

**FOX CHAPEL AREA DORSEYVILLE MIDDLE SCHOOL
SPORTS PHYSICAL EXAMS and ImPact TESTING**

The Fox Chapel Area Athletic Training Department in conjunction with *UPMC and Dr. Matt Schaffer* will be providing pre-participation physical exams, at no cost, for Dorseyville Middle School athletes' participation in the **FALL** sports season on the following dates/times:

DORSEYVILLE MIDDLE SCHOOL PHYSICALS:

DAY:	DATE:	TEAM:	GRADES:	PHYSICAL LOCATION:	TIME:
Mon., June 3, 2019		Girls' Volleyball	TO BE 7, 8	DMS Nurse's Office	9:00 a.m.
		Cross Country		DMS Nurse's Office	9:00 a.m.
		Soccer		DMS Nurse's Office	9:00 a.m.
		Field Hockey		DMS Nurse's Office	9:00 a.m.
		Cheerleading		DMS Nurse's Office	9:00 a.m.
Mon., June 3, 2019		Football	TO BE 7,8	DMS Nurse's Office	9:00a.m.
		Boys' Soccer		DMS Nurse's Office	9:00a.m.
		Boys' Cross Country		DMS Nurse's Office	

DMS ImPact Testing Dates: (chose either day to attend)

DAY:	DATE:	TEAM:	GRADES:	LOCATION:	TIME:
Monday, May 13, 2019 and Tuesday, May 14, 2019		Field Hockey Cheerleading Football B/G Soccer G. Volleyball	rising to 7 th and 9 th	DMS Athletic Training Room	3:00p.m.

MAKE UP DATES:

Monday, August 5, 2019	ALL FALL SPORTS	HS COMPUTER LAB	9a.m. to 11a.m.
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****Students rising to 9th grade who are interested in playing Field Hockey, B/G Golf, Girls' Tennis, B/G Soccer/ Cross Country, Football, or Girls' Volleyball should receive their physicals on the dates specified for their respective teams or these students can also receive their physicals at DMS by submitting sections 5/6 one week prior to physicals in order to schedule an appointment to receive a physical.**

*****HEAT ACCLIMIZATION for football will be held beginning on Wednesday, August 14, 2019 for 7th and 8th grader players ONLY. Physicals are required to be turned into the athletic office by Thursday, August 1, 2019 prior to participation.**

IMPORTANT INFORMATION:

- 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 will last approximately 45 minutes and athletes should wear shorts and a t-shirt the day of the exam.
- Physicals must be acquired no more than 6 weeks prior to the start of the season with the exception for fall sports where physicals may be given on or after June 1.
- ImPact Testing will be administered for all contact sports for students entering grades 7, 9 and 11.

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 Registration (Family ID)—Must be completed along with sections 5 and 6 of the PIAA CIPPE forms. All documents and registration should be turned into the **ATHLETIC OFFICE NO LATER THAN Thursday, August 1, 2019, at 2:00 p.m.**

2. **ALL PHYSICAL FORMS MUST BE TURNED INTO THE HEAD COACH or ATHLETIC OFFICE NO LATER THAN Thursday, August 1, 2019.** You may obtain a physical from your personal physician however, if you choose to do so, you are still required to complete the Family ID registration process and turn in sections 5 and 6 of the PIAA CIPPE Forms.
3. Students with pre-existing injuries are not eligible to receive a physical from the school physician until medical clearance is received from treating physician.

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

Directions to complete Sports Physical Forms for DMS

- Go to the DMS Home page
- Click on "Athletics"
- That will take you to the FCASD Athletics page
- On the right-hand side you will see a blue logo that says "REGISTER-NOW, Powered by Family ID."
- Click on the blue box within that section for "Family ID."
- Scroll down to "2019 Fall Sports Registration"
- Scroll to the bottom to Log-in or Create a Family ID account (You will need your child's Student ID # to do this-it can be found on his/her report card or he/she may even know their number—it is also the number they use at lunch time to purchase his/her meal.) If you have already created a Family ID account all you need to do is log in with your user name and password that you have previously created.
- Once you do this, it should walk you through the process of completing the form. Questions about the Family ID system should be directed to the company at 1-888-800-5583.
- Have student then turn in Section 5 (completed and signed) and 6 to the nurse ASAP so she may schedule an appointment to see the school doctor on Monday, June 3, 2019.

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