



Oyster-Adams Athletics: School Year 2022-2023

Which sports will be offered?

FALL Sports

- Elementary school boys' cross-country (4th & 5th grade)
- Elementary school girls' cross-country (4th & 5th grade)
- Middle school boys' cross-country (6th-8th grade)
- Middle school girls' cross-country (6th-8th grade)
- Middle school boys' soccer (6th-8th grade)
- Middle school girls' soccer (6th-8th grade)
- Middle school girls' volleyball (6th-8th grade)

WINTER Sports

- Elementary school boys' basketball (4th & 5th grade)
- Elementary school girls' basketball (4th & 5th grade)
- Middle school boys' basketball (6th-8th grade)
- Middle school girls' basketball (6th-8th grade)
- Middle school girls' & boys' swimming (6th-8th grade)
- (maybe) Middle school girls' & boys' indoor track (6th-8th grade)

SPRING Sports

- Elementary school boys' track (4th & 5th grade)
- Elementary school girls' track (4th & 5th grade)
- Middle school boys' track (6th-8th grade)
- Middle school girls' track (6th-8th grade)

Some but not all coaches are in place. We still need cross-country coaches and possibly an assistant soccer coach. If you are interested in coaching, or if you have any questions about athletics, please contact Athletic Director Stuart Logan: 202.213.8309 or udfan1@gmail.com.

What forms are required?

The DCIAA athletics forms process is digital. Begin the process at [www.thedciaa.com]. Select Athletes [www.thedciaa.com/athletes] then Participation Forms [<https://www.thedciaa.com/participation-forms>].

1. Choose MS/ES Participation Packet [DO NOT CHOOSE HS Participation Packet]. Read the instructions under DCPS Student-Athlete Participation Packet, click the “By continuing...” box, then click the blue “Next” button. Complete the 3 forms:

- Consent for Athletic Participation (AT-13).
- Athlete Data & Emergency Treatment Information (AT-14);
- Parent & Athlete Concussion Information Sheet. *

2. Upload a PDF of your student’s Universal Health Form (UHC). The form must reflect an in-person physical that occurred within the past calendar year.

It is the same health form you submit to the school when you enroll in school. Please retain a copy! Even if you submitted a still valid UHC for the 2021-22 SY, please upload another copy b/c we are starting the new school year. **

*****Important: The UHC must be signed by a doctor or nurse practitioner—not a physician’s assistant or nurse—and stamped with the medical office’s stamp, both within the past calendar year.***

- **Please use a PDF.** Pictures or jpegs are often illegible. If the Athletic Trainer can’t read the copy, she will reject it. PLEASE DO NOT SUBMIT THE 3 FORMS IN ABOVE WITHOUT ALSO ATTACHING A PDF OF YOUR CHILD’S CURRENT UHC.
- Upon completion and attachment of all Forms, please select Oyster-Adams for both prompts (Athletic Trainer & Athletic Director) so that we receive the forms.
- If you submit your forms but do not hear from Stuart Logan in a few days that your forms were approved, they might have been rejected by the Athletic Trainer. If that happened, the AT would have sent you an e-mail, from [<noreply@seamlessdocs.com>](mailto:noreply@seamlessdocs.com), rejecting the forms and (very briefly) stating the problem. Please check your junk box for that e-mail.

When do I need to submit those forms?

Please submit the forms as soon as possible. Your student will not be allowed to begin practices until the forms are submitted and approved. Your child’s UHC must have been completed within the past calendar year.

* Students with certain medical conditions may also need to complete an Asthma Action Plan or Anaphylaxis Action Plan, both of which are available at www.thedciaa.com.

** You should have the UHC (and any other required PDF forms, e.g., Asthma or Anaphylaxis Action Plans) ready to upload BEFORE starting the online submission process. This includes

filling out Part I of the UHC (child personal information) before you take it with you to your physician or the walk-in clinic when obtaining your child's physical.

If an athlete's UHC expires during a sports season, she will not be allowed to continue participating until the UHC is updated w/ a new physical—either from your child's regular doctor or sports physical from a walk-in clinic like CVS Minute Clinic. When you go to obtain a new physical, please access a blank UHC form at <https://www.thedciaa.com/participation-forms>, complete Part 1 online, and take the UHC with you to your doctor or clinic to be filled out, signed, stamped, and dated.

Please be aware that some walk-in clinics (e.g., Medstar Health Urgent Care, Adams Morgan) might not be willing to fill out the DCIAA UHC. Please ask them before getting your child's physical.

If the doctor or clinic is not willing to complete the UHC, your child will not be approved for school sports.

Do I need to do anything else?

If you did not submit a Covid vaccine card for your child to participate in sports last year, please send a copy to Stuart Logan.

If you know your child is interested in participating in a sport in Fall 2022, please contact Stuart.

Athletic Director Stuart Logan: 202.213.8309 or udfan1@gmail.com