

 Providence Creek Academy Athletics 
MESSAGE FROM THE ATHLETIC DIRECTOR

FALL SPORTS BEGIN AUGUST 25th

All 6th, 7th, and 8th grade students interested in trying out for football, girls and boys cross country, volleyball, or cheerleading are **expected** to attend the conditioning practices from **Tuesday, August 25th to Friday, August 28th from 4:00-6:00.** Each coach will then provide a student with a conditioning schedule for the following week of September 1st to 4th.

TRYOUTS SEPTEMBER 8TH, 9TH,
AND 10TH FOR ALL SPORTS
3:30-5:30

PHYSICAL INFORMATION

ALL STUDENTS WILL NEED TO HAVE A NEW DIAA SPORTS PHYSICAL COMPLETED AFTER APRIL 1, 2009. OLD PHYSICAL INFORMATION BEFORE THIS DATE WILL NOT BE PERMITTED. A NEW PHYSICAL IS MANDATORY IN ORDER TO TRYOUT FOR ANY TEAM. THESE ARE DIAA STATE REGULATIONS. PLEASE MAKE AN APPOINTMENT WITH YOUR DOCTOR OR WELLNESS CENTER. REMEMBER IT NEEDS TO BE ON THE DIAA SPORTS PHYSICAL FORM (this is different from a regular school physical required by the nurse) FORMS MAY BE DOWNLOADED FROM www.doe.k12.de.us/programs/diaa OR FROM PCA'S WEBSITE www.providencecreekacademy.org and most doctors offices have them available.

Please make sure that you bring appropriate practice clothes for your sports, a light snack, and water.

Any questions please contact Miss Grace @ 653-6276 or mgrace@pca.k12.de.us