



# 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

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

**Kellom Elementary**  
1311 N. 24<sup>th</sup> Street  
402-505-5451

**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

\*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.