

Paperwork for Athletes

Students MUST have the following on file at QOHS to participate in a Sport. ALL paperwork must be correctly completed, signed and turned in before or during Paperwork Collection:

- _____ Student-Parent Permission Form (1 necessary for each sport)
(completed and signed by Parent AND Athlete)
- _____ Completed Health Inventory **OR**
Student has Current Physical on file at QOHS
(Physicals are good for only 1 calendar year from the date of the exam)
- _____ Medical Card – 1 Page Form Preferred
- _____ Insurance Form (Football Only)

NOTE: All forms can be found online at

<http://www.qocougars.org/index.cfm?action=main.fileslinks>

Fall 2011 Paperwork Collection Information

The first day of tryouts for the Fall season is Sat. 8/13, paperwork must be turned in by the end of the day on the 12th to ensure the student can tryout on the 13th.

Thursday, August 11th

5:30pm – 7:30pm = Open Collection

Any student planning to try-out for any team.

Friday, August 12th

9:00 – 9:45 ----- **Football** = 11th and 12th grade

9:45 – 10:30 ----- **Football** = 9th and 10th grade

10:30 – 11:15 ----- **Boys Soccer** (JV and Varsity)

11:15 – 12:00 ----- **Girls Soccer** (JV and Varsity)

12:30 – 1:15 ----- **Field Hockey** (JV and Varsity)

1:15 – 2:15 ----- **Cross Country** (Girls and Boys)

2:15 – 3:00 ----- **Volleyball** (JV and Varsity)

3:00 – 3:30 ----- **Tennis**

3:30 – 4:00 ----- **Golf**

If you cannot make one of the above dates/times, paperwork should be mailed to the address below or placed in the Athletic Director's mailbox at QOHS by Tuesday, August 9th to ensure that the student can participate on August 13th.

QOHS Athletics
15800 Quince Orchard Road
Gaithersburg, MD 20878