



## Freshmen CHIX Athletics Info



**April 19 (Wednesday):** Annual Pre-Participation Physical Exams-sometimes called Sports Physicals. These physicals cover the '17-'18 school year and expire 7/31/18.

6-8pm at Shoreline Orthopedics — \$15 **cash only** — Please bring a physical form with all the necessary parent signatures. Forms are available in the athletic office and on our website. *100% of your money goes to our ZWZE Athletic Trainer's account and is used to purchase medical supplies for Zeeland athletes.*

**June 6 (Tuesday):** Incoming Freshman Athlete & Parent Meeting

7pm in the Zeeland East High School Cafeteria— Everything you need to know about playing sports in high school, plus a tour & door prizes.

**Summer Participation Requirement:** New for 2017, all students participating in summer programs at ZE are required to have a ZAC (Zeeland Athletic Card—your passport to play) prior to participation. **ZACs may be picked up during posted athletic office hours beginning May 1 through June 9**

- Cityside athletes (played a school sport): Pick up a temporary ZAC from ZE athletic office.
- Cityside students (did not play a school sport): Bring physical\* form and concussion education form to the ZE athletic office to get your temporary ZAC.
- Students/Athletes from other middle schools: Bring a copy of your current physical\* form and a concussion education form to the ZE athletic office to get your temporary ZAC.

**ImPACT Testing:** Every freshman, who is even *thinking* about the possibility of playing a sport, ~~during the summer~~ Multiple testing sessions are held each week through June and July. Testing will take 1 hour. Dates will be released by spring break, online sign-up required. ImPACT testing is a required component of the high school ZAC.

**All athletes:** Fall, Winter & Spring will need to make sure their ZAC requirements have been fulfilled **before school starts**. ZAC pick up for fall athletes will begin in August.

For all things regarding athletics, please go to:

**[zeelandeastsports.com](http://zeelandeastsports.com)**

Drop-down menus appear under the tabs in the black bar. To open any article, click on its title. All forms are available under the CHIX HQ tab.

\*Physicals dated on or after 4/15/16 will allow summer participation. Physicals dated on or after 4/15/17 will allow participation in school sports for the '17-'18 school year.