

BUCKSPORT MIDDLE SCHOOL



ATHLETIC HANDBOOK FOR PARENTS AND STUDENTS

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Participation Expectations

Bucksport Middle School Athletics would like to encourage its fans and participants to follow the expectations below to help ensure that the athletic experience is a positive one for all involved.

THE PARTICIPANT SHOULD:

1. RESPECT THE GAME by being courteous and showing respect for opponents, officials, coaches and fans.
2. UNDERSTAND AND OBSERVE THE RULES of the game and the standards of eligibility.
3. RESPECT THE INTEGRITY AND JUDGMENT OF OFFICIALS and accept their decisions without question.
4. RESPECT THE FACILITIES OF THE HOST SCHOOL and the trust entailed in being a guest.
5. RETAIN HIS/HER COMPOSURE AT ALL TIMES. Play hard but with self control.
6. BE MODEST IN VICTORY AND GRACIOUS IN DEFEAT.
7. PLAY YOUR BEST regardless of discouragement. A true competitor does not give up, nor does he/she embarrass or humiliate the opponent.
8. SET A HIGH STANDARD as a representative of the school, both in competition and in the classroom.
9. PLAY FOR THE LOVE OF THE GAME.

THE SPECTATOR SHOULD:

1. BE AN ENTHUSIASTIC SUPPORTER, cheering for his/her team, not against the opposing team.
2. RESPECT THE GAME. This includes showing respect for participants, officials, coaches, and other spectators.
3. BE MODEST IN VICTORY AND IN DEFEAT.
4. RECOGNIZE THAT THE PRIMARY PURPOSE of interscholastic competition is to promote the physical, mental, moral, social and emotional well-being of the players.
5. REALIZE THAT HE/SHE REPRESENTS THE SCHOOL just as a member of a team and has the same obligation to be a true sportsman.

Sportsmanship - A Guide for Athletes, Coaches, and Parents Participation in co-curricular activities is a privilege. As representatives of Bucksport Middle School, student athletes are expected to conduct themselves in a manner that meets the highest standards at all times.

It is the goal of Bucksport Middle School to provide students with opportunities to engage in athletic activities that enrich their education and further develop the core values of respect, responsibility, fairness, trust, and good citizenship.

Engaging in planned instruction teaches good sportsmanship and proper behavior. It is the responsibility of the administration, staff, coaches, parents, and the community at large to create a climate that fosters the development of these behaviors. This is accomplished by encouraging and modeling positive and appropriate behavior within the sporting environment while, at the same time striving for excellence.

Expectations for the behavior of athletes, coaches, and spectators at athletic contests, practices, and events are outlined below:

Athletes are required to meet the following expectations:

- (1) Be courteous to visiting teams and officials.
- (2) Play hard and to the limit of your ability, regardless of discouragement. True athletes do not give up nor do they argue, cheat, or taunt opponents.
- (3) Retain composure at all times and never leave the bench or enter the playing field/court to engage in a fight.
- (4) Be modest when successful and be gracious in defeat. A true competitor does not offer excuses.
- (5) Maintain a high degree of physical fitness by conscientiously observing team and training rules.
- (6) Demonstrate loyalty to the school by maintaining a high scholastic standing and by participating in or supporting other school activities.
- (7) Play for the love and honor of the game.
- (8) Understand and observe the rules of the game and the standards of eligibility.
- (9) Respect the integrity and judgment of officials and accept their decisions without question.

(10) Respect the facilities of the host school and demonstrate the behavior expected of guests.

Coaches are required to meet the following expectations:

- (1) Exemplify behavior that is representative of the educational staff of the school and a credit to the teaching profession.
- (2) Demonstrate high ideals, good habits and desirable attitudes in personal behavior and demand the same standards of your players. Make sportsmanship priority #1.
- (3) Emphasize to players and bench personnel the importance of proper sideline behavior and the necessity of restraining from entering the playing field/court.
- (4) Recognize that the purpose of competition is to promote the physical, mental, social, and emotional well-being of individual players and that the most important values of competition are derived from playing the game fairly.
- (5) Be a modest winner and a gracious loser.
- (6) Maintain self-control at all times, accepting adverse decisions without public display of emotion or of dissatisfaction with the officials.
- (7) Cooperate with the school administration in the planning, scheduling, and conduct of sports activities.
- (8) Employ accepted educational methods in coaching, giving all players an opportunity to use and develop initiative, leadership, and judgment.
- (9) Pay close attention to the physical condition and well being of players, refusing to jeopardize the health of an individual for the sake of the team.
- (10) Teach athletes that it is better to lose fairly than win unfairly.
- (11) Demonstrate integrity. Do not allow profanity, abusive language, or similar violations.
- (12) Refuse to criticize an opponent, an official, or others associated with sports activities.
- (13) Properly supervise student athletes under your immediate care and specifically observe a coach's responsibilities during events off school grounds.

Parents/Spectators are required to meet the following expectations:

- (1) Realize that you represent the school and community and, therefore, have an obligation to be a true sportsman, encouraging through positive behavior the practice of good sportsmanship by others.
- (2) Recognize that good sportsmanship is more important than victory by approving and applauding good team play, individual skill, and outstanding examples of sportsmanship and fair play exhibited by either team.
- (3) Recognize that since the primary purpose of interscholastic athletics is to promote the physical, mental, moral, social, and emotional well being of the players, victory or defeat are of secondary importance.
- (4) Treat visiting teams and officials as guests, extending to them every courtesy.
- (5) Be modest in victory and gracious in defeat.
- (6) Respect the judgment and integrity of officials, realizing that their decisions are based upon game conditions.

Athlete/Parent/Coach Communication Bucksport Middle School encourages open communication among athletes, parents, and coaches. Both athletes and parents are urged to discuss their concerns with the coach in the appropriate setting and at the appropriate time. Appropriate concerns to discuss with the coach include issues of mental and physical well being, strategies for improving individual performance, and issues of behavior. Issues not appropriate for a parent to discuss with the coaches include playing time, starting positions, team strategy, play calling, and other athletes.

Conflict Resolution It is desirable for conflicts to be resolved by an athlete with his/her coach. Occasionally, however, situations arise where conflicts are not able to be resolved through this interaction and the assistance of the athletic director and/or principal is needed.

Spectator Conduct The athletic director or other school official may request any person involved in misconduct to leave the premises and may contact the police for assistance. The school has the authority to suspend individuals from attending all school sponsored activities for spectator misconduct. Bucksport Middle School appreciates positive support from all spectators.

PARENT/COACH COMMUNICATION **Parent Coach Relationship** Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide a greater benefit to student athletes. As parents, when your children become involved in our program, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of child's program.

Communications You Should Expect from Your Child's Coach

1. Philosophy of the coach
2. General expectations

3. Locations and times of all practices and contests
4. Team requirements, special equipment, strength and conditioning programs
5. Procedure if your child is injured during participation
6. Team rules, guidelines, and consequences for infractions
7. Lettering criteria
8. Team selection process

Communication Coaches Expect From Athletes/Parents

1. Concerns related to your child's general welfare
2. Notification of any schedule conflicts in advance
3. Notification of illness or injury as soon as possible

Appropriate Concerns to Discuss With Coaches

1. Ways to help your child improve
2. Concerns about your child's behavior

It is very difficult to accept your child not playing as much as you hope. Coaches are professionals. They make decisions based on what they believe to be the best for all student athletes involved. As you have seen from the previous list, certain things can be and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach:

1. Playing time
2. Team strategy
3. Play calling
4. Other student athletes

There are situations that might require a conference between the coach and player, or coach and parent. These conferences are encouraged. It is important that all parties involved have a clear understanding of the other person's position.

If You Have a Concern to Discuss With a Coach

1. Call the coach to set up an appointment.
2. If the coach cannot be reached, call the athletic director to help set up the meeting for you.
3. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and coach. Meetings of this nature usually do not promote positive resolutions.

The Next Step

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Call and set up an appointment with the athletic director to discuss the situation.
2. At this meeting the appropriate next step can be determined.

Parent Code

1. Be a positive role model through your own actions to make sure your child has the best athletic experience possible.
2. Be a "team fan", as well as a "my kid" fan.
3. Weigh what your children say; they might slant the truth to their advantage.
4. Show respect for the opposing players, coaches, spectators, and support groups.
5. Be respectful of all officials' decisions.
6. Praise student athletes in their attempts to improve themselves as students, as athletes, and as people.
7. Gain an understanding and appreciation for the rules of the contest.
8. Recognize and show appreciation for an outstanding play by either team.
9. Help your child learn that success is oriented in the development of a skill and should make a person feel good about themselves, win or lose.
10. If you as a parent have concern, take time to talk with coaches in an appropriate manner including proper time and place. Be sure to follow the designated chain of command.
11. Please reinforce our drug and alcohol-free policies by refraining from the use of any controlled substance before and during athletic contests.
12. Remember that a ticket to a school athletic event is a privilege to observe the contest.

Be sensible, responsible, and keep your priorities in order. Participating on a Bucksport Middle School team is a wonderful opportunity for your child to grow physically, socially, and emotionally.

Safety RSU 25 recognizes that extra-curricular activities may create certain safety risks' therefore, the following procedures have been adopted.

~Coaches will be provided with a list of students who have physical conditions that may create an emergency situation prior to the season (i.e. allergies, asthma, etc.).

~Coaches will also be provided necessary medical supplies to respond to minor injuries and must take them to practice and games.

~Coaches are required to take first aid or other training that will help them cope with emergencies that arise. Coaches will attend a preseason clinic on how to handle blood borne pathogens.

~Coaches may not play athletes who have been injured until a medical doctor has approved his/her return in writing.

~See **Concussion Policy** for additional safety guidelines.

~Injured players must attend practice while recovering.

Uniforms and Attire

Team uniforms assigned to the student athletes are their responsibility. Athletes are expected to keep all uniforms clean and in good condition. the following will also be implemented:

Uniform apparel for each sport is detailed below. Certain pieces of the uniform need to be purchased but the majority of the uniform is provided by BMS. Only the uniform described below may be worn on the athletic arena.

Care instructions for the uniform will be provided by the Athletic Director.

If the uniform is not returned to the Athletic Director at the end of the completed sport, the parent/guardian will be billed for the cost of the replacement.

If the uniform is not returned or reimbursement paid, the athlete and or parents/guardian must meet with the Athletic Director to resolve the issue.

Sport	Uniform Description
Soccer	Jersey, shorts and socks
Football	Jersey, football pants and socks
Golf	Polo shirt
Cross Country	Track jersey, shorts and sweatsuit
Cheering	Shell top and cheer skirt
Basketball	Jersey, shorts and (A Team shooting shirts)
Wrestling	Singlet and sweatsuit
Baseball	Jersey, pants, socks and jacket
Softball	Jersey, pants, socks and jacket
Track	Track jersey, shorts and sweatsuit

Fees for Consumable Items The following will be consumable items that participants must purchase:

- Mouthpiece \$3.00
- Socks \$7.00
- Baseball caps \$25.00
- Softball visors \$25.00

Payments to be made to BMS. *If purchasing these items is an issue, PLEASE talk to the Athletic Director

Dress/Attire - Please refer to Dress Code Policy JCDB on the RSU 25 website

It is common practice and an expectation of coaches that athletes dress appropriately for games. As a school team, representing our school and community, each member should take pride in dressing respectfully. At any time if this is a concern, the student should talk with the Athletic Director.

Eligibility Requirements

A packet of required papers must be filled out by parent/guardian containing but not limited to:

- Athletic Handbook with Signed Consent form
- Emergency contact form
- Proof of Insurance

Physical Examination Any student who wishes to participate in BMS athletic programs are required to have proof of a **physical examination ONE WEEK PRIOR** to the first tryout/practice of their chosen athletic program. A student athlete will not be allowed to participate in practice or in competition without the required physical exam and medical approval. The cost of the physical is the responsibility of the parents.

Academic Standing: Board Policy JJIA An athlete must meet the academic behavior eligibility requirements as stated in the Student Handbook. Every 2 weeks, we follow a grade-check procedure that requires students to be passing all subjects at all times. The following are the steps of eligibility:

Step 1: Academic Warning Period For two weeks a student is allowed full participation and at the end of the two week period all grades must be passing and complete.

Step 2: Academic Probation Students may continue practicing, but they are not allowed to participate in any competitions or performances until the end of the two week probation period should all their grades be passing and complete.

Step 3: Academic Disqualification Students who do not meet the eligibility requirements after completion of Step 1 and Step 2 will be ineligible to participate for the remainder of the designated extra curricular trimester.

It is to be understood that if an athlete is struggling with any academic subject, priority will be given to any after school program to assist that student to retain eligibility. The assistance will be considered an excused absence from the practice or game/meet.

TEAM EXPECTATIONS- SPORT SPECIFIC INFORMATION

Each sport has its own unique requirements and risks. To ensure that the parent is informed prior to authorizing a child's participation in interscholastic athletics, the coach of each sport will speak on health risks particular to that sport at the mandatory preseason meeting. Instructional methods used to minimize these risks will also be explained. Questions are welcome.

In addition to becoming eligible and completing the necessary paperwork, each athlete must follow the specific rules developed by the coach. A clear understanding of these rules makes for a pleasant relationship among the parent, coach, and athlete. At the preseason meeting each coach will discuss his/her expectations concerning:

1. School and practice attendance
2. Practice schedule
3. Team selection process including skill level expectations
4. Training rules
5. Citizenship/academic development
6. Sickness/return from injury/emergency care
7. Competition participation criteria
8. Parental involvement
9. Criteria for receiving participation certificates, letters, and other awards
10. Transportation
11. Other Items

Athletes are expected to adhere to all coach-established rules and regulations. Failure to meet expectations may result in discipline and/or exclusion from extra-curricular activities.

Tryouts and Team Structures

Tryouts Bucksport Middle School tries to include as many students as possible for each interscholastic sport. Students are placed on the team that the coaches believe will best meet the ability of that student. This means that every student who meets eligibility criteria and attends tryouts is given an opportunity to become a member of a team.

Students are placed on teams using a list of criteria created by the coach prior to the first day of tryouts. For example, "The student must be able to make a lay-up". Tryouts must last for at least two practice sessions to ensure that students have adequate time to demonstrate their skills. The coach will keep accurate data on how each student's skills compare with the criteria.

Interscholastic Offerings and Team Structures Below is the interscholastic offerings for both boys and girls at Bucksport Middle School.

Sport	Boys	Girls	B-Teams
Soccer	X	X	X
Football	X	X	
Cross Country	X	X	
Golf	X	X	
Basketball	X	X	X
Cheering	X	X	
Wrestling	X	X	
Baseball	X	X	
Softball		X	

Grade Eligibility for Participation

<u>Sport</u>	<u>Grades</u>					
Soccer	6-8	Football	7-8	Cross Country	5-8	Golf 5-8
Basketball	6-8	Cheering	6-8	Wrestling	5-8	
Baseball	6-8	Softball	6-8	Track	5-8	

*If there are not enough student athletes trying out for a given sport within identified grade span to meet the minimum number of participants listed below, an additional tryout will be held for the grade below.

Team Size Guidelines Number of students per team

Soccer-18/20	Football - 35 max	Cross Country - None	Golf-None	Basketball - 12/15
Cheering-18 Max.	Wrestling-None	Baseball -13/16	Softball-13/16	Track-None

* Minimum numbers only apply when there are students being cut from a team. If there are not enough student athletes trying out for the sport to meet the minimum number, a determination will be made by administration as to whether or not to run said program.

The athletic director, principal and coach will assess each season as to the level of interest and general age and ability levels of the athletes. We will then make recommendations to the School Board if altering the Team Structures or Team Size Guidelines is necessary.

PRACTICES, PLAYING TIME AND TRANSPORTATION

Practices

Athletes are expected to attend all practices and games on time and with a positive attitude.

In case of a doctor's appointment, illness or other emergencies the athlete or athlete's parents should notify the coach as soon as possible.

Students who face a conflict of obligations with other extra-curricular activities have a responsibility to communicate with coaches and extra-curricular leaders to work out a plan.

A student athlete will not be penalized for an excused absence or extra-curricular conflict, given proper communication.

- Extended excused absences could result in a loss of playing time not as a punishment but because of conditioning and missing skills and strategy due to lack of practices.

Unexcused absence is when a player fails to personally notify the coach before the practice or game he/she is going to miss and/or the unexcused absence is when the excuse given is not acceptable.

- One unexcused absence impacts playing time in the next game
- Two unexcused absences results with the athlete becoming ineligible to participate in the activity and may be asked to turn in their uniform to the athletic director

Any student athlete who is a member of a Bucksport Middle School Team and is participating in another recreational sport outside of school **will be expected to give first priority** to practices and games scheduled for the BMS team.

Absence from School Students who have an unexcused absence from school may not participate in any after school activities for that day. If a student arrives to school after 8:30, or is dismissed early, he/she may not participate in after school activities. The exception to these rules must be extenuating, usually medical, and **MUST be accompanied by a doctor's appointment note.** Final determination of eligibility will rest with the building administrator.

Playing Time

- All "A" Level players can expect playing time in all regular season games and significant playing time over the course of the season. Playing time may not be equal and will be based on attitude, hustle, skill and understanding of team strategies, attendance and the flow of each game.
- All "B" Level players can expect approximately equal playing time over the course of the season.

The athletic director will try and schedule games with teams of varying ability levels to enable coaches to meet playing time needs of all students.

Please remember that playing time is at the discretion of the coach. Coaches will follow these set guidelines to the best of their ability.

Transportation To and From School Sponsored Activities - Board Policy EEAA

The RSU 25 Board of Directors expects that students who participate in school sponsored activities or events that take place away from the school they attend must ride to the activity from the school and return to school following the activity on District transportation, subject to the following exceptions.

A student may be released from or following an activity or event to:

- A. His/her parent or guardian;
- B. An adult member of the student's immediate family other than his/her parent or guardian, provided that parental permission has been submitted
- C. The parent/guardian of another participant in the activity, provided that parental permission has been submitted in advance of the activity or event to the building principal/designee.

For the purpose of this policy "immediate family" means parent, grandparent, or sibling.

THE FOLLOWING THREE PAGES NEED COMPLETED AND APPROPRIATELY SIGNED AND RETURNED TO THE ATHLETIC DIRECTOR OR THE MAIN OFFICE BEFORE STUDENT PARTICIPATES IN ANY EVENT. Completing these online in RankONE is the preferred option.

Consent Form

Emergency contact sheet with Insurance information

Concussion Information Sheet

Parental Statement of Understanding

Handbook Disclaimer: Please note that it is not possible for a handbook to be all-inclusive in covering every possible matter of importance pertaining to schools, however administration reserves the right to act accordingly in the best interest of all on all matters that arise. That may or may not include changing terms of the handbook at any time without notice. Additionally, should there be a conflict between the handbook and Board Policies, policies will dictate the decision-making process.

The School Policy is published in the Student Handbook and also available on the school website: www.rsu25.org

Thank you in advance for your positive support of the Bucksport Middle School Programs.

BUCKSPORT MIDDLE SCHOOL Parent & Student Consent-Risk Acknowledgement

Student Name: _____ **Grade** _____

The above student has permission to try out and participate in: (Check all appropriate sports that apply to this student.)

Football___ **Soccer**___ **X-Country**___ **Basketball**___ **Cheering**___ **Baseball**___ **Softball**___
Track___ **Wrestling**___ **Golf**___

ATHLETIC RULES: I acknowledge that I understand the RSU25 Academic Eligibility Policy (JJIA) and the Chemical Use Policy (JJIE) as well as the basic athletic participation guidelines set forth by the RSU 25 and the Bucksport Middle School and I agree to follow them with the understanding that a violations of these standards may result in suspension or dismissal from the athletic team I participate on.

CONSENT FOR EMERGENCY TREATMENTS (parent)

I authorize the Bucksport Middle School and its employees to act in my place in all respects and with all immunities should the need arise during the course of an athletic activity or related travel. This shall include, but not limited to, obtaining emergency medical treatment.

ACKNOWLEDGEMENT OF RISKS (parent and student)

I agree that during the course of travel in connection with an athletic event, my child is not within the physical custody of the district to the same extent as while on school grounds and it is impossible for the district and its employees responsible for a particular athletic activity to personally supervise each student in the activity at every moment. My child has voluntarily chosen to participate in athletics and any related travel. I agree to release, indemnify and hold the district, its Directors, employees or agents harmless from any claims arising from any injury related to my child's participation in athletics. I hereby assume all risks associated with such participation.

I am aware that playing or practicing to play/participate in any sport can be a dangerous activity involving many risks or injuries. I understand that the dangers and risks of playing or practicing to play in athletics include, but are not limited to death, serious neck and spinal injuries which may result in musculoskeletal system, and serious injury or impairment to other aspects of the body, general health and well-being. I understand that the dangers and risks of playing or practicing to play may result in, not only serious injury, but in a serious impairment of future abilities to earn a living and to engage in other business, social and recreational activities.

Because of the dangers of participation in athletics, I recognize the importance of following coaches; instructions regarding playing and training techniques, and team rules, etc. and agree to obey such instructions.

In consideration of Bucksport Middle School permitting me to try out for a sport and engage in all activities related to that sport, including but not limited to, trying out, practicing, or playing in an interscholastic game, I hereby assume all risks associated with such participation. Also, I will agree to report all injuries to my coach as soon as the injury occurs, but not later than twenty-for (24) hours after occurrence.

SUMMARY OF ACKNOWLEDGEMENT AND AUTHORIZATION

By signing below, the parent/guardian and the student athlete acknowledge that:

- Have read and understand the athletic rules and policies adopted by the RSU 25 Board and the Bucksport Middle School.
- Have acknowledged risks associated with participation in athletic activities.
- Have given consent for medical treatment
- Have proved medical insurance coverage information
- Have an up-to-date physical exam on record at school.
- Agree to release and hold harmless Bucksport Middle School and its employees, agents, coaches and volunteers.
- Given permission for student whose name appears on this form to try out, practice and participate in interscholastic games in all sports checked off at the beginning of this form.

Parental Statement of Understanding:

I understand the policies governing interscholastic athletics in the Bucksport Middle School through the preseason meeting and the Bucksport Middle School Athletic Handbook, and by my signature grant permission for the student's participation. I also understand that participation in school-sponsored activities is a privilege and not a property right; and therefore, the school's principal may suspend my son/daughter from participation by declaring him/her not in good standing if the student's character or conduct is such as to reflect discredit upon his/her school.

Print Name of Parent/Guardian

Print Name of Student

Signature of Parent/Guardian

Signature of Student

Date: _____

Attended Preseason Meeting: Yes _____ No _____

RSU 25 - Bucksport Middle School - Athletic Emergency Contact Sheet

**The following must be filled out and turned into the Athletic Director BEFORE any student may participate in any sport.*

Student Name: _____ Grade _____

Parental Contact Name: _____

Phone Number(s): _____

Emergency Contact Name: _____

Phone Number(s): _____

Information Update: I hereby agree as parent/guardian, I will carry for my above mentioned child adequate accident insurance coverage and will also indemnify and hold harmless the RSU 25 District from all expenses or damage resulting from participation in any approved and sponsored athletic activity.

INSURANCE COMPANY NAME: _____

Policy # _____ Group # _____

I give consent for the above named student to participate and travel with the school athletic activities. I also consent to the student having a physical exam by a physician, on file with the school according to the athletic handbook.

In case of injury I give my permission for the above named student to be treated by trainer or ambulance if necessary in the opinion of the coach and/or trainer.

Parent Signature: _____

Printed Name: _____

Date: _____

Please check any medical conditions the student has.

Sprained ankle/knee _____	Recurring knee pain, swelling or loose joints _____
Broken any bones _____	Been knocked out or had concussion _____
Back pain _____	Any serious medical problems/injury _____
Mononucleosis _____	On any medications _____
Visual difficulty _____	Heart murmur/heart issues _____
Had any surgery _____	Asthma/allergies _____
Wear glasses _____	Contacts _____
Dental Braces/bridgework _____	

Please describe any of the above that are checked:

If currently under doctor's care, Please explain: _____
