

PSAL
SPORTS
Informational
Presentation
(WINTER)



PSAL SPORTS for Students in Grades 9 - 12

FALL SPORTS

- Boys & Girls Cross Country
- Boys & Girls Soccer
- Girls Volleyball

WINTER SPORTS

- Boys & Girls Basketball
- Coed Wrestling
- * Cheerleading is an RKA club sport

SPRING SPORTS

- Boys & Girls Track & Field
- Boys Baseball
- Girls Softball
- Coed Golf

COLLEGIATE ACCOMPLISHMENTS

- 6 Division 1 Athletes
 - 7 Division 2 Athletes
 - 22 Division 3 Athletes
- in the last eight years

TEAM ACCOMPLISHMENTS

- 2010 - Baseball: City Champions
- 2016 & 2017 - Volleyball: City Champions



WINTER SPORTS (November 1 - March 15)



Boys Basketball: Coach Benack - CBenack@schools.nyc.gov
Google Classroom CODE: **PTVSYEV**

Girls Basketball: Coach Cushing - WCushing@schools.nyc.gov
Google Classroom CODE: **HZ563MB**

Coed Wrestling: Coach Lepetit - MLepetit@schools.nyc.gov
Google Classroom CODE: **LEGUX2M**

Coed Cheerleading: Coach Purdy - SPurdy@schools.nyc.gov
Google Classroom CODE: **BZP3LNA**



ACADEMIC & CONDUCT REQUIREMENTS



- To Establish Eligibility

- June Report Card (MP3 not Final Term)

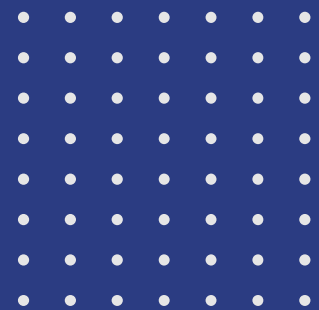
- Pass 5 Classes and Physical Education

- At Least 90% Attendance (No more than 3 absences)

- At Least 65% GPA

- Transcript (Grades 10 - 12)

- Earn at 10 credits from the past two terms



ACADEMIC & CONDUCT REQUIREMENTS (cont)

- To Maintain Eligibility
 - October Report Card (MP 1)
 - At Least 90% Attendance (No more than 3 absences)
- Conduct (applicable for the entire school year)
 - No more than 5 class cuts in any marking period
 - No more than 2 Principal's suspensions
 - No more than 1 Superintendent's suspension

Academic Eligibility requirements
are set by NYCDOE and PSAL not RKA

[For info, please visit PSAL's website](#)



Tryout Period

- **Boys Basketball:** October - November +
- **Girls Basketball:** October - November +
- **Coed Wrestling:** October - December *

-
- **Coed Cheerleading:** October - November +

+ = exact dates TBD by coach

* = open enrollment, students can join at any time during the tryout period



HOW DIFFICULT IS IT TO MAKE THE TEAM?

RKA strives to offer a wide range of athletic offerings. Due to the popularity of some sports and the number of students trying out, a few of our teams are very competitive.

Level of Tryout Competition (Low, Moderate, High)

Boys Basketball: Very High

Girls Basketball: Moderate

Wrestling: Low (everyone makes the team)

Cheerleading: Very High

(High = more than 50 students trying out for 8 - 10 spots)



REQUIRED FORMS



- **PSAL PARENTAL CONSENT FORM**
- **PSAL MEDICAL FORM** (must use this form; substitutes not accepted)
 - Completed once per 12 months
 - Can be used for for multiple seasons
- **RKA ATHLETIC POLICY**

* SEE MR. EDMOND IN ROOM B24 FOR PAPERWORK

* ALL FORMS MUST BE TURNED IN AS A PACKET

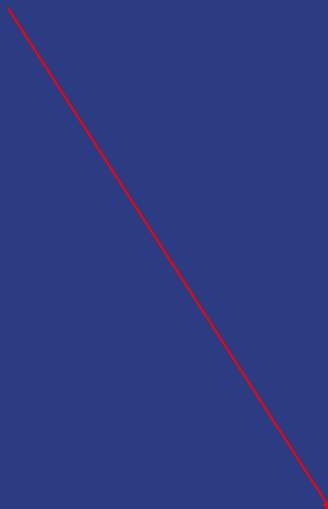
DO NOT SEPARATE FORMS



PSAL MEDICAL FORM (PAGE 3)



- RECOMMENDATIONS FOR PARTICIPATION IN PHYSICAL EDUCATION & SPORTS PAGE
 - SUBSTITUTE FORMS NOT ALLOWED BY PSAL
 - MUST BE STAMPED, SIGNED AND DATED BY DOCTOR



NYC RECOMMENDATIONS FOR PARTICIPATION IN PHYSICAL EDUCATION & SPORTS
To be completed by student's health care provider or school medical provider
This page must be submitted to coach or athletic director before PSAL participation.

Last Name _____ First Name _____ DOB _____ Grade _____
School/Campus/ATSDOM _____

CLEARED FOR ALL SPORTS WITHOUT RESTRICTION
 NOT CLEARED Duration: _____
 NOT CLEARED PENDING FURTHER EVALUATION
 CLEARED FOR ALL SPORTS WITHOUT RESTRICTION WITH RECOMMENDATIONS FOR FURTHER EVALUATION OR TREATMENT FOR: _____

CLEARED WITH RESTRICTIONS/ADAPTATIONS/ACCOMMODATIONS Duration: _____

NO CONTACT SPORTS: includes basketball, competitive cheerleading, diving, field hockey, football (soccer), gymnastics, ice hockey, lacrosse, rugby, soccer, short wrestling
 NO LIMITED CONTACT SPORTS: includes baseball, cross-country skiing, fencing, flag football, handball, high jump, ice skating, pole vault, skiing, softball, volleyball
 NO NON-CONTACT SPORTS: includes archery, badminton, bowling, cricket, discus, double Dutch, golf, javelin, race walking, rifle, shot put, swimming, table tennis, tennis, track & field

OTHER RESTRICTIONS _____

ACCOMMODATIONS/PROTECTIVE EQUIPMENT
 None Athletic Cap Sports/Safety Goggles Medical/Prosthetic Device Pacemaker Insulin Pump/Insulin Sensor
 Brace/Orthotic Hearing Aides Protective Ear Clear Other _____

PERTINENT MEDICAL HISTORY _____

ALLERGIES _____ None

MEDICATIONS
 Has prescribed pre-exercise medication _____
 Has prescribed PRN medication _____
 Student is Self-Carry/Self-Administer, unless in an emergency or student is incapable of self-administration
Explanation _____

OTHER RECOMMENDATIONS _____

I have examined the above named student and completed the pre-participation physical examination, INCLUDING A REVIEW OF ANY MEDICAL HISTORY RELATED TO COVID-19. The athlete may/may not participate in the sport(s) as outlined above. A copy of the physical exam will be provided to the school medical room staff and can be made available to the school administration at the request of the parents. This form may be rescinded by a medical provider if there are any changes in the student's health that could affect his/her safe participation in sports, and/or until the potential consequences of the health issue are explained to both the student and his/her parents, and the health issue has been resolved. All information and recommendations contained herein are valid through the last day of the month for 12 months from the date below.

Name of medical provider (print) _____ Title _____ License# _____
Address _____ Medical Provider's Stamp _____
Phone _____ Fax _____ Email _____
Signature of medical provider _____ Date _____

NYC2019_Psal_Sports_Orientation_Form_20191020
PAGE 3



PSAL INDIVIDUAL ACCESS PROGRAM



PSAL will provide all students the opportunity to tryout for a sport offered at another school if that sport is not available at their home school.

- Individual Access begins 4 weeks before the start of a season
- Tryouts do not guarantee participation
- PSAL will determine where individual students will tryout
- Students must meet academic eligibility requirements **before** they can tryout
- Paperwork will be submitted to PSAL for tryout determination (RKA makes no decisions about tryouts)





Question?

- Please direct any sport-specific questions to the respective coaches.
- Students will receive information about tryouts, meetings, and practices in their Google Classroom

Contact Information

Les Edmond
Athletic Director
LEdmond@schools.nyc.gov

