

**ALL SPORTS PHYSICAL EXAM INFORMATION  
DALLASTOWN AREA HIGH SCHOOL/MIDDLE SCHOOL  
2019 – 2020 SCHOOL YEAR**

The Pennsylvania Interscholastic Athletic Association (PIAA) rules state that **all students must have a new physical exam every year in order to be eligible to play a school sport**. Students who plan to play any sport or do cheerleading during the 2019 – 2020 school year must have their physical exam done **on or after June 1, 2019, per PIAA rule**.

Athletes of all sports, regardless of sport season, may attend physicals in June and meet the requirements enforced by PIAA rule. Details for sports physicals for the upcoming 2019-20 school year are as follows:

**WHERE:** Dallastown High School Main Office Lobby

**WHEN:** June 3, 2019 from 6-8pm  
June 4, 2019 from 6-8pm

**COST:** \$15.00 cash or check – credit cards cannot be accepted; Payment must be received at time of physical; checks should be made payable to DAHS.

**WHAT TO BRING:** PIAA Physical Exam form, Sections 5 & 6. Please fill out Section 5 (Health History) prior to arriving. *(SECTIONS 5&6 OF PIAA PAPERWORK WILL BE AVAILABLE TO PRINT WITHIN EACH INDIVIDUAL SPORTSWARE ACCOUNT ON MAY 28, 2019.)* We will have blank forms available at physicals if you are unable to print. Please turn in the completed forms to the Athletic Trainer at the end of physicals, prior to exiting the building. **\*\*DO NOT print this physical form and take it to your doctor for a physical before June 1<sup>st</sup> – if you do, this physical will NOT be valid for the 2019-2020 school year.\*\***

**NEW REQUIREMENTS FOR DASD SPORTS:**

**SPORTSWARE ACCOUNT:** All athletes must have an online SportsWare account set up and completed. If your student-athlete is new to sport, please see full step-by-step instructions for completing this requirement on the Dallastown HS Athletics website under *Sports Physical Information*. If your student-athlete created this account last school year for sports, please update any changes in information, and fill out all necessary online paperwork within the FORMS tab. **SportsWare accounts must be completed in entirety prior to any participation in school sports, including tryouts.**

**IMPACT TESTING:** ALL student-athletes entering 7<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> grades in the 2019-20 school year, as well as any new students, regardless of grade, to DASD sports, must take the Baseline ImPACT test **prior to any participation in school sports, including tryouts**. More information on this, including dates, locations, and sign-up sheets, can be found on the Dallastown HS Athletics website under *Sports Concussion Information*.

**DISCLAIMER:** Please be aware that the school physician may require a student-athlete to obtain additional clearance from the family doctor or a specialist before he/she is made eligible to begin practice, should an existing health problem or recent injury/illness be present.

**WINTER/SPRING SPORT SEASON ATHLETES:** If you choose to participate in June physicals, which is recommended, please be advised that a Section 7 Parent Recertification will be required prior to participation in your sport, per PIAA rule. A Section 8 Doctor's clearance may also be required if a significant injury or illness was sustained after the sports physical was completed.

**\*\*First day of tryouts for Fall 2019 is August 12<sup>th</sup>. All requirements, including paperwork and SportsWare account, are due no later than July 29, 2019. Anything completed after this date may affect eligibility, due to the processing of such paperwork. Please turn in physicals to the Athletic Trainers via the HS Main Office.\*\***

Questions or concerns? Please email your Certified Athletic Trainers:

Ms. Regener – [laura.regener@dallastown.net](mailto:laura.regener@dallastown.net) and Miss Frederick – [ami.frederick@dallastown.net](mailto:ami.frederick@dallastown.net)