



**FOX CHAPEL AREA HIGH SCHOOL & DORSEYVILLE MIDDLE SCHOOL
2021 SPRING SPORTS REGISTRATION IS NOW OPEN!**

FCAHS & DMS FIRST OFFICIAL DAY OF PRACTICE IS MONDAY, MARCH 8, 2021

FREE SPORTS PHYSICALS WILL BE HELD ON MONDAY, FEBRUARY 1, 2021, from 6-7:00 p.m. in the high school athletic training room. Please note there will be no make up physicals.

No appointment is necessary! Any high school or middle school student wishing to receive a physical from the school physician will be required to have previously registered on the Family ID system and bring a signed (by the parent/guardian) PIAA section 5 of the physical form prior to receiving a physical.

- **HIGH SCHOOL and MIDDLE SCHOOL PHYSICALS: 6-7:00 p.m. – High School Athletic Training Room.** Please use the entrance at the fox statue. Upon entering the building, students will be directed to report to the athletic training room. **Masks and social distancing will be required during physicals.**
- ImPACT concussion testing for students in grades 7, 9, and 11, OR students new to a contact sport, can be accessed at home (see details on page 2).

TO REGISTER FOR THE SPRING 2021 FC SPORTS SEASON: Go to www.fcasdathletics.org and click on the link that says “Register Now”



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 **2021 Spring Sports Registration** in order to begin the registration process.

A Few Notes to Parents:

1. 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 and can be found both on the Family ID platform and on the athletic website under "Student Athletes") which will need to be signed and returned by the treating physician to the athletic office by: **FRIDAY, February 19, 2021**, along with the completed online Family ID Registration.
2. 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.
3. *If your son/daughter participated in a fall/winter sport during the fall/winter of 2020, he/she will NOT need a new physical, as the one from the previous season will remain valid. A completed Family ID Registration is still required.*
4. 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 and bring both sections 5 and 6 of the PIAA physical form to the physical.
5. 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 winter sports.

Baseline ImPACT concussion testing information: Students in grades 7, 9, and 11, for the spring season only, can take the test AT HOME by visiting www.impacttestonline.com/schools AND entering customer code **89798BDA2C** in the box at the center of the screen to access the ImPACT test. **All tests must be completed by Friday, February 19, 2021.**

Using Your Own Physician: A student may also receive a physical from his/her own physician. All completed physicals are due, along with sections 5/6 of the PIAA physical form, to the athletic office by **Friday, February 19, 2021**, along with the completed online Family ID Registration. For your convenience, physicals (section 6), along with section 5, may be directly uploaded to the Family ID Platform.

No student will be permitted to participate in practice/tryouts without ...

- A physical
- A completed online Family ID Registration on file in the athletic office prior to the first day of winter sports
- An ImPACT baseline concussion test for players in grades 7, 9, and 11, or players new to a contact sport

Mandatory Spring Sports PIAA Practices begin on Monday, March 8, 2021:

HIGH SCHOOL

<u>SPORT:</u>	<u>1st Day of Practice:</u>	<u>Time:</u>	<u>Location:</u>
Boys' Baseball	March 8	5 – 7 p.m.	HS Aux Gym*
Freshmen Baseball	March 8	7 – 8:30 p.m.	HS Aux Gym*
Boys' Lacrosse	March 8	6 – 8 p.m.	Stadium Turf*
Girls' Lacrosse	March 8	4 - 6 p.m.	Turf Pr. Field*
Softball	March 8	3 – 5 p.m.	HS Aux Gym*
Boys' Tennis	March 8	2:45 - 4 p.m.	Tennis Courts*
B/G Track	March 8	2:45 - 5:00 p.m.	HS Track*
Unified Track Co-ed	TBA	TBA	TBA
Boys' Volleyball	March 8	5 – 7:30p.m.	HS Main Gym

DORSEYVILLE MIDDLE SCHOOL

<u>SPORT:</u>	<u>1st Day of Practice:</u>	<u>Time:</u>	<u>Location:</u>
Boys' Baseball	March 8	3:15 - 5 p.m.	DMS Aux Gym*
Softball	March 8	3:30 – 5 p.m.	DMS Aux gym*
B/G Track	March 8	3:15 - 5 p.m.	Track*
Boys' Volleyball	March 8	5:00 – 7 p.m.	HS Main Gym

(*) Locations subject to change. Individuals who are registered will be notified by the coach if there is a change in time/location.

Please direct all questions to the athletic department staff or contact the individual head coach for more information regarding physicals and the first day of practice details. Schedule information may be found by visiting the athletic department website at: www.fcasdathletics.org and follow the schedule link to the respective teams.

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