

## Athletic Information Spring 2017

This coming spring there will be 2 Softball Teams (Middle School, V), 2 Baseball Teams (Middle School, V), Tennis (Boys/Girls), V/JV Boys Lacrosse, V/JV Girls Lacrosse and Outdoor Track for boys and girls. If we have the numbers will have a JV baseball team and a Developmental Girls Lacrosse Team.

**The first day of tryouts/practice is Monday, March 20 for all teams.** ( You can find the rest of the weeks practice schedule on the Bromfield website under sports)

### Try out schedule is as follows:

Grades 7/8 MS Baseball will tryout at Bromfield Gym from 4:30-6:00PM

Grades 7/8 MS Softball will tryout at the Bromfield School from 3:00-4:30PM.

Grades 9-12 Baseball will tryout from 6:00-7:30PM in the Bromfield Gym.

Grades 9-12 Softball will tryout from 3:00-4:30PM in the Bromfield Gym.

Grades 7-12 Boy's/Girl's Outdoor Track will practice from 2:30-4:00 at Bromfield.

Grades 7-12 Boys Tennis 2:45-4:15PM at Bromfield

Grades 7-12 Girls Tennis 4:15-5:45PM at Bromfield

Grades 7-12 Boys/Girls Lacrosse 4:00-6:00PM at Lancaster Soccer Fields

### **\*\*Physical Exam requirement for participation in athletics\*\***

The Massachusetts Interscholastic Athletic Association Board of Directors voted on Thursday June 7, 2012 to adhere to the Department of Public Health's policy regarding the physical exam required for participation in athletics. In order to be in compliance with the state regulation physical exams will be required every thirteen months to the day of the exam. For example if a student-athlete has a physical exam dated September 14, 2011 that exam will expire on October 14, 2012. Meaning as of October 15, 2012 the student-athlete becomes ineligible to practice or compete until they present proof of a current physical exam to the school nurse or athletic department. This is a change from the current requirement which enabled a student-athlete to remain eligible for the entire season if their physical was current on the first day of practice.

Please make certain that your child has a current physical exam that will last the duration of the season, or schedule a doctor's appointment as soon as possible to have an updated physical exam. There will be no exceptions to this rule, nor will there be extensions granted based upon a doctor's note. I realize this may cause some difficulties with the scheduling of doctor's appointments and insurance coverage so I am providing advance notification, so that everyone can be in compliance with the Department of Public Health and MIAA regulations and not impact your child's eligibility for participation.

It is required that all athletes and parents take the free online course “**Concussion in Sports: What You Need To Know**” The website for the course is <http://www.nfhslearn.com/electiveDetail.aspx?courseID=15000>.

There is a new law about the opioid crisis in the State of Massachusetts. The new law reads:

**On March 14, 2016, Governor Charlie Baker signed landmark legislation into law to address the deadly opioid epidemic plaguing the Commonwealth. The bill is titled An Act relative to substance use, treatment, education and prevention (STEP Act). This new law includes multiple provisions including a 7-day limit on every opiate prescription for minors (with certain exceptions), a mandate for a verbal screen for substance use disorders in students and a requirement that information on opiate-use and misuse be disseminated to all students participating in an extracurricular athletic activity prior to their athletic season.**

On the home page of the registration form you will see links to the information on the opioid use and misuse. You can also find the links on the Bromfield website under sports. All parents and high school athletes should read the information prior to the start of the season. It is up to the parents discretion if they want their middle school child(ren) reading the information on the opioid use and misuse.

If you have any questions please email Pam Alexander at [palexander@psharvard.org](mailto:palexander@psharvard.org).

Thank you very much,

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