



**FOX CHAPEL AREA HIGH SCHOOL & DORSEYVILLE MIDDLE SCHOOL
2021-2022 WINTER SPORTS REGISTRATION IS NOW OPEN!**

FCAHS & DMS FIRST OFFICIAL DAY OF PRACTICE IS FRIDAY, NOVEMBER 19, 2021.

FREE SPORTS PHYSICALS WILL BE HELD ON MONDAY, OCTOBER 18, 2021, from 6-7:15 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 FamilyID system and bring a signed (by the parent/guardian) PIAA section 6 of the physical form prior to receiving a physical.

- **HIGH SCHOOL & MIDDLE SCHOOL PHYSICALS: 6-7:15 p.m. – FCAHS 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 athletics and participating in a contact sport, can be accessed at home (see details on page 2).

TO REGISTER FOR THE WINTER 2021-22 SPORTS SEASON: Go to www.fcasdathletics.org and click on the link that says “Register Now” to register your son/daughter on the FamilyID registration platform for winter sports.



Once on the FamilyID webpage, scroll to the bottom of the page and click on [2021 Winter Sports Registration](#) to begin the registration process.

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A Few Notes for Parents:

1. Parents will need to complete sections 6/7 of the PIAA physical form (this is the actual health history/physical exam form performed by the physician and can be found both on the FamilyID 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, NOVEMBER 12, 2021**, along with the completed online FamilyID registration.
2. If your son/daughter plans to participate in a winter 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 sport during the fall of 2021, he/she will NOT need a new physical, as the one from the previous season will remain valid. A completed FamilyID 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 FamilyID system prior to receiving a physical, and he/she must bring both sections 6 and 7 of the PIAA physical form to the physical.

Baseline ImPACT concussion testing information: Students in grades 7, 9, and 11, as well as students new to athletics and participating in a contact sport, for the winter 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, November 12, 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, November 12, 2021**, along with the completed online FamilyID registration. For your convenience, physicals (section 7), along with section 6, may be directly uploaded to the FamilyID platform.

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

- A physical
- A completed online FamilyID 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 athletics and participating in a contact sport.

Mandatory Winter Sports PIAA Practices begin on Friday, November 19, 2021, EXCEPT (*) where noted below:

HIGH SCHOOL

| <u>SPORT:</u> | <u>1st Day of Practice:</u> | <u>Time:</u> | <u>Location:</u> |
|-------------------------|------------------------------------|---------------------|-------------------------|
| Boys Basketball | November 19 | 3-6 p.m. | HS Main Gym |
| Boys 9th-Gr. Basketball | November 19 | 3-5 p.m. | HS Aux. Gym |
| Girls Basketball | November 19 | 5:30-7:30 p.m. | HS Aux. Gym |
| B/G Diving | November 19 | 2:30-4 p.m. | HS Pool |
| Gymnastics | November 22* | 3:30-5:30 p.m. | Trinity Gymnastics |
| B/G Indoor Track | December 6* | 2:45-4 p.m. | HS Cafeteria |
| B/G Swimming | November 19 | 4-6 p.m. | HS Pool |
| Wrestling | November 19 | 4-6 p.m. | HS Wrestling Room |

DORSEYVILLE MIDDLE SCHOOL

| <u>SPORT:</u> | <u>1st Day of Practice:</u> | <u>Time:</u> | <u>Location:</u> |
|---------------------------|------------------------------------|---------------------|-------------------------|
| Boys 7th-Gr. Basketball | November 19 | 6-7:30 p.m. | HS Aux. Gym |
| Boys 8th-Gr. Basketball | November 19 | 7:30-9 p.m. | HS Aux. Gym |
| Girls 7th-Gr. Basketball | November 19 | 3:30-5:15 p.m. | DMS Gym |
| Girls 8th-Gr. Basketball | November 19 | 3:30-5:15 p.m. | DMS Gym |
| 7th-Gr./8th-Gr. Wrestling | November 19 | 3:30-5:15 p.m. | DMS Aux. Gym |

Locations are 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 following the schedule link to the respective teams.

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