

**FOX CHAPEL AREA HIGH SCHOOL & DORSEYVILLE MS
SPRING SPORTS FIRST OFFICIAL DAY OF PRACTICE IS
MONDAY, MARCH 4, 2019**

ATHLETIC PHYSICAL REGISTRATION FOR SPRING SPORTS IS NOW OPEN!

Go to www.fcasathletics.org and "click" on the link (see below) to register your son/daughter on the Family ID Registration platform for spring sports.



Once on the Family ID webpage, scroll to the bottom of the page and "click" on [2019 Spring Sports Registration](#) in order to begin the registration process.

A Few Reminders to Parents:

- If your son/daughter plans to participate in a spring sport, he/she must receive a physical in order to participate in the sport of his/her choosing.
- *If your son/daughter participated in a fall/winter sport during the 2018 fall/winter campaign, he/she will NOT need a new physical as the one from the previous season will remain valid. A completed Family ID Registration will still be required.*
- Parents will need to complete sections 5/6 of the PIAA physical form (this is the actual health history/physical exam performed by the physician) which will need to be signed and returned by the treating physician to the athletic office by: [Friday, February 22, 2019](#), along with a completed Family ID Registration.
- Physical and ImPact Testing dates are attached to this email. Any student wishing to receive a physical from the school physician will be required to have previously registered on the Family ID system prior to receiving a physical.
- No student will be permitted to participate in practice/tryouts without a valid physical, a completed Family ID Registration and an ImPact test on file in the athletic office prior to the first day of spring sports.

Mandatory Spring Sports PIAA Practices begin on Monday, March 4, 2019:

HS SPORT:	1st Day of Practice:	Time:	Location:
Boys' Baseball	March 4	5 – 7p.m.	HS Aux Gym*

Freshmen Baseball	March 4	TBA	HS Aux Gym*
Boys' Lacrosse	March 4	5:30 p.m.-7:30p.m.	Stadium Turf*
Girls' Lacrosse	March 4	3 p.m.- 5:30 p.m.	Turf Pr. Field*
Softball	March 4	3 – 5 p.m.	HS Aux Gym*
Boys' Tennis	March 4	2:45 p.m.- 4 p.m.	Tennis Courts*
B/G Track	March 4	2:45 p.m.- 4:30 p.m.	HS Track*
Boys' Volleyball	March 4	5 p.m. – 7:30p.m.	HS Gym

*Indicates practice location and time are weather dependent.

<u>DMS SPORT:</u>	<u>1st Day of Practice:</u>	<u>Time:</u>	<u>Location:</u>
Boys' Baseball	March 4	3 p.m.	DMS Aux Gym*
Softball	March 4	3 p.m.	DMS Aux gym*
B/G Track	March 4	3 p.m.- 5:00 p.m.	Track*
Boys' Volleyball	March 4	TBA	TBA

Please direct all questions to the athletic office or contact the individual head coach for more information regarding physicals and the first day of practice details. A listing of all head coaches can be found at www.fcasdathletics.org under each respective sport.