

Important information from the Mt. Lebanon School District Athletic Department:

The following information is being provided to 8<sup>th</sup> grade parents and students about athletic opportunities during the fall season of their 9<sup>th</sup> grade year in order for you to begin to plan. Please find below the opportunities for 9<sup>th</sup> graders during the fall sports season, each sports start date, and its head coach.

Cheerleading	August 17, 2009	Elizabeth Schmidt
Boys Cross Country	August 17, 2009	Mike Agostinella
Girls Cross Country	August 17, 2009	Ron Schreiner
Field Hockey	August 17, 2009	Amy Schmidt
Football – Varsity/JV	August 17, 2009	Chris Haering
Football – 9 <sup>th</sup> grade	August 20, 2009	Jeff Donati
Boys Golf	August 17, 2009	Paul Kmec
Girls Golf	August 17, 2009	LuAnne Smail
Boys Soccer – Varsity/JV	August 17, 2009	Ron Wilcher
Boys Soccer – 9 <sup>th</sup> grade	August 31, 2009	TBA
Girls Soccer	August 17, 2009	Jeff Holliday
Girls Tennis	August 17, 2009	TBA
Girls Volleyball	August 17, 2009	Dawn Begor

In order to be eligible to participate in athletics, each student must have a physical and parent permission packet completed. These forms are available in the high school athletic office or online at [www.mtlds.org](http://www.mtlds.org) under athletics. Please pay special attention to the physical forms. Only one physical will be required per year, with parental recertification approval for each subsequent sport. With this process comes a new Comprehensive Initial Pre-Participation Physical Evaluation (CIPPE) form. All CIPPE physical (sections 1 through 4) and parent permission forms must be completed and turned into the athletic office before the start of practice. Your child will not be able to try out without a **physical dated after June 1, 2009.**

Each one of our varsity coaches will have a sign-up for fall sports sometime during the spring at each middle school. Jefferson Middle School sign-ups will be on May 21<sup>st</sup> during the 8<sup>th</sup> grade lunch and Mellon Middle School will have sign-ups on May 20<sup>th</sup> during 8<sup>th</sup> grade lunch. If your child misses the sign-up, please visit the athletic office or our web site for the necessary forms. The majority of our programs have voluntary summer conditioning available for student athletes. Summer conditioning should be discussed at the sign-ups. In addition, each fall program has a summer letter that will be posted on the web site that will have information on summer conditioning. If you are unclear on summer conditioning times, please contact the varsity coach. Each varsity coach can be reached by email. Their email addresses are listed on the district's web site. **Finally, it is important to remember that the above start dates begin the try-out period for each sport and they are mandatory for participation in that sport. Please schedule vacation time before the beginning of fall sports in order for your child to have the opportunity to play.** Game schedules will be listed on the web page when

available. Finally, we will hold a pre-participation meeting for all sports on Wednesday, August 12, 2009 in the high school auditorium beginning at 7:00 PM. This meeting will be a discussion of district rules, guidelines, and policies as well as a chance to meet and communicate with the coach of your child's program.

If you have any other questions, please feel free to contact the athletic office at 412-344-2008.