

# 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 examinations free of charge. Please wear loose clothing and no jewelry for the exam. Please bring glasses or contacts for the vision exam. Please read the following instructions carefully.

**PRACTICE for WINTER SPORTS begins on FRIDAY, NOVEMBER 16, 2018.** In order to participate, you must have a physical on or after June 1, 2018. 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 playing during the school year. Section 6 will be filled out by our school physician. If you participated in a fall sport, then you need to only fill out Section 7 – Recertification, unless you sustained an injury requiring medical attention, then you would also need to fill out Section 8. Also, the Code of Conduct Consent Form/Risk of Injury must be filled out completely.

All athletes must have a baseline impact test in our system before trying out for a winter sport. All 7<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> graders are required to take another impact test unless they took one in the fall. Impact tests will be administered in the High School computer labs by our Athletic Training Staff. They will take place on Tuesday, Oct. 23, with start times of 3:00 p.m., 3:30 p.m., and 4:00 p.m. and Wednesday, November 14, with start times of 3:00 p.m., 3:30 p.m., 4:00 p.m. and 4:30 p.m. in Rooms 2305, 2306, 2307 and 2308 of the High School. **Please contact Jorge Perez to reserve a spot at [perezj@nasdschools.org](mailto:perezj@nasdschools.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 Friday, November 9, 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 WINTER SPORTS will take place in the High School Gym. The date and time of the physicals are listed below:

**TUESDAY, OCTOBER 23, 2018 - 5:00 p.m. – 7:00 p.m.**

Boys Basketball (7<sup>th</sup> – 12<sup>th</sup> grades)  
Girls Basketball (7<sup>th</sup> – 12<sup>th</sup> grades)  
Boys Swimming (9<sup>th</sup> – 12<sup>th</sup> grades)  
Girls Swimming (9<sup>th</sup> – 12<sup>th</sup> grades)  
Wrestling (7<sup>th</sup> – 12<sup>th</sup> grades)

**Please note: Bring glasses or contacts for vision exam.**

Your coach will inform you of the time and place of your first practice.

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