

Dear Parents & Guardians,

This fall, NPS will offer three sports programs for grades 5-8.

These programs include soccer, girls volleyball, and boys volleyball.

Tryouts for each sport will be held on the following dates and times. These dates and times are tentative and will be confirmed during the first week of school.

- **Girls Volleyball:** Monday, 9/8, Tuesday, 9/9, & Wednesday, 9/10 in the school gym from 3:15-4:45. *All students trying out for girls volleyball are encouraged to please wear sneakers, knee pads, and water bottle (if possible)*
- **Boys Volleyball:** Monday, 9/8, Tuesday, 9/9, & Wednesday, 9/10 in the school gym from 4:45- 6:00. *All students trying out for boys volleyball are encouraged to please wear sneakers, knee pads, and water bottle (if possible)*
- **Soccer (Co-Ed):** Monday, 9/8, outside on the school field from 3:15-5:00
Tuesday, 9/9, at Kennedy Field from 3:30-4:30.
Wednesday, outside on the school field from 3:15-5:00

All students trying out for soccer are encouraged to please wear cleats, shin guards, and bring their own ball and water bottle (if possible).

Students in grades 5-8 must have an **up-to-date sports physical and signed-off sports pamphlets** on file with the nurse's office. **If the student's sports physical is within the year then a health history update questionnaire must be filled out and on file in the nurse's office.** Students can not participate in official team sports activities such as practices and games without a **yearly school doctor-approved physical and/or other needed forms.**

If your child signed up and expressed interest, you will be receiving an email from the school nurse with the necessary forms needed to participate in school team activities.

Any questions about **physicals and medical forms**, please contact our school nurse, Ms. Davila, davilan@wearenorwood

Any questions about the sports program, please contact NPS_Athletics@wearenorwood.com