

**FOX CHAPEL AREA MIDDLE/HIGH SCHOOL
SPORTS PHYSICAL EXAMS and ImPact Testing**

The Fox Chapel Area Athletic Training Department in conjunction with *UPMC and Dr. Matt Schaffer* will be providing pre-participation physical exams, at no cost, for Dorseyville Middle School athletes' participation in the **FALL** sports season on the following dates/times:

DORSEYVILLE MIDDLE SCHOOL PHYSICALS:

| DAY: | DATE: | TEAM: | GRADES: | PHYSICAL LOCATION: | TIME: |
|----------------------|--------------|-------------------|----------------|---------------------------|--------------|
| Wed., June 1, 2016 | | Girls' Basketball | TO BE 7, 8 | DMS Nurse's Office | 9:00 a.m. |
| | | Cross Country | TO BE 7, 8 | DMS Nurse's Office | 9:00 a.m. |
| | | Soccer | TO BE 7, 8 | DMS Nurse's Office | 9:00 a.m. |
| | | Field Hockey | TO BE 7, 8 | DMS Nurse's Office | 9:00 a.m. |
| | | Cheerleading | TO BE 7, 8 | DMS Nurse's Office | 9:00 a.m. |
| Friday, June 3, 2016 | | Football | TO BE 7,8 | DMS Nurse's Office | 9:00a.m. |
| | | Boys' Soccer | TO BE 7,8 | DMS Nurse's Office | 9:00a.m. |
| | | Boys' C.C. | TO BE 7,8 | DMS Nurse's Office | |

DMS ImPact Testing Dates:

| DAY: | DATE: | TEAM: | GRADES: | LOCATION: | TIME: |
|-------------|----------------|-----------------------------|---|--------------------------|--------------|
| Tuesday, | May 3, 2016 | Football | rising to 7 th & 9 th | DMS Computer Lab | 3:00p.m. |
| Wednesday, | May 4, 2016 | Football | rising to 7 th & 9 th | DMS Computer Lab | 3:00p.m. |
| Thursday, | May 5, 2016 | B/G Soccer | rising to 7 th & 9 th | DMS Computer Lab | 3:00p.m. |
| Tuesday, | May 10, 2016 | B/G Soccer | rising to 7 th & 9 th | DMS Computer Lab | 3:00p.m. |
| Wednesday, | May 11, 2016 | G. Basketball | rising to 7 th & 9 th | DMS Computer Lab | 3:00p.m. |
| Thursday, | May 12, 2016 | Field Hockey & Cheerleading | rising to 7 th and 9 th | DMS Computer Lab | 3:00p.m. |
| Monday, | August 8, 2016 | ALL FALL SPORTS | | HIGH SCHOOL COMPUTER LAB | 9am to 11am |

****Students rising to 9th grade who are interested in playing Field Hockey, B/G Golf, Girls' Tennis, B/G Soccer/ Cross Country, Football, or Girls' Volleyball should receive their physicals on the dates specified for their respective teams or these students can also receive their physicals at DMS by making an appointment with the school nurse.**

*****HEAT ACCLIMIZATION for football will be held beginning on Monday, August 8, 2016 for JV/Varsity players ONLY. Physicals are required to be turned into the athletic office by Friday August 7, 2015 prior to participation.**

IMPORTANT INFORMATION:

- Under PIAA By-Laws, all athletes must have a physical examination by a licensed physician before beginning practice.
- Only **ONE** sports physical is required for each academic year to participate in interscholastic athletics.
- Physicals will last approximately 45 minutes and athletes should wear shorts and a t-shirt the day of the exam.
- Physicals must be acquired no more than 6 weeks prior to the start of the season with the exception for fall sports where physicals may be given on or after June 1.
- ImPact Testing will be administered for all contact sports for students entering grades 7, 9 and 11.

No athlete will be permitted to participate in interscholastic athletics for the Fox Chapel Area School District until the following requirements have been satisfied:

1. Physical Examination Registration (Family ID)—Must be completed along with sections 5 and 6 of the PIAA CIPPE forms. All documents and registration should be turned into the **ATHLETIC OFFICE NO LATER THAN Wednesday, August 3, 2016, at 2:00 p.m.**
2. **ALL FORMS MUST BE TURNED INTO THE HEAD COACH or ATHLETIC OFFICE NO LATER THAN Wednesday, August 3, 2016.** You may obtain a physical from your personal physician however, if you choose to do so, you are still required to complete the Family ID registration process and turn in sections 5 and 6 of the PIAA CIPPE Forms.
3. Students with pre-existing injuries are not eligible to receive a physical from the school physician until medical clearance is received from treating physician.

****No student will be permitted to participate in a sport without a completed physical that falls within the desired guidelines.****

Directions to complete Sports Physical Forms for DMS

- Go to the DMS Home page
- Click on "Athletics"
- That will take you to the FCASD Athletics page
- On the right hand side you will see a blue logo that says "REGISTER NOW. Powered by Family ID."
- Click on the blue box within that section for "Family ID."
- Scroll down to "2016 Fall Sports Registration"
- Scroll to the bottom to Log In or Create a Family ID account (You will need your child's Student ID # to do this-it can be found on his/her report card or he/she may even know their number—it's also the number they use at lunch time to purchase his/her meal.) If you have already created a Family ID account all you need to do is log in with your user name and password that you have previously created.
- Once you do this, it should walk you through the process of completing the form. Questions about the Family ID system should be directed to the company at 1-888-800-5583.
- Have student then turn in Section 5 (completed and signed) and 6 to the nurse ASAP so she can put him/her on the schedule to see the school doctor on either Monday, June 1, 2016 (girls') or Wednesday June 3, 2016 (boys').

PLEASE NOTE THERE WILL BE NO MAKE-UP PHYSICALS PROVIDED BY THE DISTRICT