



Dear Parents,

If your child will be in grades 7-12 for the 2025-2026 school year and are interested in playing fall sports please be sure they have a valid physical on file with the health office. A physical dated August 1, 2024 and after are acceptable for the fall season. If you are not sure if we have one please submit one to pdunn@mechanicville.org, fax to 518-514-2106 or have your child bring it into school. You can email me to see if you have one on file or to let me know if you have one scheduled before August 15, 2025.

I will be sending a google form out to the student's next week to see if they are interested in playing a sport. The sports we offer for fall are:

- Cheerleading - Varsity
- Cross Country - Modified/Varsity
- Football - Modified/JV/Varsity
- Golf - JV/Varsity
- Soccer - Modified/JV/Varsity
- Volleyball - Modified/JV/Varsity

The official sign up through familyid/arbitersports will not be until the end of July. Please watch for a parentsquare message from me then, letting you know when it is officially opened.

THIS IS JUST A REMINDER ABOUT PHYSICALS FOR SPORTS AND IS NOT CONSIDERED AN OFFICIAL SIGN UP!!! I JUST WANT TO GIVE PARENTS AMPLE TIME TO GET A PHYSICAL TURNED IN OR SCHEDULED SHOULD YOUR CHILD NEED ONE. I AM NOT HERE ALL THE TIME DURING THE SUMMER BUT WILL BE STOPPING IN A COUPLE DAYS A WEEK TO CHECK ON ANYTHING THAT IS SUBMITTED. ONCE STUDENT'S SIGN UP I WILL SEND AN EMAIL TO PARENTS WHOM NEED TO HAVE A PHYSICAL TURNED IN. THANK YOU!!