

## 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 high school athletes' participation in the **FALL** sports season on the following dates/times:

### HIGH SCHOOL PHYSICALS:

DAY:	DATE:	TEAM:	PHYSICAL LOCATION:	TIME:
Wednesday,	June 1, 2016	JV/Varsity Girls' Field Hockey	High School Nurse's Office	2:30 p.m.
		JV/Varsity Girls' Volleyball	High School Nurse's Office	2:30 p.m.
		Cheerleading (JV/Varsity)	High School Nurse's Office	2:30 p.m.
		JV/Varsity Girls' CC	High School Nurse's Office	2:30 p.m.
		JV/Varsity Girls' Soccer	High School Nurse's Office	2:30 p.m.
		JV/Varsity Girls' Tennis	High School Nurse's Office	2:30 p.m.
		JV/Varsity Girls' Golf	High School Nurse's Office	2:30 p.m.
Friday,	June 3, 2016	JV/Varsity Boys' Soccer	High School Nurse's Office	2:30 p.m.
		JV/Varsity Boys' Golf	High School Nurse's Office	2:30 p.m.
		JV/Varsity Boys' Cross Country	High School Nurse's Office	2:30 p.m.
		JV/Varsity Football	High School Nurse's Office	2:30 p.m.

**\*\*\*Rising 9<sup>th</sup> graders can attend either the physical given at DMS or the HS if playing FR/JV/V football.**

### \*\*\*HS ImPact Testing (All athletes rising to grades 9 and 11 and those new a sport not previously tested)

DAY:	DATE:	TEAM:	LOCATION:	TIME:
Tuesday,	May 17, 2016	JV/V/FR Football	HS Room 124	2:30pm
Monday,	August 8, 2016	Football (JV/V/FR Make Up) Boys' Soccer Girls' Soccer	HS Room 124	9am to 11am
Monday,	August 8, 2016	Girls' Volleyball Field Hockey Cheerleading	HS Room 124	11am to 1pm

**\*\*Students rising to 9<sup>th</sup> 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.\*\***

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