

# **Physical Procedure for Keystone Sports**

Fall Sports Physicals  
July 20<sup>th</sup> for Boys / July 22<sup>nd</sup> for Girls  
5PM – 8PM by Appointment Only

Forms can be obtained from the high school or printed from the school website.

## **To get Fall Sports Physical from the school doctor:**

Fill out the following, sign, and turn in by **May 28, 2010** to Mrs. Porter:

1. PIAA Physical Section 1,2,3 for **first sport** athlete participates in;
2. Insurance/Liability Release Form (1<sup>st</sup> sport only unless insurance changes);
3. Helmet Form (football only);
4. Medical Treatment/Health History Card (orange card);
5. Hydration test (wrestling only);
6. Money- \$50 (1<sup>st</sup> sport);
7. Sign up for appointment by May 28, 2010 with Mrs. Porter

Items to turn in for Re-Certification (second or third sport) physical:

1. PIAA Section 5 (2<sup>nd</sup> & 3<sup>rd</sup> sport)
2. Money- \$15 (2<sup>nd</sup> sport), \$10 (3<sup>rd</sup> sport)
3. Depending on injury status students may need a re-certification physical: Section 6

## **To get Fall Sports Physical from your family doctor:**

**Sports Physicals can be done after June 1<sup>st</sup>, but should be turned in to the school by July 22<sup>nd</sup>**

1. PIAA Physical Sections 1-4 (1<sup>st</sup> sport played);
2. Insurance/Liability Release Form (1<sup>st</sup> sport only);
3. Medical Treatment/Health History Card (orange card);
4. Helmet form (football only);
5. PIAA Section 5 (2<sup>nd</sup> or 3<sup>rd</sup> sport only);
6. Depending on injury status students may need a re-certification physical: Section 6;
7. Hydration test (wrestling only);
8. Money- \$50 (1<sup>st</sup> sport), \$15 (2<sup>nd</sup> sport), \$10 (3<sup>rd</sup> sport);
9. Turn in to Mrs. Porter by July 22, 2010 for roster purposes.

**ABSOLUTELY NO PRACTICE UNTIL ALL FORMS/MONEY ARE TURNED IN. NO EXCEPTIONS!**

**If you have any questions, please call Jeremiah Lukers at 797-1261, extension 151**

## **For 6<sup>th</sup> Graders Interested in Junior High Football or Cheerleading:**

If student athlete will be obtaining a physical from the school doctor (July 20<sup>th</sup> for Boys / July 22<sup>nd</sup> for Girls - 5PM-8PM), please return this request with the physical papers to either the main office at the elementary school or to Mrs. Porter at the High School by May 28<sup>th</sup>. Please call 797-1261, extension 130, to schedule your appointment – No appointments will be made until all paperwork is turned in. Appointments will be in increments of 10 minutes.

Please PRINT student athlete's name and sign your name at the bottom of this form so we may enter it into the physicals time sign-up sheet.

---

Student Athlete

---

Parent/Guardian