Athletics Information

BEFORE YOU PLAY...

Physicals

* Any 7th or 8th grader choosing to participate in a school-sponsored sport must have a current physical on file with the school nurse, RN.

* Your physical MUST be turned in BEFORE you are allowed to try out, practice, or play.

* OPS offers physicals by appointment at the following School-Based Health Centers:

**Belvedere Elementary**
3775 Curtis Avenue
402-932-1232

**Kellom Elementary**
1311 N. 24th Street
402-505-5451

**King Science Magnet Middle**
3720 Florence Boulevard
402-502-5644

**Northwest High Magnet School**
8204 Crown Point Avenue
402-916-5964

* Physicals are also available at: **Charles Drew Health Center**
2915 Grant Street
402-457-1200

* Cost for physicals are based on family income.

Insurance

* All students MUST have medical insurance in order to participate in inter-school athletics.

* Parents/Guardians MUST provide Insurance Company Name and Policy Number.

* OPS offers an Athletic Benefit Injury Plan. Plan brochures can be found in the main office.

Activity Cards

* All students MUST have a Lewis and Clark Activity Card in order to participate in inter-school athletics.

* Activity cards may be paid for through the main office.
ATHLETIC SEASON INFORMATION...

Lewis and Clark Sport Seasons

Season One: Dates TBA
*Volleyball, Football,
& Cross Country

Season Two: Dates TBA
*Boys’ Basketball, Girls’ Swim

Season Three: Dates TBA
*Girls’ Basketball, Boys’ Swim,
& Wrestling

Season Four: Dates TBA
*Girls’ Basketball, Boys’ Swim,
& Track, Girls’ & Boys’ Soccer

Grades
*All middle school students participating in, or who plan to participate in sports, MUST maintain a passing grade in every class during that sport’s season. OPS policy: “No pass, no play.”
*Students MUST earn a 2.0 GPA each quarter in order to participate in sports for the following quarter.
*If students improve grade status, then eligibility will be reinstated.

Attendance
*Regular school attendance is REQUIRED in order to practice or play in sporting events:
  -Students must attend a minimum of a half day in order to participate in a sporting event.
  -Students who are suspended, assigned to ISS, or are truant WILL NOT participate in sporting events on that specific date.
*Regular attendance is REQUIRED for ALL practices.
  -Students who have more than 3 unexcused absences from practices will be asked to leave the team.
  -Students who are absent from practice will not participate in the next sporting event or coach’s discretion.

After Practice
*Practice will conclude at 5:00 p.m. unless otherwise specified by the coach.
*After practice, students may do the following:
  -Leave with their parents/guardians or walk home.
  -Ride Late Bus if eligible.