



REQUIREMENTS FOR STUDENTS

New York State Law requires that all 9th graders, 11th graders, and incoming new students have a physical examination. The physical examination must be completed by a New York State licensed physician, physician assistant, or nurse practitioner. A physical examination that was completed anytime after September 1, 2018 would fulfill the physical requirement for the 2019-2020 school year. A physical (health examination) form from your child's physician is acceptable.

In addition to this NYS requirement, **physicals are also required for EVERY student that will be participating in a school sport during the 2019-2020 school year.** Student-Athletes must have a current physical on file in the Health Office for each sport, each season, and each year they would like to participate. Sports physicals must be received **PRIOR** to the first day of tryouts for that sport, **no exceptions.** Physicals are valid for one year and through the end of the month of when it was performed. For example: If tryouts for a Fall sport start on August 19, 2019, a physical completed anytime after August 1, 2018 would be considered valid and would allow the athlete to attend tryouts for that particular sport. Of course, a new physical would be required as soon as possible following that expiration date. **A review with the nurse at St. Mary's High School will also need to be completed prior to tryouts. A fully completed Interval Health History Form must be brought to your sports review.**

Dates for nurse reviews for **ALL** Fall Sport candidates are on:

Wednesday, July 24th between 8 a.m. and 11 a.m.
Monday, August 12th between 8 a.m. and 11 a.m.
Tuesday, August 13th between 8 a.m. and 11 a.m.
Monday, August 19th between 9 a.m. and 11 a.m.

At this July/August nurse review, provided your current physical was received and upon review of your Interval Health History Form, the athlete will be given a yellow **ATHLETIC CARD**, which will need to be presented to the coach at the first day of tryouts. Reviews will be first come, first served to see the nurse, so please come in on one of the above dates at a convenient time for you.

If a copy of your child's current physical was already submitted to the Health Office, there is no need to supply an additional copy.

The Interval Health History form and Health Examination (physical) form are available on the school's website, www.smhlancers.org, under the "Lancer Info" tab, in the list of Health Forms. Copies of both forms are also available for you to pick up in the Main Office.

Please feel free to contact the school nurse, Mrs. Hangen, with any questions at thangen@smhlancers.org or at school 716-683-4824, ext. 220. Please keep in mind that the nurse's office is closed during the summer months with the exception of the dates and hours listed above.