

## **What you need to compete!**

### **Glen Crest Middle School**

In order to compete in interscholastic sports at Glen Crest Middle School, student/athletes must have a valid physical on file in the nurse's office by the tryout dates set by the coaches. A great idea is to get those physicals done over the summer each year so you are ready to go when the school year starts!

Team members are also required to pay a user fee of \$45. Checks should be made out to Glen Crest Middle School.

An emergency form and concussion form are also needed to compete. More information is available on the school's website, [www.ccsd89.org/glencrest](http://www.ccsd89.org/glencrest)

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