

# REQUIREMENTS FOR FALL 2020 ATHLETES

**Physicals are required annually for EVERY student that will be participating in a school sport.** 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. Physicals for a school sport 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 when it was performed. For example: If tryouts for a Fall sport start on August 24, 2020, a physical completed anytime after August 1, 2019 would be considered valid and would allow the athlete to attend tryouts for that particular season. 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 nurse sports review.**

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

Tuesday, August 18<sup>th</sup> between 8 a.m. and 11 a.m.

Wednesday, August 19<sup>th</sup> between 8 a.m. and 11 a.m.

Monday, August 24<sup>th</sup> between 8 a.m. and 11 a.m.

Tuesday, August 25<sup>th</sup> between 8 a.m. and 10 a.m.

At the 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 that is convenient 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](http://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](mailto:thangen@smhlancers.org). 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.