

LCS TRYOUT INFORMATION GUIDE

******This pertains to all athletes in grades 7-12******

PHYSICAL EXAMS

Physical exams can be scheduled through your family doctor or through many of the local walk-in options. All athletes **MUST** have a **current physical** on file before they can try out for a team or begin practicing. It is very important that parents make arrangements to have this done well before the season begins. Please do not wait until the week before the season starts because this could impact the athlete's chances of being a part of the team. Physical forms can be accessed on the website or at the school.

EMERGENCY MEDICAL AUTHORIZATION

All athletes must turn in an EMA on, or before, the first day of tryouts or practice. These forms should be filled out by the parent/guardian. EMAs can be accessed on the website or at the school.

TRYOUT/PRACTICE FORMAT

All tryouts and practices are closed to the public. Exactly how the tryout is structured is based on a number of factors which includes, but is not limited to, the number of participants and overall skill level of the participants. Tryouts may last for multiple days, and the exact number of days may change throughout the process. The goal is for the coach(s) to be able to make an informed decision.

WHAT TO WEAR/BRING

Athletes should bring a bottled water or container (squirt bottle or thermos) with water. The athlete should make sure to dress sport-appropriate for the tryout. An athlete's gear/attire can have an impact on how he/she performs. For example, a football player with cleats will run and cut better than an athlete wearing gym shoes. A volleyball player wearing knee pads will likely be more apt to dive for a ball. A basketball player wearing denim jeans may not move as well as the athlete wearing gym shorts. These are all factors that should be taken into consideration when preparing for a tryout.