 Athletics Information

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** **King Science Magnet Middle**
3775 Curtis Avenue 3720 Florence Boulevard
402-932-1232 402-502-5644

 **Kellom Elementary** **Northwest High Magnet School**1311 N. 24th Street 8204 Crown Point Avenue
402-505-5451 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 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 McMillan Magnet Center Sports Activity Card to participate in inter-school athletics.

\*Activity cards may be paid for/purchased through the main office.

McMillan Sport Seasons

**Season One:** **Season Two**:

\*Volleyball, Football, \*Boys’ Basketball, Girls’ Swim
& Cross Country

**Season Three**: **Season Four**:

\*Girls’ Basketball, Boys’ Swim, \*Track, Girls’ & Boys’ Soccer
& Wrestling

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.” Grades will be checked weekly by coaches or athletic office.**

Attendance
\*Regular school attendance is required to practice or play in sporting events:
-Students must attend a minimum of a half day 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 removed from the team.

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.
-Go Lion’s Pride (after school program) to wait for the Late Bus. Students must have proper paperwork to go to the Lion’s Pride Program.