



# Meridian Public Schools

## The Hoof Print - Home of the Mustangs

### Mission Statement:

Meridian Public Schools will educate all students in a safe, nurturing environment while challenging them to develop their integrity, knowledge, and unique talents to become responsible, productive citizens.

Newsletter

[www.meridianmustangs.org](http://www.meridianmustangs.org)

June, 2022

Newsletter - June, 2022

Superintendent

Randy Kort

It is hard to believe but the 2021-2022 school year has concluded and Meridian is proud to have graduated 18 students (including 3 exchange students) this past month. We wish nothing but the best for our graduates as they begin the next steps of their lives. I would like to add an additional personal touch on this. Having both of my daughters graduate from Meridian has been a true honor. I feel both Andi and Ally have had so many opportunities and have been prepared for the next steps in life with the experience they encountered here at Meridian. We have a great staff here at Meridian and will continue to work on improving ourselves to give all students the best opportunities for success.

The beginning of summer is always a fun and great time of the year. I enjoy driving along the countryside and watching the crops starting to grow - knowing in a matter of weeks the corn will be knee high - and seeing the landscape change. It is always great to see the green fields and pastures especially with the rain we have recently received. I just hope we are able to enjoy some more rain later in June and July.

State track was held on May 20<sup>th</sup> and 21<sup>st</sup> with Kaylee Pribyl winning the pole vault while setting a new school record at 11'. She also placed 5<sup>th</sup> in the long jump with a jump of 16'5". Meridian was very well represented with 10 girls qualifying and 2 boys. We had a total of 30 boys and girls out for track and ended up qualifying 12 athletes for state. That is remarkable.

Please continue to support our students during the summer as the baseball and softball seasons have begun and will continue through June and early July.

### SUMMER SCHOOL DATES:

Meridian Public Schools is once more holding a summer school session. The dates students will be attending this session are as follows:

June 7, 8, 14, 15, 21, 22, 28, 29  
July 12, 19

### PUBLIC NOTICE:

On June 7, 2022, at 12:30 p.m., a meeting conducted by Meridian Public School will take place in Room 113 at Meridian Public School. The purpose of the meeting will be to provide an opportunity for parents and representatives of nonpublic schools to participate in the development of a plan for providing special education services to children with disabilities who attend nonpublic schools and home-schools which are within the Meridian Public School district for the 2022-2023 school year. Parents of a homeschooled child or a child attending a nonpublic school that has been, or may be, identified with a disability and attend a nonpublic school within the boundaries of Meridian Public School, are urged to attend. If you have further questions pertaining to this meeting, please contact Randy Kort at 402-446-7265.

**Board of Education  
Meridian Public Schools  
District - 48-0303  
Daykin, Nebraska, 68338  
Monday, May 16, 2022**

### Regular May 16, 2022 Meeting 6:30 P.M.

Meridian Public School Board of Education met on May 16, 2022, as per notice in the Fairbury Journal-News.

President Bartels called the meeting to order at 6:31 p.m. The open meeting law information was presented.

Roll call was taken: Vorderstrasse - present, Niederklein - present, Sobotka - present, Rut - present, and Bartels - present. Also present were Superintendent Kort and Principal Scott.

Nothing new was added to the agenda.

Rut moved and Niederklein seconded to excuse Scheer from the meeting. Vote taken: Vorderstrasse - aye, Niederklein - aye, Sobotka - aye, Rut - aye, and Bartels - aye. Motion passed 5-0.

No comments were made by the public.

Vorderstrasse moved and Sobotka seconded to approve the consent agenda as presented.

- A. Minutes of Monday, April 18, 2022, Regular Meeting
- B. District Financial Report
- C. Activity Fund Report
- D. Hot Lunch Fund Report
- E. Bills

Vote taken: Vorderstrasse - aye, Niederklein - aye, Sobotka - aye, Rut - aye, and Bartels - aye. Motion passed 5-0.

Curriculum report:

- Mr. Nore is updating the social studies curriculum, beginning with the government class.

Mr. Kort recognized the State Track qualifiers. There are 10 girls and 2 boys who qualified.

Mr. Kort informed the Board that the bid for milk from Highland Dairy has increased by 7 cents to 35 cents per carton. Meridian goes together with other schools in the area to get a better price per carton. The schools involved are Diller-Odell, Fairbury, Meridian, Milford, Tri County, Wymore, and Wilber-Clatonia. Vorderstrasse moved and Rut seconded to approve the bid for milk for the 2022-2023 school year. Vote taken: Vorderstrasse - aye, Niederklein - aye, Sobotka - aye, Rut - aye, and Bartels - aye. Motion passed 5-0.

Mr. Kort reviewed the Policy 5000s with the Board.

Principal's Report:

- Student counts - 113 in elementary, 93 in high school, 3 exchange students for a total of 209 students.



- JH track completed its season with individuals and groups performing well.
- District music contest was held on April 21 and 22. Solos, small groups and large groups earned superior and excellent ratings, including superior ratings for the choir and band.
- May 2-6 was Teacher Appreciation Week. We thank our staff for all the hard work they put in to provide an excellent education for our students.
- The spring play, "The Lion, The Witch, and the Wardrobe" was presented the weekend of May 7-8. The play was well attended.
- MS/HS music program "Coffeehouse Concert" had a full house on Monday, May 9. Thanks to our patrons for supporting the arts.
- Isaac Thomas received the 3rd place trophy in the Eastern Nebraska State speech contest on Monday, May 9. Also competing at state from Meridian was Kendall Filipi.
- State NSCAS testing was completed and MAP testing is winding down.
- Elementary field day was held on Friday, May 13.
- Seniors last day was Monday, May 9. They were treated to grilled steaks through our beef program, prepared by grill master Mike Hofstetter. The senior trip was on Tuesday, with graduation practice and lunch on Wednesday. Graduation was held Saturday, May 14 at 2pm.
- District track was Thursday, May 12. Results will be shared with the Board. State track is scheduled for Friday, May 20.
- Students' last day is Thursday, May 19 with a 1:30pm dismissal time. Teachers' last day is Friday, May 20.

Superintendent's Report:

- Sanding on the competition gym floor has begun.
- Summer projects to be completed include painting the ceiling, bleachers, gym walls and other typical touch ups.

The next Regular Meeting was set for Monday, June 20, 2022, at 6:00 p.m.

Niederklein moved and Sobotka seconded to adjourn at 7:14 p.m. Vote Taken: Vorderstrasse – aye, Niederklein – aye, Sobotka – aye, Rut – aye, and Bartels – aye. Motion passed 5-0.

*Jamie Niederklein,*

Secretary Meridian District #48-030



Student count for 2021-2022  
As of 5-16-22

PreK	6	7th	13 -1 +1
Kindergarten	21	8th	17
1st	16 +1	9th	18
2nd	10	10th	11
3rd	17	11th	19
4th	16	12th	15
5th	12		93
6th	15	Exchange	3
	113		96

Grand Total 209

NSAA 9<sup>th</sup>-11<sup>th</sup> count –

(This year 49)(Last year 49)(2 years 51)(3 years 58)(4 years 60)(5 years 67)(6 years 59)(7 years 46)

Junior High track completed its season with individuals and groups performing well.

District music contest was held on April 21 and 22. Solos, small groups, and large groups earned superior and excellent ratings, including superior ratings for the choir and band.

May 2-6 was Teacher Appreciation Week. We thank our staff for all the hard work they put in to provide an excellent education for our students.

The spring play, "The Lion, The Witch, and the Wardrobe" was presented the weekend of May 7-8. The play was well attended and the students gave wonderful performances.

Meridian's music program, "Coffeehouse Concert", had a full house on Monday, May 9. Thanks to our patrons for supporting the arts.

Isaac Thomas received the 3<sup>rd</sup> place trophy in the Eastern Nebraska State speech contest on Monday, May 9. Also competing at state from Meridian was Kendall Filipi.

State NSCAS and MAP testing were completed as the school year wound down.

Elementary field day was held on Friday, May 13. There were many parents, grandparents, and patrons who attended. A fun time was had by all.

Seniors last day was Monday, May 9. They were treated to grilled steaks through our beef program, prepared by grill master Mike Hofstetter. The senior trip was on Tuesday, with graduation practice and lunch on Wednesday. Graduation was held Saturday, May 14 at 2pm.

District track was Thursday, May 12. Congratulations to everyone who qualified for State. The State track meet was held Friday, May 20 and Saturday, May 21. Kaylee Pribyl won the pole vault and set a new school record at 11'. We are proud of all of our student athletes who competed at state.

Students' last day was Thursday, May 19 with a 1:30pm dismissal time. Teachers' last day was Friday, May 20.



At the graduation ceremony held on May 14th, I announced the local scholarship winners. I would like to thank all of the donors of these scholarships for so generously contributing to the post-secondary education of our students. New scholarships are always welcome so please contact the counseling office if you are interested in providing a scholarship for future classes. This is the list of the local scholarship winners for the Class of 2022.

**Meridian Partners in Education Scholarship:**

Erika Schwisow, Brynn Holtmeier, Allyson Kort

**Meridian Foundation Scholarship:**  
Allyson Kort, Brynn Holtmeier, Erika Schwisow, Brayden Rut

**Meridian Education Association Scholarship:**

Allyson Kort, Erika Schwisow

**Meridian Alumni Scholarship:**  
Brynn Holtmeier

**Daykin Legion & Auxiliary Scholarship:**  
Brynn Holtmeier

**Frank & Rose Ceerle Scholarship:**  
Brynn Holtmeier

**LaVerne & Florence Schweer Memorial Scholarship:**  
Brynn Holtmeier

**The Achiever Scholarship (Gary Johnson Family):**  
Erika Schwisow



**Crossroads Conference Scholarship:**

Brynn Holtmeier

**The Resilience Scholarship:**

Erika Schwisow

**MUDECAS Scholarship (David Endorf Sportsmanship Award):**

Kimberly Schropfer

**NHS Nebraska Community**

**Bloodbank Scholarship:**

Allyson Kort

**Steven Campbell Memorial**

**Scholarship**

Brayden Rut

**Peyton VanWesten Memorial**

**Scholarship**

Brayden Rut and Erika Schwisow

**Otto and Betty Uher Memorial**

**Scholarship**

Allyson Kort

**Class of 2020 Scholarship in Memory of Peyton VanWesten**

Erika Schwisow and Brynn Holtmeier

**The Kathy Houser "Pay It Forward"**

**Scholarship**

Keagan Sones and Brayden Rut

**Odds & Ends:** Final report cards have been mailed (if you haven't received one, contact the school). Students in grades 9-11 put in their request for classes for next year. Your student should have received their next year's schedule with their report card. We will also send home their schedule this summer with information for the 2022-2023 school year. After schedules are mailed, changes to your child's 2022-2023 class schedule can be made in August during the Drop/Add day. Keep an eye on the August calendar for this and other important beginning of school dates.

**2022 NEBRASKA CHILDREN'S**

**GROUNDWATER FESTIVAL**

On Tuesday May 17, 2022, the juniors and sophomores from the Meridian Enrichment group were presenters for the 33<sup>rd</sup> Nebraska Children's Groundwater Festival at the Central Community College and College Park at Grand Island, Nebraska. The Groundwater Festival promotes conservation of groundwater quality and use by providing an event for water and natural resources professionals to teach up to 1000 students in one day.

Over 31,000 students have been educated at the festival since 1988. Each school attends six in-depth classroom activities and a stage show. Among the classroom

activities was the presentation of the Meridian Enrichment group. Group members included juniors: Chase Bartels, Kailyn Paul, Amber Vinsonhaler and sophomores: Kolton Kumpf, Kymber Schwisow, Jaala Stewart and Evelyn Woitalewicz. The Meridian Enrichment group's presentation was titled Eco-Friendly Alternative Household Cleaners. Students use activities using safe alternative cleaning solutions such as vinegar and baking soda, which will not harm the groundwater or environment. The Meridian students presented seven, twenty-five minute sessions to fourth and fifth grade students from twenty different schools. Some of the schools that came, traveled over three hours to attend the festival. The Meridian Enrichment group did a very good job presenting. They represented Meridian Public School with class. They were complimented on their presentation by all of the teachers. This says a lot about their character and maturity. Congrats on a job well done!

**May 2022 FFA Report**

As we wrap up the 2021-2022 FFA year, we reflected on all the successes and accomplishments of our chapter and our members. We held our annual FFA banquet on May 2. We highlighted and honored all the accomplishments made by our members as well as our supporters, recognized our senior members as well as our retiring senior officers, and installed our new FFA Officers. Your new FFA Officers are Parliamentarian - Rebecca Vinsonhaler, Sentinel - RJ Paul, Reporter - Peyton Norine, Secretary - Kymber Schwisow, Vice President - Kailyn Paul, President - Bailey Holtmeier. A big congratulations to all the members and elected officers and a big thank you to all the parents and guests who came to support the members at the banquet. Also a thank you goes to Snappers who catered our delicious food. I hope everyone had a good 2021-2022 FFA Year!

**Meridian State Track Meet Qualifiers**

Congratulations to Alice Giussani, Kimberly Schropfer, Kailyn Paul, Kaylee Pribyl, Tyleiah Gooding, Emma Slopsema, Evelyn Woitalewicz, Saega Barnell, McKenzie Hofstetter, Braxtyn

Rut, Brayden Rut, and Dylan Griggs for qualifying for the State Track Meet in Omaha May 20-21. We are proud of our athletes and coaches. The following is the list of qualifiers and the results for each competitor:

**Brayden Rut**

14th - 300M Hurdles - 43.47

**Dylan Griggs**

24th - 1600M Run - 5:20.93

**Alice Giussani**

15th - 4 x 400M Relay - 4:32.36

13th - 4 x 800M Relay - 10:54.40

**Kimberly Schropfer**

9th - High Jump - 4-09.00

15th - 4 x 400M Relay - 4:32.36

13th - 4 x 800M Relay - 10:54.40

**Kaylee Pribyl**

1st - Pole Vault - 11-00

5th - Long Jump - 16-06.25

18th - 100M Dash - 13.40

13th - 4 x 100M Relay - 53.65

**Kailyn Paul**

17th - Triple Jump - 31-11.05

15th - 4 x 400M Relay - 4:32.36

**Tyleiah Gooding**

22nd - 100M Hurdles - 17.94

13th - 4 x 100M Relay - 53.65

**Emma Slopsema**

13th - 4 x 800M Relay - 10:54.40

**Evelyn Woitalewicz**

13th - 4 x 800M Relay - 10:54.40

**Saega Barnell**

13th - 4 x 100M Relay - 53.65

**McKenzie Hofstetter**

13th - Triple Jump - 32-00.50

22nd - 400M Dash - 1:06.00

15th - 4 x 400M Relay - 4:32.36

**Braxtyn Rut**

13th - 4 x 100M Relay - 53.65

**Allyson Kort**

4 x 100M Relay--Alt

4 x 400M Relay--Alt

**Brynn Holtmeier**

4 x 800M Relay--Alt

**2022-2023 PHYSICALS**

Jefferson Community Health and Life Fairbury Clinic will be offering sports physicals to students of any grade by appointment. On May 26th, June 23rd, and July 28th from 4:40 p.m. to 7:00 p.m., Fairbury Clinic is offering evening appointments. If you would like to take advantage of the evening schedule, please call 402-729-3361 and make your appointment. Kindergarten, 7th Grade, foreign exchange students, and students who move to our district from out of state are also required to have Nebraska physicals and State school immunization requirements must be met. In addition to a physical, Kindergarten, foreign



exchange students, and students who move to our district from out of state will need an eye exam. Please call 402-729-3361 to schedule your appointment. Physicals must be completed before August 1, 2022. Students must bring all forms with their name and date of birth on each as indicated - including the medical history form. These forms also require a signature by a parent or guardian. If a student comes to their appointment without completed forms, they will need to reschedule their physical.

The price of each physical without insurance will be \$85 with an additional \$34 charge if a urine sample is required (7th Grade and Kindergarten). If you would like this ran through your insurance as a Well Child Check, make sure you have not submitted a Well Child Check within a year and notify the clinic at the time of scheduling. If urine is required, please pick up a sterile cup from the clinic ahead of time.

Physical forms can be found at the back of this newsletter, at the District Office of Meridian Public Schools, or on the NSAA website (nsaa.home). Please fill out all of the attached forms. You need to include a signed NSAA Parent and Student Consent form when you turn your physicals in to the school. Student athletes are NOT allowed to play without a completed consent form on file at the school.

### 150TH CELEBRATION

Alexandria, Nebraska was founded 150 years ago. The town is holding a celebration on August 27th, 2022. There will be events throughout the day for everyone to enjoy. More information will be forth coming as it becomes available.

### DAYKIN COMMUNITY GARAGE SALES

The 2022 Daykin Community Garage Sales have been scheduled for Thursday, August 11 (4 pm - 8 pm), Friday, August 12 (8 am - 8 pm), and Saturday, August 13 (8 am - noon). Maps with locations and items for sale will be printed by August 1st, so I will need to know who is participating by then. The maps and sale bills will be available at the Daykin

Country Store and all participating locations. If you are interested in participating, please contact Mary Heidemann at 402-587-0177. There is no fee for participation.



### MERIDIAN SOFTBALL 2022 FUNFRALL SCHEDULE

#### JUNE 1ST (WEDNESDAY)

6:00 p.m. - 8's @ Milligan  
7:00 p.m. - 12's @ Milligan

#### JUNE 3RD (FRIDAY)

6:00 p.m. - 8's @ Dorchester  
7:00 p.m. - 12's @ Dorchester  
8:15 p.m. - 14's @ Dorchester

#### JUNE 6TH (MONDAY)

BYE

#### JUNE 8TH (WEDNESDAY)

5:00 p.m. - 8's vs BDS @ Daykin  
6:00 p.m. - 10's vs BDS @ Daykin  
7:00 p.m. - 8's vs BDS @ Daykin  
8:15 p.m. - 12's vs BDS @ Daykin

#### JUNE 13TH (MONDAY)

5:00 p.m. - 8's vs Plymouth @ Daykin  
6:00 p.m. - 10's vs Plymouth @ Daykin  
7:00 p.m. - 12's vs Plymouth @ Daykin  
8:15 p.m. - 14's vs Plymouth @ Daykin

#### JUNE 15TH (WEDNESDAY)

5:00 p.m. - 8's @ Friend  
6:00 p.m. - 10's @ Friend  
7:00 p.m. - 12's @ Friend  
8:15 p.m. - 14's @ Friend

#### JUNE 20TH (MONDAY)

6:00 p.m. - 10's vs Wilber @ Daykin  
7:15 p.m. - 14's vs Wilber @ Daykin

#### JUNE 22ND (WEDNESDAY)

6:00 p.m. - 10's vs DeWitt @ Daykin  
7:15 p.m. - 14's vs DeWitt @ Daykin

#### LEAGUE TOURNAMENTS

June 17-19 - 8's @ McCool Junction

June 24-26 - 10's @ Wilber

June 17-19 - 12's @ E-M

June 24-26 - 14's @ Dorchester

\* Home games in **BOLD**

### NIGHT CUSTODIAN/ MAINTENANCE

Meridian Public School is accepting applications for a full-time (possible part-time) Night Custodian/ Maintenance person. General knowledge in custodial chores and basic facility maintenance is needed. Training will be provided in various areas as needed. Single coverage insurance and retirement packages are available. Please stop by Meridian Public School to complete an application or send resume to:

Randy Kort  
Meridian Public School  
PO Box 190  
Daykin, NE 68338

OR

rkort@meridianmustangs.org  
Applications will be accepted until position is filled. EOE

### Meridian Baseball 2022 SFS Schedule

#### June 2nd (Thursday)

5:50 p.m. - PW vs Geneva @ Tobias  
7:00 p.m. - AL vs Geneva @ Tobias  
8:30 p.m. - NL vs Fairbury @ Tobias

#### June 7th (Tuesday)

5:50 p.m. - PW @ Friend  
7:00 p.m. - AL @ Friend  
8:30 p.m. - NL @ Friend

#### June 9th (Thursday)

PW - BYE

7:00 p.m. - AL @ Friend

\*NL - Will Be Rescheduled

#### June 14th (Tuesday)

5:50 p.m. - PW @ Plymouth  
7:00 p.m. - AL @ Plymouth  
8:30 p.m. - NL @ Plymouth

#### June 16th (Thursday)

5:50 p.m. - PW vs Wilber @ Tobias  
7:00 p.m. - AL vs Wilber @ Tobias  
8:30 p.m. - NL vs Geneva @ Tobias

#### June 21st (Tuesday)

5:50 p.m. - PW @ Wilber  
7:00 p.m. - AL @ Wilber  
8:30 p.m. - NL @ Wilber

#### June 23rd (Thursday)

(Games will not count toward league tournament seeding)

5:50 p.m. - PW vs EM @ Tobias  
7:00 p.m. - AL vs EM @ Tobias  
NL - BYE

#### LEAGUE TOURNAMENTS

June 25, 27, 29 - PW

@ McCool OR Exeter

June 24, 26, 28, 29 - AL @ Geneva

June 25, 27, 29 - NL @ Tobias



• Home games in **BOLD**

# MEB Satellite Basketball Camp

## June 13-15

Meridian will again be hosting a satellite basketball camp. Please read carefully and get your athlete signed up!! You don't want to miss out on this great opportunity.

### THE THREE POINT PLAY

3-day camp \$145.00/camper

- 8:00-12:00 am
- Four hours of high-level instruction each day includes videotaping and critiquing of each camper's jump shot.
- Incoming 8th graders through Seniors both **boys** and **girls**
- Staff comprised of College Coaches and Players

### THE FUTURE STARS CAMP

3-day youth camp \$60.00/camper

- 12:30-2:30 pm
- Two hour camp days
- Incoming 3rd through 7th graders both boys and girls
- Building love and excitement for the game
- Advancing basic fundamentals

Registration form is on the back or you can find it and more information on the camp at [www.MidwestEliteBasketball.com](http://www.MidwestEliteBasketball.com). If you have any questions please contact Coach Pohlmann at 620-474-4499 or email at [spohlmann@meridianmustangs.org](mailto:spohlmann@meridianmustangs.org). Please return the registration form and payment to Coach Pohlmann. Make checks payable to **Meridian Activity Fund**.



# Midwest Elite Basketball CAMP REGISTRATION

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

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

City: \_\_\_\_\_

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

Phone: \_\_\_\_\_

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

Grade: \_\_\_\_\_

Position(s): \_\_\_\_\_

**The Three-Point Play 3-Day Camp \$145/camper**

**Future Stars Camp 3-Day Camp \$60/camper**

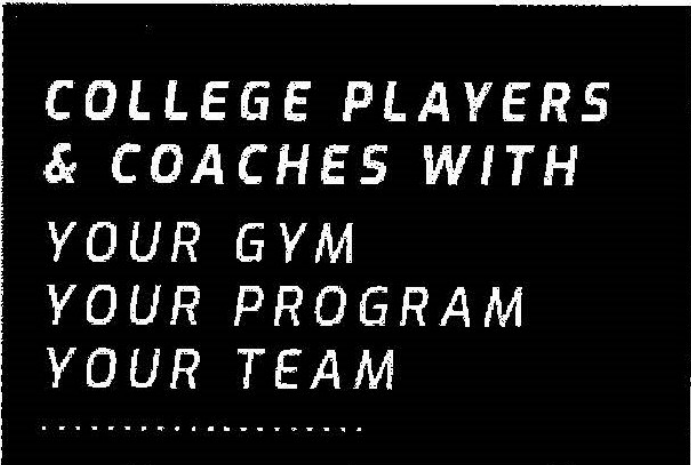
### MEDICAL RELEASE

*Must be signed by a parent or guardian before participation in the camp.*

In consideration of the acceptance of this application for enrollment in the 2022 Basketball Camp, I/we, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against all sponsors and all employees of Midwest Elite Basketball for any or all damages which may be sustained and suffered by me in connection with my/our association with or entry into this camp, and which may arise out of my traveling to, participating in or returning from the camp. I/We hereby authorize the staff of Midwest Elite Basketball to act for me according to their best judgement in any emergency requiring medical attention and I hereby waive and release Midwest Elite Basketball from any and all liability. I/We understand the risks involved in participating in athletics, such as basketball, which can include serious injury or death. I/We hereby grant permission for my/our child to participate in the Midwest Elite Basketball Camp and if an injury should occur during, traveling to or returning from the camp, I/we agree to pay for all costs, present and future, through my/our medical insurance policy and/or personal finances.

\_\_\_\_\_  
Name of Athlete

\_\_\_\_\_  
Signature of Parent or Guardian



### Student-Athletes,

We travel our staff of current and former college coaches and select college players to your gym to work with YOU! We are Midwest Elite Basketball. Founded in 2006, this is our 15th year providing the best basketball camps in the country.

All of our camps include:

- Advancement of fundamentals
- Individual and team instruction catered specifically to your team
- The opportunity to be coached, evaluated and potentially recruited by coaches who have a vast network of hundreds of colleges and universities throughout the country
- Individual shooting, offense and defense instruction
- Emphasis on perimeter and post play
- Team transition, rebounding, and defensive drills
- Leadership and communication development
- Each camper will receive a Midwest Elite Basketball silicone gel band



*\*Camp structure/format subject to change at the request of the high school coach.*



■ PREPARTICIPATION PHYSICAL EVALUATION

HISTORY FORM

Note: Complete and sign this form (with your parents if younger than 18) before your appointment.

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Date of examination: \_\_\_\_\_ Sport(s): \_\_\_\_\_

Sex assigned at birth (F, M, or intersex): \_\_\_\_\_ How do you identify your gender? (F, M, or other): \_\_\_\_\_

List past and current medical conditions. \_\_\_\_\_

\_\_\_\_\_

Have you ever had surgery? If yes, list all past surgical procedures. \_\_\_\_\_

\_\_\_\_\_

Medicines and supplements: List all current prescriptions, over-the-counter medicines, and supplements (herbal and nutritional).

\_\_\_\_\_

\_\_\_\_\_

Do you have any allergies? If yes, please list all your allergies (ie, medicines, pollens, food, stinging insects).

\_\_\_\_\_

\_\_\_\_\_

Patient Health Questionnaire Version 4 (PHQ-4)  
*Over the last 2 weeks, how often have you been bothered by any of the following problems? (Circle response.)*

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

(A sum of  $\geq 3$  is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes.)

GENERAL QUESTIONS (Explain "Yes" answers at the end of this form. Circle questions if you don't know the answer.)		
	Yes	No
1. Do you have any concerns that you would like to discuss with your provider?		
2. Has a provider ever denied or restricted your participation in sports for any reason?		
3. Do you have any ongoing medical issues or recent illness?		
HEART HEALTH QUESTIONS ABOUT YOU		
	Yes	No
4. Have you ever passed out or nearly passed out during or after exercise?		
5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?		
7. Has a doctor ever told you that you have any heart problems?		
8. Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography.		

HEART HEALTH QUESTIONS ABOUT YOU (CONTINUED)		
	Yes	No
9. Do you get light-headed or feel shorter of breath than your friends during exercise?		
10. Have you ever had a seizure?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY		
	Yes	No
11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)?		
12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?		
13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?		



BONE AND JOINT QUESTIONS	Yes	No
14. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?		
15. Do you have a bone, muscle, ligament, or joint injury that bothers you?		
MEDICAL QUESTIONS	Yes	No
16. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
17. Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
18. Do you have groin or testicle pain or a painful bulge or hernia in the groin area?		
19. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant <i>Staphylococcus aureus</i> (MRSA)?		
20. Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?		
21. Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?		
22. Have you ever become ill while exercising in the heat?		
23. Do you or does someone in your family have sickle cell trait or disease?		
24. Have you ever had or do you have any problems with your eyes or vision?		

MEDICAL QUESTIONS (CONTINUED)	Yes	No
25. Do you worry about your weight?		
26. Are you trying to or has anyone recommended that you gain or lose weight?		
27. Are you on a special diet or do you avoid certain types of foods or food groups?		
28. Have you ever had an eating disorder?		
FEMALES ONLY	Yes	No
29. Have you ever had a menstrual period?		
30. How old were you when you had your first menstrual period?		
31. When was your most recent menstrual period?		
32. How many periods have you had in the past 12 months?		

Explain "Yes" answers here.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

Signature of athlete: \_\_\_\_\_

Signature of parent or guardian: \_\_\_\_\_

Date: \_\_\_\_\_

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■ PREPARTICIPATION PHYSICAL EVALUATION

ATHLETES WITH DISABILITIES FORM: SUPPLEMENT TO THE ATHLETE HISTORY

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

1. Type of disability:		
2. Date of disability:		
3. Classification (if available):		
4. Cause of disability (birth, disease, injury, or other):		
5. List the sports you are playing:		
	Yes	No
6. Do you regularly use a brace, an assistive device, or a prosthetic device for daily activities?		
7. Do you use any special brace or assistive device for sports?		
8. Do you have any rashes, pressure sores, or other skin problems?		
9. Do you have a hearing loss? Do you use a hearing aid?		
10. Do you have a visual impairment?		
11. Do you use any special devices for bowel or bladder function?		
12. Do you have burning or discomfort when urinating?		
13. Have you had autonomic dysreflexia?		
14. Have you ever been diagnosed as having a heat-related (hyperthermia) or cold-related (hypothermia) illness?		
15. Do you have muscle spasticity?		
16. Do you have frequent seizures that cannot be controlled by medication?		

Explain "Yes" answers here.

\_\_\_\_\_  
\_\_\_\_\_

Please indicate whether you have ever had any of the following conditions:

	Yes	No
Atlantoaxial instability		
Radiographic (x-ray) evaluation for atlantoaxial instability		
Dislocated joints (more than one)		
Easy bleeding		
Enlarged spleen		
Hepatitis		
Osteopenia or osteoporosis		
Difficulty controlling bowel		
Difficulty controlling bladder		
Numbness or tingling in arms or hands		
Numbness or tingling in legs or feet		
Weakness in arms or hands		
Weakness in legs or feet		
Recent change in coordination		
Recent change in ability to walk		
Spina bifida		
Latex allergy		

Explain "Yes" answers here.

\_\_\_\_\_  
\_\_\_\_\_

I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

Signature of athlete: \_\_\_\_\_

Signature of parent or guardian: \_\_\_\_\_

Date: \_\_\_\_\_

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■ PREPARTICIPATION PHYSICAL EVALUATION

PHYSICAL EXAMINATION FORM

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

PHYSICIAN REMINDERS

- Consider additional questions on more-sensitive issues.
  - Do you feel stressed out or under a lot of pressure?
  - Do you ever feel sad, hopeless, depressed, or anxious?
  - Do you feel safe at your home or residence?
  - Have you ever tried cigarettes, e-cigarettes, chewing tobacco, snuff, or dip?
  - During the past 30 days, did you use chewing tobacco, snuff, or dip?
  - Do you drink alcohol or use any other drugs?
  - Have you ever taken anabolic steroids or used any other performance-enhancing supplement?
  - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
  - Do you wear a seat belt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms (Q4-Q13 of History Form).

EXAMINATION		
Height:	Weight:	
BP: / ( / )	Pulse:	Vision: R 20/ L 20/ Corrected: <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance <ul style="list-style-type: none"> <li>Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse [MVP], and aortic insufficiency)</li> </ul>		
Eyes, ears, nose, and throat <ul style="list-style-type: none"> <li>Pupils equal</li> <li>Hearing</li> </ul>		
Lymph nodes		
Heart* <ul style="list-style-type: none"> <li>Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver)</li> </ul>		
Lungs		
Abdomen		
Skin <ul style="list-style-type: none"> <li>Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant <i>Staphylococcus aureus</i> (MRSA), or tinea corporis</li> </ul>		
Neurological		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder and arm		
Elbow and forearm		
Wrist, hand, and fingers		
Hip and thigh		
Knee		
Leg and ankle		
Foot and toes		
Functional <ul style="list-style-type: none"> <li>Double-leg squat test, single-leg squat test, and box drop or step drop test</li> </ul>		

\* Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or examination findings, or a combination of those.

Name of health care professional (print or type): \_\_\_\_\_ Date: \_\_\_\_\_

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

Signature of health care professional: \_\_\_\_\_, MD, DO, NP, or PA

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I hereby give permission for the release of the attached student medical history and the results of the actual physical examination to the school for the purposes of participation in athletics and activities.

Parent or Legal Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_



**PREPARTICIPATION PHYSICAL EVALUATION**

**MEDICAL ELIGIBILITY FORM**

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

- Medically eligible for all sports without restriction
- Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of

\_\_\_\_\_

- Medically eligible for certain sports

\_\_\_\_\_

- Not medically eligible pending further evaluation

- Not medically eligible for any sports

Recommendations: \_\_\_\_\_

\_\_\_\_\_

I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).

Name of health care professional (print or type): \_\_\_\_\_ Date: \_\_\_\_\_

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

Signature of health care professional: \_\_\_\_\_, MD, DO, NP, or PA

**SHARED EMERGENCY INFORMATION**

Allergies: \_\_\_\_\_

\_\_\_\_\_

Medications: \_\_\_\_\_

\_\_\_\_\_

Other information: \_\_\_\_\_

\_\_\_\_\_

Emergency contacts: \_\_\_\_\_

\_\_\_\_\_



To be completed for Students participating in any NSAA activities.

Student and Parent Consent Form



School Year: 20\_\_-20\_\_
Member School:
Name of Student:
Date of Birth: Place of Birth:

The undersigned(s) are the Student and the parent(s), guardian(s), or person(s) in charge of the above-named Student and are collectively referred to as "Parent".

The Parent and Student hereby:

- (1) Understand and agree that participation in NSAA sponsored activities is voluntary on the part of the Student and is a privilege;
(2) Understand and agree that (a) by this Consent Form the NSAA has provided to the Parent and Student of the existence of potential dangers associated with athletic and activity participation;
(3) Consent and agree to participation of the Student in NSAA activities subject to all NSAA Bylaws and rules interpretations for participation in NSAA sponsored athletic and/or activities, and the athletic and activities rules of the NSAA member school for which the Student is participating; and,
(4) Consent and agree to (a) the disclosure by the Member School at which the Student is enrolled to the NSAA, and subsequent disclosure by the NSAA, of information regarding the Student, including the Student's name, address, telephone listing, electronic mail address, photograph, date of and place of birth, major fields of study, dates of attendance, grade level, enrollment status (e.g., full-time or part-time), participation in officially recognized activities and athletics, weight and height as a member of athletic teams, degrees, honors and awards received, statistics regarding performance, records or documentation related to eligibility for NSAA sponsored activities, medical records, and any other information related to the Student's participation in NSAA sponsored activities; and, (b) the Student being photographed, video recorded, audio taped, or recorded by any other means while participating in NSAA activities and contests, consent to and waive any privacy rights with regard to the display of such recordings, and waive any claims of ownership or other rights with regard to such photographs or recordings or to the broadcast, sale or display of such photographs or recordings.
(5) Consent and agree to authorize licensed sports injury personnel to evaluate and treat any injury or illness that occurs during the Student's participation in NSAA activities. This includes all reasonable and necessary preventive care, treatment and rehabilitation for these injuries. This would also include transportation of the Student to a medical facility if necessary. Such licensed sports injury personnel are independent providers and are not employed by the NSAA.
(6) Acknowledge that Parents are obligated to pay for professional medical and/or related services; the NSAA shall not be liable for payment of such services. We give permission to any and all of the Student's health care providers and the NSAA and its employees, staff, agents, and consultants to release and discuss all records and information about the Student including otherwise confidential medical information and records. We understand that this release has been requested and may be used for the purpose of determining eligibility pertaining to activities participation, fitness, injury, injury status, or emergency.

I acknowledge that I have read paragraphs (1) through (6) above, understand and agree to the terms thereof, including the warning of potential risk of injury inherent in participation in athletics and activities.

Name of Student [Print Name] Student Signature Date

(I am)(We are) the Student's [circle appropriate choice] (Parent) (Guardian). (I)(We) acknowledge that (I)(We) have read paragraphs (1) through (6) above, understand and agree to the terms thereof, including the warning of potential risk of injury inherent in participation in athletics and activities. Having read the warning in paragraph (2) above and understanding the potential risk of injury to my Student, (I)(we) hereby give (my)(our) permission for [insert Student name] to practice and compete for the above named high school in activities approved by the NSAA, except those crossed out below:

Table with 7 columns: Baseball, Basketball, Bowling, Cross Country, Debate, Football, Golf, Journalism, Music, Play Production, Soccer, Softball, Speech, Swim/Dive, Tennis, Track & Field, Unified Bowling, Unified Track & Field, Volleyball, Wrestling

Table with 3 columns: Parent(s)/Guardian Printed Name(s)\*, Parent/Guardian Signature, Date of Signature

\*Both Mother and Father must sign, unless parents are divorced, the custodial parent must sign, or if the Student is not living with parents, the Student's legal guardian.




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