to me, or  
\_\_\_\_\_ Produced identification consisting of \_\_\_\_\_

Notary Public Signature \_\_\_\_\_

Name of Notary Public (print, stamp, or type as commissioned) \_\_\_\_\_

My Commission Expires \_\_\_\_\_ Commission Number \_\_\_\_\_

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

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

THE SCHOOL BOARD OF SARASOTA COUNTY, FLORIDA  
1960 LANDINGS BOULEVARD, SARASOTA, FL 34231  
PHONE (941) 927-9000

**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 you have questions pertaining to this form, contact the Athletic Director of your child's school.

In accordance with the Health Insurance Portability and Accountability Act (HIPAA) of 1996, Agility Physical Therapy & Sports Performance, LLC., is required to provide the patient, the patient's parent, or legally authorized representative with the Notice of Privacy Practices describing how they use and disclose patient health information. If you have not received a copy of the Notice of Privacy Practices, it is available through the Athletic Trainer at your High School.

**Authorization of Disclosure**

Student Name (Print) \_\_\_\_\_  
Last First Middle DOB \_\_\_\_\_

I authorize Agility Physical Therapy & Sports Performance, LLC. to release/discard the following protected health information from my student athlete records including information regarding my medical condition, injuries, prognosis, diagnosis, athletic participation status, treatment and care information, and related personal identifiable health information. I certify that this authorization has been made voluntarily. This information is to be released/disclosed to the Athletic Director, Team Physician, School Health Professional, or coaching staff for The School Board of Sarasota County, Florida, for the purposes of my care as a student athlete.

**Possibility of Re-disclosure**

I understand that any information provided under this release may be subject to re-disclosure by the recipient under circumstances no longer protected by state and federal regulations.

**Expiration and Revocation**

I understand that this authorization is valid for 14 months from the date I sign it. I understand that I have the right to revoke this authorization in writing at any time. The revocation will take effect on the day it is received except to the extent it has already been acted upon.

**Conditions of Treatment**

I understand that Agility Physical Therapy and Sports Performance cannot condition my treatment upon my signing this authorization.

Acknowledgement of receipt of Notice of Privacy Practices (initial) \_\_\_\_\_

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Name (Print) \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

\*Legally Authorized Representative Name (Print) \_\_\_\_\_

Legally Authorized Representative Signature \_\_\_\_\_ Date \_\_\_\_\_

\*If other than student athlete signing, state relationship \_\_\_\_\_

RET: Master, 7AY, GS7 132  
Dupl., OSA

Distribution: Original - Athletic Trainer

Copy - Student Athlete File

062-14-DIS  
Rev. 2-27-2020



THE SCHOOL BOARD OF SARASOTA COUNTY, FLORIDA  
1960 LANDINGS BOULEVARD, SARASOTA, FL 34231  
PHONE (941) 927-9000

**EMERGENCY MEDICAL/TREATMENT CONSENT FOR FIELD TRIPS AND/OR OTHER AFTER SCHOOL ACTIVITIES**

**Instructions:** Return completed form to your child's school. If you have questions pertaining to this form, contact your child's school.

Date \_\_\_\_\_

Student Name \_\_\_\_\_  
Last First Middle DOB \_\_\_\_\_

Home Address \_\_\_\_\_  
Street City Zip

Parent/Guardian Name (Print) \_\_\_\_\_ Relationship \_\_\_\_\_

Address of above (if different) \_\_\_\_\_  
Street City Zip

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

List a person other than the parent or guardian who could be contacted in case of emergency below:

Emergency Contact Name (Print) \_\_\_\_\_ Phone \_\_\_\_\_

Is above student allergic to foods, medications, or insects? ☐ Yes ☐ No

If Yes, list what they are and emergency medication/treatment, if any. \_\_\_\_\_

Does the above student have any chronic medical problems (such as asthma, diabetes, seizures)? ☐ Yes ☐ No

If Yes, list and describe medical requirements for field trip \_\_\_\_\_

Does the above student take any daily medication(s)? ☐ Yes ☐ No

If Yes, complete the medication treatment authorization form (if not previously on file in the school Health Room) and list the medication(s) and time to be administered \_\_\_\_\_

Family Physician Name (Print) \_\_\_\_\_ Physician Phone \_\_\_\_\_

In case of non-life threatening emergency, list hospital preference \_\_\_\_\_

In case of serious illness or injury where immediate care is needed, the school or its representative has my permission to contact the appropriate emergency medical service. The emergency medical service has my consent to provide necessary treatment or transportation for my child. I then request that I be notified of the situation. The undersigned will be responsible for emergency treatment cost.

In the case of an accident or illness where immediate treatment of my child is not indicated, but where (s)he is unable to remain at the field trip, I request that the school contact me or my designee to arrange transportation for my child. If the school is unable to contact me, I request that the other person listed on this form be contacted and requested to care for my child.

I understand that I must notify the school in writing if there are any changes in this health emergency information. I understand that this statement remains in effect until the end of this school year unless revised or cancelled by me in writing to the school.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

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

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063-96-DIS  
Rev. 9-13-2019

# September

# 2025

## Suncoast Academy Cross Country

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29 Tryouts 3:15-4:30	30 Tryouts 3:15-4:30				



# October

# 2025

## Suncoast Academy Cross Country

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Practice 3:15-4:30	2 Practice 3:15-4:30	3	4
5	6 Practice 3:15-4:30	7 Practice 3:15-4:30	8 Practice 3:15-4:30	9 Practice 3:15-4:30	10	11
12	13 Practice 3:15-4:30	14 Practice 3:15-4:30	15 <b>Palmetto Charter School Meet</b>	16 Practice 3:15-4:30	17	18
19	20 Practice 3:15-4:30	21 Practice 3:15-4:30	22 <b>Sky Englewood Meet</b>	23 Practice 3:15-4:30	24	25
26	27 Practice 3:15-4:30	28 Practice 3:15-4:30	29 <b>SSAS Meet</b>	30 Practice 3:15-4:30	31	

# November

# 2025

## Suncoast Academy Volleyball

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Practice 3:15-4:30	4 Practice 3:15-4:30	5 Sarasota Military Academy Meet	6 Practice 3:15-4:30	7	8
9	10 Practice 3:15-4:30	11 Practice 3:15-4:30	12 Home Meet	13 Practice 3:15-4:30	14	15
16	17 Practice 3:15-4:30	18 Practice 3:15-4:30	19 Parish Charter Academy Meet	20 Practice 3:15-4:30	21	22
23/30	24	25	26	27	28	29



# December

# 2025

## Suncoast Academy Cross Country

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Practice 3:15-4:30	2 Practice 3:15-4:30	3 <b>Student Leadership Academy Meet</b>	4 Practice 3:15-4:30	5	6
7	8 Practice 3:15-4:30	9 Practice 3:15-4:30	10 <b>Rowlett Meet FINALS</b>	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			