

DIRECTIONS FOR CENTRAL DAUPHIN CROSS COUNTRY SIGN-UP

1. **Returning Runners** - Proof read **ALL** information on SIGN-UP SHEET and follow steps 3-7.
2. **New Runners** - **CAREFULLY PRINT ALL** information on SIGN-UP INFORMATION and follow steps 3-7.
3. **Athletes MUST take the ImpACT Test.** You have 3 options:

★ Wednesday, May 25, 2011 at 3:30 pm at Central Dauphin (No appointment necessary) or
By scheduling an appointment with Mr. Kemmlein (703-5360 x445 / ckemmlein@cdschools.org) on
★ Monday, August 1 at 1:00 pm at Central Dauphin or
★ Tuesday, August 11 at 9:00 am at Central Dauphin.

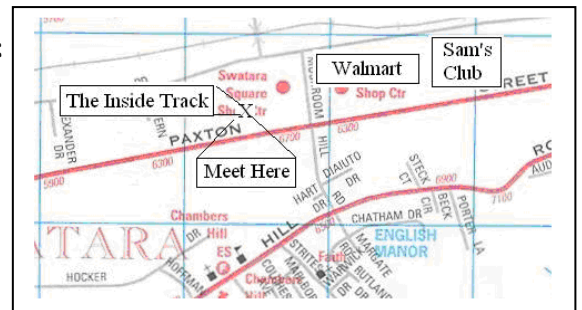
4. **Athletes MUST get a physical.** You have 3 options:

★ **FREE** physicals given on **Thursday, July 28 at 8:00 am** at CD East,
★ **FREE** physicals given on **Thursday, August 5, 8:00 am** at Central Dauphin, or
★ Get a physical from a private physician **provided it is dated June 1 or after.**

5. Forms can be obtained at: www.cdschools.org, Click on *Sport Schedules*, Click on *Sport Physicals* or
http://www.cdschools.org/5422_9051715938/blank/browse.asp?A=383&BMDRN=2000&BCOB=0&C=60763
6. **Instructions for Physical Packet: Parents...**
 - A. **Read cover page, Sports Physical Information & Supplemental Forms;**
 - B. **Fill out pages 1-4:**
 1. Page 1, *Supplemental Information to PIAA Forms;*
 2. Page 2, *Authorization for Release of Medical Information;*
 3. Page 3, *Acknowledgements;*
 4. Page 5, *Emergency Card for Athletes;*
 - C. **Read page 5, Important**
 - D. **Fill out pages 6-9:**
 5. Page 6, *PIAA Comprehensive-Section 1: Personal and Emergency Information;*
 6. Page 7, *PIAA Comprehensive-Section 2: Certification of Parent/Guardian;*
 7. Page 8, *PIAA Comprehensive-Section 3: Health History;*
 8. Page 9, *PIAA Comprehensive-Section 4: PIAA Comprehensive Initial Pre-Participation.*

7. **Attend Mandatory Meeting for New Parents/ALL athletes:**

**Tuesday, June 7, 5:00-5:30pm or
Wednesday June 8, 7:00-7:30pm**
The Inside Track in Swatara Square ☎
Call 545-7761 if you cannot attend.



8. **Practice Begins Monday, August 15, 8:00 am outside main gym at Central Dauphin:**

Alumni Race: Friday, August 12, 6:30 pm at CD Track
Week 1: August 15-19, 8:00-11:00am (Main Practice) AND 3:00-5:30pm
Week 2: August 22-26, 3:00-5:30 pm
Except: Monday, August 22: 8:00-10:30am AND 3:00-5:30pm
Except: Tuesday, August 23: Mechanicsburg Scrimmage (3:00-7:00pm)

ANY QUESTIONS: Contact Coach Rick Leuschner (home) 545-7761 or fgleuschner@cdschools.org