



**FOX CHAPEL AREA SCHOOL DISTRICT
SPORTS PHYSICAL EXAMS**

**Physicals: Monday, Oct. 14, 2019
Registration and Physicals due: Friday, Nov. 8, 2019 by 3:00p.m.**

The Fox Chapel Area Athletic Training Department in conjunction with *UPMC Dr. Matthew Schaffer* will be providing 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 REGISTRATION MUST BE COMPLETED BEFORE DR. SCHAFFER CAN ADMINISTER A PHYSICAL AT THE SCHOOL.

HIGH SCHOOL

DAY:	DATE:	TEAM:	PHYSICAL LOCATION:	TIME:
Monday, October 14, 2019		9 th 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.
		Varsity Boys' Swimming/Diving	High School Nurse's Office	2:30 p.m.
		Varsity Boys' Indoor Track	High School Nurse's Office	2:30 p.m.
Monday, October 14, 2019		JV/Varsity Girls' Basketball	High School Nurse's Office	2:30 p.m.
		JV/Varsity Girls' Swimming/Diving	High School Nurse's Office	2:30 p.m.
		Varsity Girls' Gymnastics	High School Nurse's Office	2:30 p.m.
		Varsity Girls' Indoor Track	High School Nurse's Office	2:30 p.m.

ImPACT TESTING DATES

Monday, October 14, 2019	Boys' Winter Sports	HS Computer Lab	2:30 to 4:30 p.m.
Monday, October 14, 2019	Girls' Winter Sports	HS Computer Lab	2:30 to 4:30 p.m.

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.
- ImPact Testing will be administered for all contact sports for students entering grades 7, 9 and 11 as stated above.
- Students who participated in a fall sport must still register on the Family ID system prior to **November 8, 2019**.

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 prior to receiving a physical from the school physician. You may obtain a physical from your personal physician. All documents and registration should be turned into the **ATHLETIC OFFICE NO LATER THAN Friday, November 8, 2019 at 3:00 p.m.**
2. 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.****

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