



Hello Husky Nation!

I hope your summer has been enjoyable and relaxing, mixed in with some sports conditioning and staying healthy and well! The purpose of this letter is to remind families that **Monday, August 8th** is the first day of fall sports practice. **Tuesday, August 2 and Wednesday, August 3 have been scheduled for Fall Sports Checkout at Northwest from 7:30 am until 3:30 pm, and you can call ahead to schedule your physical time at the School Based Health Center (402-916-5690).** Student athletes may also have their physical completed by their physician or another health care provider. Physicals must be dated after May 1, 2022 to be current for the upcoming 22-23 school year.

A list of fall sports, head coach contact information and summer workout information is listed below:

Football- Chris Fant (christopher.fant@ops.org)

Practices begin August 8 at 3:20 pm at the football field.

Volleyball- Shannon Walker (shannon.walker@ops.org)

Tryouts begin August 8 at 3:30 pm in the main gym. Varsity cuts made 8/9 and JV/Freshman cuts made 8/12.

Softball- Chad Ueding (chad.ueding@ops.org)

Practices begin August 8 at 3:20 pm at the softball field.

Cross Country- Deana Rainey (deana.rainey@ops.org)

Practices begin August 8 at 3:20 pm at the flagpole in the front of the school.

Girls Golf- Courtney Musgrave (courtney.musgrave@ops.org)

Practices begin August 18 at 3:20 pm in Coach Musgrave's classroom.

Boys Tennis- Stattin Yates (stattin.yates@ops.org)

Tryouts begin August 8 at 3:20 pm – meet at Northwest in Northwest parking lot near the vans to travel to Koch Tennis Center.

Athletic Checkout and Sports Physicals

To begin practice and athletic competition, student-athletes must turn in the required athletic checkout forms listed below. Athletic Checkout forms can be found at the **Athletic Checkout Packet** link in the "Athletics" portion of the Northwest High School website (www.northwest.ops.org)

- **Athletic Insurance Coverage** - Must have name of Insurance Company, policy number, date & parent signature.
- **NSAA/OPS Student & Parent Consent/Release Form** - Must be dated & signed by student & parent.
- **History Form** - Must be completed/signed by student with review & sign-off by parent before physical exam.
- **Physical Exam/Clearance Form** - To be completed/signed by health care provider. (AFTER May 1, 2022)
- **OPS Head Injury/Concussion Acknowledgement Form** - Must be dated and signed by student & parent.
- **Emergency Info/Consent Form** - Must be completed including emergency numbers and insurance information.
- **Academic Eligibility** - Students must have earned four credits (maximum of two from summer school) in the previous semester. All incoming 9th graders are automatically eligible for the first semester.
- **Activity Card** - Cost is \$45.00
- **Transportation Permission Slip** – Must be signed by parent/guardian in order for Northwest to transport your student-athlete to and from practices and competitions.

Enjoy the rest of your summer, and please feel free to contact Northwest High School if you have any questions by emailing Shannen.peterson@ops.org.

Sincerely,

Shannen Peterson
Athletic Director, Northwest High School