



# Sports Newsletter 2016-2017



**The First Official First Day of Practice is Wednesday, August 10, 2016!  
If you need assistance with equipment/gear please contact the coach!**

Dear Chesapeake HS Athletes and Families:

We are excited to announce that we are now offering the convenience of online registration for our sports programs through FormReleaf! FormReleaf is a secure registration platform that provides you with an easy, user-friendly way to register for our programs and helps us to be more administratively efficient. See page 2 for instructions.

All students (excluding Grade 9), interested in playing a Fall Sport must have maintained a 2.0 GPA (allowing one failure) during the fourth quarter marking period of the 2015-2016 school year. Final grades are not used to determine academic eligibility. Attending summer school to adjust the GPA is not permitted. Again this fall, all student athletes must pre-register with Mr. McMillion prior to attending the first day of try-outs.

**Required Paperwork for All Sports Try-Outs Due before August 10<sup>th</sup>!**

All of the following paperwork is required from all sports participants before the first day of try-outs, Wednesday, August 10, 2016. Forms can be found on our website or in the school front office.

1. "Pre-Participation Physical Evaluation History Form" completed by a doctor or nurse practitioner.
2. "Athletic Permit" form, documenting health insurance.
3. "Concussion Awareness" form.
4. Your "Fourth Quarter Report Card" (2.0 GPA required during fourth quarter).

**Required Pre-Registration for All Sports Try-Outs Due before August 10<sup>th</sup>!**

Bring all the forms listed above to pre-register for all sports. Mr. McMillion will be in the Main Lobby at Chesapeake High School to pre-register athletes on the following dates:

Monday	July 11	1:00 PM – 3:00PM
Tuesday	July 12	1:00 PM – 3:00 PM
Wednesday	July 13	1:00 PM – 3:00 PM
Thursday	July 14	1:00 PM – 3:00PM
Friday	July 15	1:00 PM – 3:00 PM
Tuesday	August 9	9:00 AM – 12:00 NOON and 4:00 PM –7:00 PM
Wednesday	August 10	7:00 AM – 11:00 AM

**For more information and forms please visit the following websites:**

Chesapeake Website: [http://chesapeakehs.bcps.org/athletics/athletic\\_director\\_\\_general\\_info](http://chesapeakehs.bcps.org/athletics/athletic_director__general_info)

Sports Schedule Link: <http://chsbayhawks.digitalsports.com> or [www.countysportszone.com](http://www.countysportszone.com)



For additional information contact:

Mr. McMillion, Athletic Director

Email: [rmcmillion@bcps.org](mailto:rmcmillion@bcps.org)

## Online Sports Registration – FormReleaf

Before registering, be sure to have doctor information and health insurance information handy.

Online Registration website: <https://formreleaf.com/organizations/chesapeake-high-school>

1. Signup for your FormReleaf account by entering your name, e-mail address and password.
2. Fill out the required information for your registration form. You will receive confirmation from FormReleaf once completed.

**If you need help you can call FormReleaf support at (844) 367-6735.**

\*\*\* At any time you can log back into FormReleaf.com to update your information for the programs which you are registered in "Registration History."

We, at Chesapeake HS are excited about this program and hope that you will enjoy the ease of registering your students for high school sports. Go Bay Hawks!

Rodney McMillion  
Director of Athletics

## Physical Exams Required Before All Sports Try-Outs!

The Wellness Center at Chesapeake High School is offering limited availability for Physical Exams on the following day:

Date: Thursday, August 4, 2016

Time: 8:30 AM - 12:30 PM (By Appointment Only – Call 410-887-0100)

To have a physical on that day, Wellness Center consent forms and the sport physical form must be signed by the student's parent/guardian. If the paperwork is not signed, the student will not receive the physical exam. Paperwork will be available during the physical exam times. Please complete the Wellness Center consent form to allow your child to be seen and to authorize billing of health insurances. If your child does not have health insurance, we offer help with applying for medical assistance. For those students who do not qualify for medical assistance or have not applied, a sliding fee scale will apply.

For additional information contact:

Mr. McMillion, Athletic Director

Email: [rmcmillion@bcps.org](mailto:rmcmillion@bcps.org)

## Community Resources for Reduced Cost Sports Physicals

Target Clinics  
Minute Clinics at CVS  
Patient First (walk in)  
Doctors Express (walk in) Phone: 410-453-0002  
Sports Medicine: Phone: 410-512-5820 ext. 157  
Medstar Prompt Care Phone: 410-248-2310

## Fall Sport Teams

<b>Cheerleading</b> Ashley Sisselman, Coach email: <a href="mailto:asisselman@bcps.org">asisselman@bcps.org</a>	Aug 10 Aug 15-19 Aug 20	4:00 PM - 6:00 PM 4:00 PM - 6:00 PM 8:30 AM - 12:00 PM	Meet in the cafeteria. Most try outs will take place outside
<b>Items to bring to practice:</b> Water!!! We will be outside! NO JEWELRY - White shirt, Dark bottoms - Lightweight athletic shoes - Hair tied out of face. Start running and stretching over summer to be in shape for fall!			
<b>Cross Country</b> Shawn Norton, Boys Coach email: <a href="mailto:snorton@bcps.org">snorton@bcps.org</a> Casey Markilinski, Girls Coach	August 10 August 11-12 August 15 August 16-19	9:00 AM 9:00 AM - 11:00 AM 3:30 PM - 5:30 PM 2:30 PM - 4:30 PM	Meet at the track.
<b>Items to bring to practice:</b> Running Shoes - Water Bottle(s) - Sunscreen - Sunglasses - Hat/Bandana			
<b>Field Hockey</b> Trista Phelan, Varsity Coach email: <a href="mailto:tjankiewicz2@bcps.org">tjankiewicz2@bcps.org</a>	August 10-12 August 15-19	8:30 AM - 11:00 AM 2:30 PM - 4:30 PM	Meet in parking lot by the gym
<b>Items to bring to practice:</b> Running Shoes and/or cleats - Stick - Shin-guards - Goggles - Mouth-guard - WATER! Be ready to run!! Condition and run over the summer! (I can provide equipment if needed)			
<b>Football</b> Darryl Hunter, Varsity Coach email: <a href="mailto:dhunter@bcps.org">dhunter@bcps.org</a> Shaun Downey, JV Head Coach Andrew Romano, JV Assistant Coach	August 10-13 August 15-16 August 17-19 August 20	9:00 AM – 6:00 PM 9:00 AM – 6:00 PM 3:00 PM – 6:00 PM Scrimmage	Boy's Locker Room. Use the gym entrance located in the rear near the tennis courts.
<b>Items to bring to practice:</b> Lunch - Water Bottle(s) - Combination Lock - Tennis Shoes - Cleats Short sleeve shirt - Shorts - Mouth Guard - No Jewelry - *Asthma medicine if needed. Football Weight Training for Incoming Grade 9 Freshman begins on July 1 <sup>st</sup> . Mondays through Thursdays from 3:00-6:00 PM. Use the gym entrance located in the rear near the tennis courts.			
<b>Golf</b> Corey Bardoff, Coach email: <a href="mailto:cbardoff@bcps.org">cbardoff@bcps.org</a>	August 15-19	2:30 PM – 4:30 PM	Meet at the track.
<b>Items to bring to practice:</b> Golf Clubs - Golf Shoes – Collared Shirt- Khakis/Khaki Shorts- Water and/or Gatorade. DO NOT come wearing gym/mesh shorts or a t shirt!!!!			
<b>Soccer - Boys</b> Varsity Head Coach - TBA Assistant Coach - TBA	August 10-12 August 15-16 August 17-19	9:00 - 11:00 M 9:00 AM - 11:00 AM 2:30 PM - 4:30 PM	Meet on the soccer field.
<b>Items to bring to practice:</b> Soccer Cleats with Shin Guards (NOCSAE Certified and proper size)- T-shirt - Soccer Shorts - Soccer Socks - Water bottle(s)			
<b>Soccer - Girls</b> Tamika Rogers, Varsity Coach email: <a href="mailto:trogers2@bcps.org">trogers2@bcps.org</a> Beth Perkins, Assistant Coach	August 10-12 August 15-16 August 17-19	10:00 - 12:00 noon 2:30 - 4:30 PM 2:30 - 4:30 PM	Meet at the track
<b>Items to bring to practice:</b> Running Shoes - Cleats with Shin Guards (NOCSAE Certified and proper size) T-shirt - Soccer Shorts - Soccer Socks - Water bottle(s). During the summer, make sure that you complete Summer Workout Calendar so that you are conditioned and ready to compete!			
<b>Volleyball</b> Krystal Romanowski, Varsity Coach email: <a href="mailto:kromanowski@bcps.org">kromanowski@bcps.org</a> Amy Stevens, Assistant Coach Lauren Scott, JV Coach	August 10-12 August 13	8:00 AM - 10:00 AM 9:00 AM – 11:00 AM	Meet in the school gymnasium.
<b>Items to bring to practice:</b> plenty of water - athletic shorts - athletic shoes - t-shirt - knee pads are recommended but optional (you can wait until after making the team to purchase these).			

# Baltimore County Public Schools Athletics Academic Eligibility

The Baltimore County Office of Athletics handles eligibility concerns for student athletes as it relates to participating in Interscholastic Athletics. Your child's participation in athletics may help to make high school the most enjoyable time in his/her young life. The Maryland Public Secondary Schools Athletic Association (MPSSAA) and Baltimore County Public Schools (BCPS) want to ensure that you understand and meet all eligibility requirements for participation in interscholastic sports.

The State of Maryland passed legislation that a recommendation for a 2.0 Grade Point Average is put in place for all student athletes to participate in interscholastic sports. In order to meet the State of Maryland's recommendation, the Baltimore County Public Schools Office of Athletics has implemented the following Athletic Academic Eligibility Policy.

**1. Students are ineligible to participate on an athletic team if:**

- a. They have less than a 2.0 grade point average and/or 2 failing, incomplete, or medical grades in the marking period prior to the start of the season of participation. This provision does not apply to incoming 9<sup>th</sup> grade students for fall eligibility.
  - i. First, second, third, and fourth grading period will be used for determining scholastic eligibility for winter, spring, and fall.
  - ii. The beginning dates for grading periods shall be designated on the approved school calendar.
- b. They re-enter school after withdrawing and their work or conduct at the time of withdrawal was such that they would not have been eligible in the grading period.
- c. They did not attend school the grading period prior to the intended participation.
- d. They are failing a class at the time of withdrawal in addition to another failure. The students shall be penalized for the withdrawal failure for one grading period only. Any first semester course or full year course dropped prior to November 15<sup>th</sup> will not be counted in determining eligibility. The date for dropping a second semester course is prior to April 15.
- e. A multi-hour course is counted as multiple courses when determining whether a student has maintained a 2.0 average, but is counted as one course when determining the number of failed classes.

**2. A student who is eligible during a grading period but does not maintain a 2.0 average with no more than one failing grade at the close of that grading period becomes ineligible to play on the day report cards are distributed.**

**3. A student who is ineligible in a grading period can become eligible to play no earlier than the day report cards are distributed. However, this student can become eligible to practice on the day designated as the end of that grading period in which the ineligibility occurred.**

For additional information contact:  
Mr. McMillion, Athletic Director  
Email: [rmcmillion@bcps.org](mailto:rmcmillion@bcps.org)



# Chesapeake High School STEM Academy Sports Boosters Club Membership

**Be a part of something big at Chesapeake High School!  
Become a Sports Boosters Club Member!**

**Scholarships for Seniors - Senior Class Banners - Clothing Items  
Annual Fundraising Events - Sports Schedules - Monthly Meetings in the Commons**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ Other: \_\_\_\_\_

Email: \_\_\_\_\_

Student's Name(s): \_\_\_\_\_

Sport(s) \_\_\_\_\_

**Membership: \$7.00 per year**

**Check/Money Orders Payable to: CHS Sports Boosters Club**

**Send a check with this completed form to: CHS Sports Boosters Club mailbox in the school office, or mail to 1801 Turkey Point Road, Baltimore, MD 21221.**

Membership cards will be mailed to the address above. Thank you for your support! The CHS Sports Boosters Club meets at 6:30 p.m. on the 3<sup>rd</sup> Wednesday of each month (except July) in the Commons. We hope to see you at our next meeting!!

**We welcome new faces and new ideas!**

For additional information contact:  
Mr. McMillion, Athletic Director  
Email: [rmcmillion@bcps.org](mailto:rmcmillion@bcps.org)