

Dear Parents / Guardian and Student-Athlete:

The Pennsylvania Interscholastic Athletic Association (PIAA) mandates that each student-athlete adhere to their regulations for Athletic Physical Exams.

What does this mean for you?

- The form titled ***“PIAA Comprehensive Initial Pre-Participation Physical Evaluation.”*** is the only form that the PIAA will allow us to accept. This form can be found at the school main office, in the athletic office or on the school district web site within the athletic section.
- This type of sports physical is comprehensive and will not require re-certification. Exception: if an injury occurs to the athlete that would require a recertification by qualified medical personal or if deemed necessary by the school athletic trainer
- Due to the complexity of the exam, exams will not be offered at school. If there is an extenuating circumstance you are to contact the Director of Athletics right away.

Other Notes:

- All physical evaluations must occur on or after June 1st of this year. Note: physical exams dated on or before May 31st will not be accepted.
- A multi-sport athlete will additionally be required to fill out and turn in a 1 page medical questionnaire that will be reviewed by medical personnel before he/she will be approved to start the next sport.
- If an athlete has a physical in June or July but does not participate in a sport until winter or spring, he/she will have to fill out and turn in the 1 page medical questionnaire to be reviewed by medical staff before he/she will start participating that season.
- It is highly recommended that you receive an exam from your family physician. Other options are Walk-in Medical Clinics offered by Geisinger Care Works at 1(800)818-1276, Coordinated Health at (610)861-8080 or minute clinic at (866)389-2727.
- NO ONE will start practice or participate in any in-season activities until the proper physical exam paperwork is completed.
- 11th graders should coordinate their 11th grade physical and their sports physical...take both forms along to the exam.
- **High School Athletic Programs:** Boys and Girls Cross Country, Field Hockey, Football, Boys and Girls Tennis, Boys and Girls Soccer, Cheerleading, Boys and Girls Basketball, Wrestling, Baseball, Softball, and Boys and Girls Track
- **Middle School Athletic Programs:** Boys and Girls Cross Country, Football, Field Hockey, Boys and Girls Soccer, Boys and Girls Basketball, Wrestling, Softball, and Boys and Girls Track.

GO PIRATES !!!!!!!