

Upper Perkiomen Athletic Department

Frequently Asked Questions about Middle School Sports

1. What sports are offered for Middle School students?

The Upper Perkiomen School District currently offers the following organized sports for 7th and 8th graders:

<u>Sport</u>	<u>Season</u>	<u>Approximate time-line for 2019-2020</u>
Boys' Soccer	Fall	September 5 – November 1
Girls' Soccer	Fall	September 5 – November 1
Girls' Field Hockey	Fall	September 5 – November 1
Football	Fall	September 5 – November 1
Cross Country	Fall	September 5 – October 25
Cheerleading	Fall	September 5 – November 1
Boys' Basketball	Winter	December 2 – February 8
Girls' Basketball	Winter	December 2 – February 8
Wrestling	Winter	December 2 – February 8
Cheerleading	Winter	December 2 – Mid to Late February
Girls' Softball	Spring	March 9 – May 22
Boys' Baseball	Spring	March 9 – May 22
Girls' Lacrosse	Spring	March 9 – May 22
Track & Field	Spring	March 9 – May 22

2. When are practices? What is the duration of each practice session?

Typically, practices are held every day (Monday-Friday) and occasionally on Saturdays in some sports. The practice sessions are usually 2 hours in duration. Most practices start at 2:45pm depending on the coaching staff and facility availability. Upon dismissal, athletes are expected to report to the locker room area to prepare for the start of practice. They are not allowed to roam the halls while they wait. All practices are mandatory unless students have emergencies or doctor appointments, although we appreciate if appointments can be scheduled after practices. We consider athletics another classroom period and treat attendance the same as classroom attendance.

3. Are there any special requirements prior to participation?

Prior to athletic participation, all students must receive medical clearance from a physician, who must sign and date the PIAA Pre-Participation Physical Evaluation Form. Prior to participating in a sport for the first time during a school year, a student must receive a medical exam which the District provides once a year in June on-campus for \$20 per person. This exam must occur on or after June 1 to be valid for the following school year. The date and time of the athletic physical is posted on the District website at www.upperperkathletics.org. Parents may also elect to take their child to a private physician if they so desire. If a student participates in one or more additional sports during the school year, a Recertification Form must be completed by the parent or guardian and the student. Once this form is turned in, our Athletic Trainer's will verify for the forms have been completed properly. Unless you are contacted by the Athletic Trainers, there is no need for a second or third physical. Students must also complete a baseline ImPACT® test every two years. Typically this means during the student's seventh grade, freshman, and junior year. ImPACT® is a computerized neuropsychological assessment of memory, attention, reaction time, processing speed, and post-concussion symptoms. ImPACT® provides specific, objective information regarding a head injury. In order to properly interpret post-injury results, a baseline test must be on file. Dates for ImPACT® baseline testing will be communicated on the athletic webpage (upperperkathletics.com) and through your coaches.

4. How do we get the required physical forms?

Physical forms are available in the Athletic Office at the High School or in the Middle School Office prior to each season during a "sign-up" period. Typically, sign-ups take place approximately three (3) weeks prior to the start of the season. Students must listen to the announcements for specific sign-up dates. Sign-ups for the fall sports season will start in early/mid May. When sign-ups begin, students should take the required Preparticipation Form home for parents to complete and then it should be returned promptly to school. Once it is returned and approved, your child will be placed on the team roster. If students are not participating in the school physicals each June, it is still important to return the PIAA forms to the Athletic Office so that the student's name can be put on the roster. This will enable the student-athlete to receive any mailings the coach may send during the summer.

5. Does an athlete need more than one physical if he/she plays multiple sports in a school year?

The PIAA, which is the organization that governs state athletics, only requires student-athletes to have one comprehensive physical exam per year unless they have an injury or illness which causes them to miss an extended amount of practice or game time. After an initial physical exam for the year, athletes must be recertified for each subsequent season that they participate in a sport. Recertification Forms will be available in the Athletic Office and Middle School Office during sign-up periods for the winter and spring seasons. If an athlete misses an extended amount of time due to an illness or injury, a physician will need to recertify an athlete and determine if a new physical is necessary. If that is the case, our team physician or athletic trainer will contact the parents directly after reviewing the Recertification Form.

6. Are there special rules that an athlete must adhere to?

All student-athletes must adhere to the Upper Perkiomen Athletic Activity Code and the rules of the Middle School building which are contained in the Student Handbook, and all rules established by the coaches of the sport.

7. Does my child need any special equipment to participate?

Generally, your child should have appropriate footwear (running shoes, cleats, etc.), workout clothing, and a water bottle. Fall/spring athletes should always be prepared for both cold and hot weather. In addition, the following items are also recommended:

Sport	Equipment needed	What's provided for individual players
Soccer	Shinguards, Protective Cup (Males)	Uniform
Field Hockey	Bag, Shinguards, Stick, Goggles, Mouth Guard	Uniform
Football	Protective Cup	Uniform, Protective Pads, Helmet, Shoulder Pads,
Cheerleading	Bloomers, socks**	Uniform
Basketball	Sneakers	Uniform, Practice Pinnie
Wrestling	Wrestling shoes, head gear	Uniform
Softball	Glove	Uniform, Helmet, Catching Gear
Baseball	Glove, Protective Cup	Uniform, Helmet, Catching Gear
Lacrosse	Bag, Stick, Goggles, Mouth Guard	Uniform
Track/X-Country	Running shoes	Uniform

** Details concerning the specific items and the prices will be available from the coach.

Students are responsible for all school issued equipment. Any equipment that is lost or damaged must be paid for by the parents/student. A bill will be sent home at the end of the season.

8. What is the cost for playing a Middle School Sport at Upper Perkiomen?

Unlike some schools that charge parents a participation fee for their child to be in a sport, there is no cost to participate in the scholastic athletic program at UP.

9. Where else can I get information regarding the athletic program at Upper Perkiomen?

The Upper Perkiomen website offers a variety of information regarding the Athletic program. On the Athletic pages, parents and students are able to access game schedules, away game directions, Athletic Department information, and copies of required paperwork. Parents can also sign-up to receive text and e-mail notices when games are changed or cancelled. You can now also download schedules directly to the calendar of your choice. In addition, important notices may be posted on the athletic website or athletic Twitter account @UPIndians. This site can be accessed at www.upperperkathletics.org or through the school district website at www.upsd.org.

10. Can my child participate in club sports if he/she is also on a middle school sports team (i.e. Valley Soccer)?

Students at Upper Perkiomen are encouraged to participate in a variety of activities. There is no school policy that forbids participation in both club and junior high sports. However, students who make a commitment to the Middle School sports program are expected to attend all practices and games. Absences due to a conflict with a club sport are not considered excused. Before committing to any activity, parents and students should consider the impact that participation may have on the child's ability to complete schoolwork and on the child's physical well-being.

11. Where does each team practice and play games?

Sport	Season	Practice	Games
Soccer	Fall	High School	High School
Field Hockey	Fall	Middle School	Middle School
Football	Fall	4-5 Center*	4-5 Center*
Cross Country	Fall	High School	High School
Cheerleading	Fall/Winter	Middle School	Middle School
Basketball	Winter	Middle School	Middle School
Wrestling	Winter	Middle School	Middle School
Baseball	Spring	4-5 Center*	High School & 4-5 Center*
Softball	Spring	4-5 Center*	4-5 Center*
Lacrosse	Spring	High School	High School
Track & Field	Spring	High School	High School

*One way transportation will be provided for teams practicing at the 4-5 Center. Due to inclement weather, these locations could change.