

# 2016-2017 Freedom Stars Athletics Information

Athletics Offered at FMS:

| Boys                       | Girls                                      |
|----------------------------|--|
| Baseball (spring)          | Basketball (winter)                        |
| Basketball (winter)        | Cheerleading (for football and basketball) |
| Cross Country (early fall) | Cross Country (early fall)                 |
| Football (early fall)      | Dance Team (winter)                        |
| Golf (early fall)          | Golf (early fall)                          |
| Soccer (late fall)         | Soccer (late fall)                         |
| Track (spring)             | Softball (spring)                          |
| Wrestling (late fall)      | Tennis (early fall)                        |
|                            | Track (spring)                             |
|                            | Volleyball (early fall)                    |

The following forms can be found on the school website (<http://freedommiddle.fssd.org/> under "Athletics"). They must be completed in their entirety and turned in to the FMS front office or to a coach before the first day of participation. Each form only needs to be completed once per school year.

**1. Updated Athletic Physical** – Before a student athlete can attend an open gym or tryout, he or she MUST have an athletic physical on file (this is different than a regular school physical). On the form, the doctor must specify that the student is cleared to play sports with the doctor's signature. All athletic physicals are good for one year from the signed exam date. It is the student and parent's responsibility to keep these updated. There are many forms that can be used.

**2. Student Athletic Code of Conduct** – Every athlete at Freedom Middle School is held to a standard of leadership, sportsmanship, appropriate behavior, and integrity. The guidelines set forth in the Code of Conduct are for all athletes to follow. The student and the parent must read and sign the last page of the Code of Conduct Form.

**3. Student and Parent Concussion Information Sheet** – Safety is always a priority during all sporting events. It is important that not only our coaches and officials be educated on the signs and precautions to take when an athlete may have a concussion, but also the students and their parents. The student and the parent must read and sign the last page of the Concussion Information Sheet.

**4. Student and Parent Sudden Cardiac Arrest Form** – Along with being educated on the signs and precautions of concussions, sudden cardiac arrest is also a safety concern. It is the expectation that all coaches, parents, and players read and understand the signs and procedures to take in the event of this occurrence. The student and the parent must read and sign the Sudden Cardiac Arrest Form.