



Athletics Information

Athletic Director – Jessica Anderson
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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. 24th 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.