

# NORTHAMPTON HIGH SCHOOL

## Athletic Department



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Dear Athlete/Parent:

**PLEASE NOTE:** The Northampton Area School District will be providing the PIAA state mandated physical examination free of charge. Please wear loose clothing and no jewelry for the exam. Also, bring your glasses or contact lenses if they are prescribed. Please read the following instructions carefully.

**PRACTICE** for **FALL SPORTS** begins on **MONDAY, AUGUST 12, 2019**. Varsity/JV Football heat acclimatization begins on August 5, 2019. In order to participate, you **must** have a physical on or after **June 1, 2019**. St. Luke's Physician Group, Inc. will be doing the physicals. All the appropriate paperwork must be completed, signed and given to the physician on the day of your physical. Sections 1-5 of the PIAA Comprehensive Initial Pre-Participation Physical Examination must be filled out completely by you. **In Section 2, please check off any sports that you may be interested in playing during the school year.** Section 6 will be filled out by our school physician. Also, the Code of Conduct Consent Form/Risk of Injury must be filled out completely. Your coach will inform you of the time and place of your first practice.

All athletes must have a baseline impact test in our system before trying out for a fall sport. For the 2019-20 school year, all 7<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> graders are required to have a new impact baseline test before trying out for a sport, as well as any transfer students and/or new athletes. All other students will not need a new test if they already have one in our system. Impact tests will be administered in the High School computer labs by our Athletic Training Staff. They will take place on Tuesday, June 4, with start times at 3:00 p.m., 3:30 p.m. and 4:00 p.m. and Monday, August 5, with start times at 1:00 p.m., 1:30 p.m., 2:00 p.m. and 2:30 p.m. in Rooms 2305, 2306, 2307 and 2308 of the High School. **Please contact Jorge Perez to reserve a spot at [perezj@nadschools.org](mailto:perezj@nadschools.org)**

**REMEMBER – IF YOU DO NOT TURN IN ALL YOUR COMPLETED FORMS ON THE DAY OF YOUR SCHOOL PHYSICAL, YOU WILL NOT BE ABLE TO GET A PHYSICAL.**

**IMPORTANT NOTE:** If you choose not to participate in the School District's physical examination program, you will be responsible to have all paperwork and examination completed by a licensed physician. At that time you must have your physician fill out Section 6. Sections 1-5 must be completed by you along with the Code of Conduct Consent Form/Risk of Injury.

**All original completed and signed paperwork must be returned to the Athletic Office by Monday, July 29, before practice begins. No copies or faxes will be accepted. You will not be allowed to participate without a physical and all completed forms.**

**PLEASE NOTE:** Due to lack of time and privacy, the school provided physicals do not include testicular examinations. It is highly recommended to discuss this with your family doctor.

**PHYSICALS** for **FALL SPORTS** will take place in the High School Gym. The date and time of the physicals is listed below:

**TUESDAY, JUNE 4, 2019 (5:00 – 6:00 P.M.)**

Competitive Cheerleading	-	(7 <sup>th</sup> – 12 <sup>th</sup> grades)
Girls Cross Country	-	(7 <sup>th</sup> – 12 <sup>th</sup> grades)
Field Hockey	-	(7 <sup>th</sup> – 12 <sup>th</sup> grades)
Girls Soccer	-	(9 <sup>th</sup> – 12 <sup>th</sup> grades)
Girls Tennis	-	(9 <sup>th</sup> – 12 <sup>th</sup> grades)
Girls Volleyball	-	(7 <sup>th</sup> – 12 <sup>th</sup> grades)

**TUESDAY, JUNE 4, 2019 (6:00 – 7:00 P.M.)**

Boys Cross Country	-	(7 <sup>th</sup> – 12 <sup>th</sup> grades)
Football	-	(7 <sup>th</sup> – 12 <sup>th</sup> grades)
Golf	-	(9 <sup>th</sup> – 12 <sup>th</sup> grades)
Boys Soccer	-	(9 <sup>th</sup> – 12 <sup>th</sup> grades)

Information on athletic activities, such as game schedules, postponements, results and special information, is available on our website @ [www.nadschools.org](http://www.nadschools.org) (Athletics).