



---

## FOX CHAPEL AREA SCHOOL DISTRICT SPORTS PHYSICAL EXAMS

The Fox Chapel Area Athletic Training Department in conjunction with *UPMC John, Chantz, Biedrzycki, and Associates* will provide pre-participation physical exams, at no cost, for high school and middle school athletes' participation in the **winter** sports season on the following dates/times:

**ONLINE PHYSICAL REGISTRATIONS ARE DUE:** Friday, November 8, 2013

### HIGH SCHOOL

DAY:	DATE:	TEAM:	PHYSICAL LOCATION:	TIME:
Monday, October 21, 2013		9 <sup>th</sup> Grade/JV/Varsity Boys' Basketball	High School Nurse's Office	2:30 p.m.
		JV/Varsity Wrestling	High School Nurse's Office	2:30 p.m.
		JV/Varsity Boys' Swimming/Diving	High School Nurse's Office	2:30 p.m.
Tuesday, October 29, 2013		JV/Varsity Girls' Basketball	High School Nurse's Office	2:30 p.m.
		JV/Varsity Girls' Swimming/Diving		
		Varsity Girls' Gymnastics		
		Cheerleading		

### DORSEYVILLE MIDDLE SCHOOL

DAY:	DATE:	TEAM:	PHYSICAL LOCATION:	TIME:
Wed., October 23, 2013		Girls' Junior High Volleyball	DMS Nurse's Office	9 a.m.
		Cheerleading	(By Appointment)	
Thursday, October 24, 2013		Boys' 7 <sup>th</sup> /8 <sup>th</sup> Grade Wrestling	DMS Nurse's Office	9 a.m.
		Boys' 7 <sup>th</sup> /8 <sup>th</sup> Grade Basketball	(By Appointment)	

Physicals will last approximately 45 minutes. Athletes should wear shorts and t-shirts the day of the exam. Registration on the Family ID web site **must** be completed prior to a student receiving his/her physical. No physicals will be given without the online registration process being completed. Any questions, **please call John Panos, Athletic Trainer/Assistant Athletic Director at 412-967-4407.**

Under PIAA By-Laws, all athletes must have a physical examination by a licensed physician before beginning practice. Only ONE sports physical is required for each academic year to participate in interscholastic athletics. **Physicals must be acquired no more than six (6) weeks prior to the first practice** of each season except for the fall sports season when physicals can be done after June 1. No athlete will be permitted to participate in interscholastic athletics for the Fox Chapel Area School District until the following requirements have been satisfied:

1. Physical Examination and Online Registration—Online physical registration and Sections 5 and 6 of the PIAA physical form must be completed **NO LATER THAN Friday, November 8, 2013, at 3:00 p.m.** Section 5 and 6 may be turned into the athletic office or head coach by the aforementioned date.
2. Students who have a pre-existing injury will need to be seen by his/her treating physician to be medically cleared before the school physician can perform a physical.

**\*\*No student will be permitted to participate in a sport without a completed physical that falls within the desired guidelines.\*\***

**PLEASE NOTE THERE WILL BE NO MAKE-UP PHYSICALS PROVIDED BY THE DISTRICT.**