

RED LAND HIGH SCHOOL

Brad Cashman – Athletic Director

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2017-2018

Dear Parent or Guardian:

****A physical is arranged by the district for the 2017-2018 school year at a cost of \$30.00 per student. All athletes should plan to attend this physical, and should bring cash, check or money order made payable to Red Cedar in the amount of \$30.00. The physical is good for one full school year and covers all three sports seasons.**

Your child has expressed an interest in participating in an athletic program at Red Land High School. These are programs for those students desiring a level of competition beyond that provided in the physical education program. An activity fee is required for participation in athletics and student activities. The fee will be assessed per sport and activity. There is a student cap of \$300.00 and a family cap of \$500.00. Checks or money orders should be made payable to Red Land High School Activity Fee. Checks, money orders or cash can be submitted at the time of physicals **OR** submitted to the main office **only**. Fees and activity fee payment form **must be paid** and submitted within two (2) weeks of the start of practice and no later than the first (1st) competition date.

The fall sports season begins official practice at Red Land on Monday, August 14, 2017, winter sports season begins Friday, November 17, 2017 and spring sports season begins Monday, March 5, 2018. Individual coaches will let their players know at what time and place to pick up any required equipment. The individual coaches will let the athletes know where practice is and when it starts.

Physical examinations will be given at Red Cedar Family Wellness, 689 Yorktown Road, Lewisberry, PA. The physicals will be given at 8:00A.M. on Thursday, August 3, 2017. Either a school-sponsored physical exam or one provided by the family doctor is required prior to participation in any sport. A physical packet is attached for this purpose. The PIAA physical form is the only paperwork accepted by the West Shore for a one (1) year physical.

ALL PHYSICAL PAPERWORK IS DUE TO RED LAND HIGH SCHOOL ONE (1) WEEK BEFORE THE OFFICIAL PIAA PRACTICE FOR THE SEASON'S BEGIN. ANY PHYSICALS TURNED IN AFTER THIS DATE WILL RESULT IN STUDENT MISSING AT MINIMUM THE FIRST DAY OF PRACTICE/TRYOUTS.

DATES FOR 2017-2018 SCHOOL YEAR PHYSICAL EXAMINATIONS ARE

August 3, 2017 8:00A.M. All Sports Red Cedar Family Wellness Center

****Directions to Red Cedar Family Wellness Center

- ⇒ 83 South to Exit 35 (Lewisberry)
- ⇒ Turn left on Yorktown Road
- ⇒ End at 689 Yorktown Road

FULL PHYSICAL PACKET

****All physicals must be turned into the athletic trainer **no** later than Thursday, August 3, 2017.

(See attached for list of all sports offered at Red Land High School)

Fall Sports:

Cheerleading	Head Coach	Tammy Schuster	(Grades 9-12)	TSchuster59@gmail.com
Football	Head Coach	Chad Weaver	(Grades 7-12)	cweaver@wssd.k12.pa.us
Boys Soccer	Head Coach	Danny DiPrima	(Grades 7-12)	dippy27@aol.com
Girls Soccer	Head Coach	Jamie Miller	(Grades 7-12)	jmiller@wssd.k12.pa.us
Boys and Girls Cross Country	Head Coach	Larry Kell	(Grades 7-12)	lkell@wssd.k12.pa.us
Field Hockey	Head Coach	Crystal Johnston	(Grades 7-12)	cjohnston@wssd.k12.pa.us
Girls Volleyball	Head Coach	Chris Williamson	(Grades 9-12)	coachchriswilliamson@gmail.com
Boys and Girls Golf	Head Coach	Jevon Ford	(Grades 9-12)	jford@wssd.k12.pa.us
Girls Tennis	Head Coach	Randy Bixler	(Grades 9-12)	bbixler@wssd.k12.pa.us

Winter Sports:

Boys Basketball	Head Coach	Mike Zangari	(Grades 7-12)	mikez34@me.com
Girls Basketball	Head Coach	Beth Holt	(Grades 7-12)	bholt@umiusa.com
Wrestling	Head Coach	Brian Baglio	(Grades 7-12)	Baglio717@gmail.com
Boys and Girls Swimming	Head Coach	Chris Sherbo	(Grades 9-12)	crsherbo@gmail.com
WSSD Diving	Head Coach	Eric Bomberger	(Grades 9-12)	ebomberger@wssd.k12.pa.us

Spring Sports:

Baseball	Head Coach	Nate Ebbert	(Grades 9-12)	nebbert@wssd.k12.pa.us
Softball	Head Coach	Jason Munns	(Grades 9-12)	coachjmunns@yahoo.com
Boys Tennis	Head Coach	Randy Bixler	(Grades 9-12)	bbixler@wssd.k12.pa.us
Boys Track and Field	Head Coach	Larry Kell	(Grades 7-12)	lkell@wssd.k12.pa.us
Girls Track and Field	Head Coach	Kristina Marshall	(Grades 7-12)	kjmarsh1126@gmail.com
Boys Lacrosse	Head Coach	Ethan Wakefield	(Grades 9-12)	ewakefield@ferrum.edu
Girls Lacrosse	Head Coach	Megan Beckman	(Grades 9-12)	mlbeckman@yahoo.com
Boys Volleyball	Head Coach	Chris Williamson	(Grades 9-12)	coachchriswilliamson@gmail.com

Junior High/Freshman Fall Sports:

Boys & Girls Cross Country (JH)	Head Coach	Matt Fisher	(Grades 7-9)	mfisher@wssd.k12.pa.us
Field Hockey (Junior High)	Head Coach	Kristy Martin	(Grades 7-9)	krmartin@wssd.k12.pa.us

Junior High/Freshman Winter Sports:

Boys Basketball (Junior High)	Head Coach	Scott Slayton	(Grades 7-8)	sslayton@wssd.k12.pa.us
Girls Basketball (Junior High)	Head Coach	TBD	(Grades 7-8)	bholt@umiusa.com
Wrestling (Junior High)	Head Coach	TBD	(Grades 7-9)	Baglio717@gmail.com

Junior High/Freshman Spring Sports:

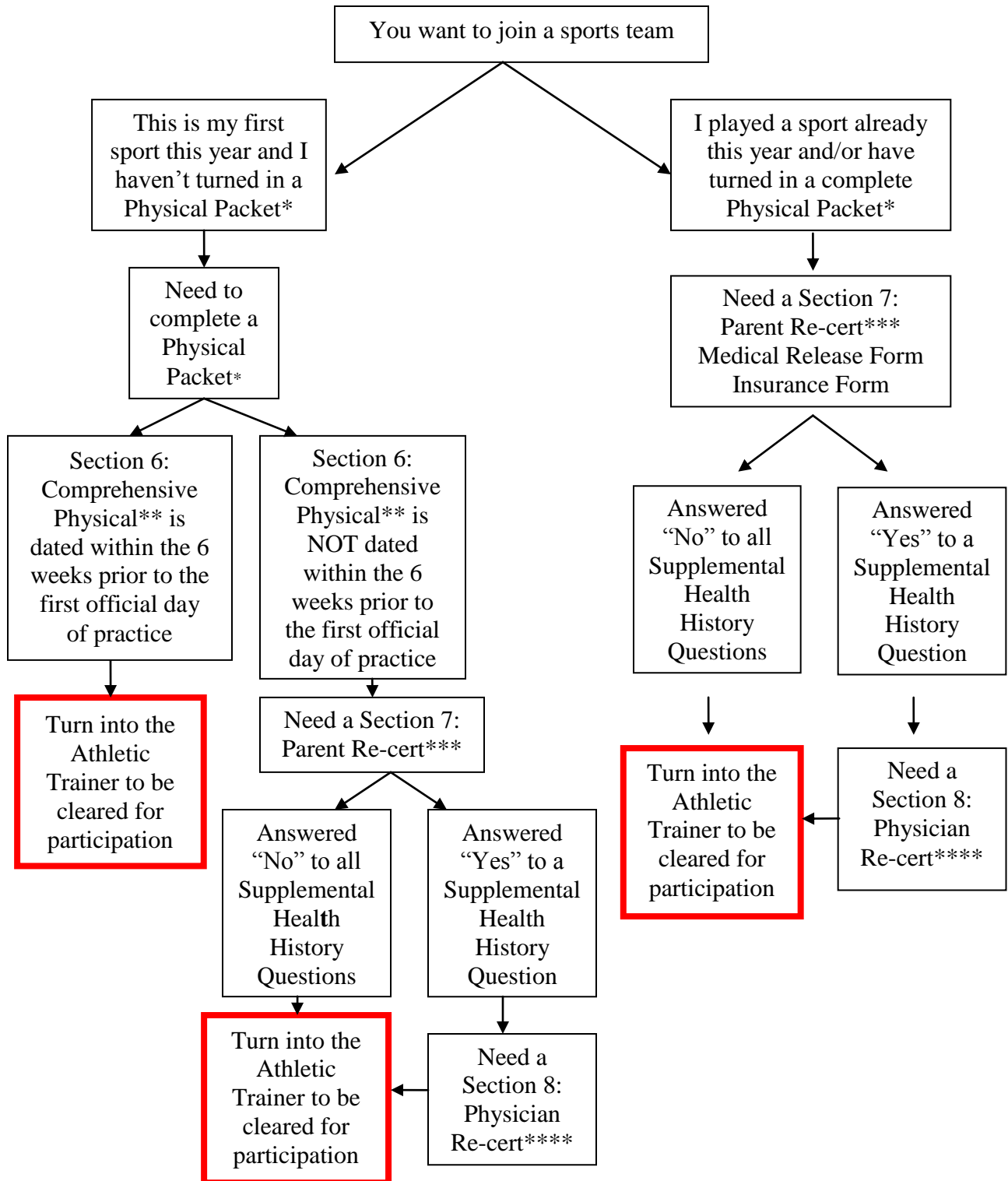
Boys Soccer (Junior High)	Head Coach	Danny DiPrima	(Grades 7-9)	dippy27@aol.com
Girls Soccer (Junior High)	Head Coach	Jamie Miller	(Grades 7-9)	jmiller@wssd.k12.pa.us
Boys/Girls Track (Junior High)	Head Coach	Brad Shaffer	(Grades 7-9)	bshaffer@wssd.k12.pa.us
Girls Volleyball (Junior High)	Head Coach	Hannah Stump	(Grades 7-9)	Hannah.stump@ymail.com

Athletic Trainer:

Athletic Trainer	Head Trainer	Lynn Brumbach	lbrumbach@wssd.k12.pa.us
Athletic Trainer	Asst. Trainer (Trainer B)		

WEST SHORE SCHOOL DISTRICT

HIGH SCHOOL & MIDDLE SCHOOL PHYSICAL & RE-CERT INFORMATION



***A complete Physical Packet includes:** Section 1: Personal and Emergency Information; Section 2: Certification of Parent /Guardian; Section 3: Understanding Risk of Concussion; Section 4: Understanding Risk of Sudden Cardiac Arrest; Section 5: Health History; Section 6: PIAA Comprehensive Initial Pre-Participation Physical Evaluation; WSSD Wavier; and WSSD Medical Release.

****Section 6: Comprehensive Physical- MUST be completed on the form provided by the PIAA. No other form sent from the physician will be accepted. No exceptions!! All physicals must be dated June 1 or later.**

*****Section 7: Parent Re-cert-** The questions for the “Supplemental Health History” refer to anything that has happened since you received your physical for the school year

******Section 8: Physician Re-cert MUST be signed by a MD or DO. No exceptions!!**



**PIAA COMPREHENSIVE INITIAL
PRE-PARTICIPATION PHYSICAL EVALUATION**



INITIAL EVALUATION: Prior to any student participating in Practices, Inter-School Practices, Scrimmages, and/or Contests, at any PIAA member school in any school year, the student is required to (1) complete a Comprehensive Initial Pre-Participation Physical Evaluation (CIPPE); and (2) have the appropriate person(s) complete the first six Sections of the CIPPE Form. Upon completion of Sections 1 and 2 by the parent/guardian; Sections 3, 4, and 5 by the student and parent/guardian; and Section 6 by an Authorized Medical Examiner (AME), those Sections must be turned in to the Principal, or the Principal's designee, of the student's school for retention by the school. The CIPPE may not be authorized earlier than June 1st and shall be effective, regardless of when performed during a school year, until the latter of the next May 31st or the conclusion of the current spring sports season.

SUBSEQUENT SPORT(S) IN THE SAME SCHOOL YEAR: Following completion of a CIPPE, the same student seeking to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in subsequent sport(s) in the same school year, must complete Section 7 of this form and must turn in that Section to the Principal, or Principal's designee, of his or her school. The Principal, or the Principal's designee, will then determine whether Section 8 need be completed.

SECTION 1: PERSONAL AND EMERGENCY INFORMATION

PERSONAL INFORMATION

Student's Name _____ Male/Female (circle one)

Date of Student's Birth: ____/____/____ Age of Student on Last Birthday: ____ Grade for Current School Year: ____

Current Physical Address _____

Current Home Phone # () _____ Parent/Guardian Current Cellular Phone # () _____

Fall Sport(s): _____ Winter Sport(s): _____ Spring Sport(s): _____

EMERGENCY INFORMATION

Parent's/Guardian's Name _____ Relationship _____

Address _____ Emergency Contact Telephone # () _____

Secondary Emergency Contact Person's Name _____ Relationship _____

Address _____ Emergency Contact Telephone # () _____

Medical Insurance Carrier _____ Policy Number _____

Address _____ Telephone # () _____

Family Physician's Name _____, MD or DO (circle one)

Address _____ Telephone # () _____

Student's Allergies _____

Student's Health Condition(s) of Which an Emergency Physician or Other Medical Personnel Should be Aware _____

Student's Prescription Medications and conditions of which they are being prescribed _____

SECTION 2: CERTIFICATION OF PARENT/GUARDIAN

The student's parent/guardian must complete all parts of this form.

A. I hereby give my consent for _____ born on _____ who turned _____ on his/her last birthday, a student of _____ School and a resident of the _____ public school district, to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests during the 20____ - 20____ school year in the sport(s) as indicated by my signature(s) following the name of the said sport(s) approved below.

Fall Sports	Signature of Parent or Guardian
Cross Country	
Field Hockey	
Football	
Golf	
Soccer	
Girls' Tennis	
Girls' Volleyball	
Water Polo	
Other	

Winter Sports	Signature of Parent or Guardian
Basketball	
Bowling	
Competitive Spirit Squad	
Girls' Gymnastics	
Rifle	
Swimming and Diving	
Track & Field (Indoor)	
Wrestling	
Other	

Spring Sports	Signature of Parent or Guardian
Baseball	
Boys' Lacrosse	
Girls' Lacrosse	
Softball	
Boys' Tennis	
Track & Field (Outdoor)	
Boys' Volleyball	
Other	

B. Understanding of eligibility rules: I hereby acknowledge that I am familiar with the requirements of PIAA concerning the eligibility of students at PIAA member schools to participate in Inter-School Practices, Scrimmages, and/or Contests involving PIAA member schools. Such requirements, which are posted on the PIAA Web site at www.piaa.org, include, but are not necessarily limited to age, amateur status, school attendance, health, transfer from one school to another, season and out-of-season rules and regulations, semesters of attendance, seasons of sports participation, and academic performance.

Parent's/Guardian's Signature _____ Date ____/____/____

C. Disclosure of records needed to determine eligibility: To enable PIAA to determine whether the herein named student is eligible to participate in interscholastic athletics involving PIAA member schools, I hereby consent to the release to PIAA of any and all portions of school record files, beginning with the seventh grade, of the herein named student specifically including, without limiting the generality of the foregoing, birth and age records, name and residence address of parent(s) or guardian(s), residence address of the student, health records, academic work completed, grades received, and attendance data.

Parent's/Guardian's Signature _____ Date ____/____/____

D. Permission to use name, likeness, and athletic information: I consent to PIAA's use of the herein named student's name, likeness, and athletically related information in video broadcasts and re-broadcasts, webcasts and reports of Inter-School Practices, Scrimmages, and/or Contests, promotional literature of the Association, and other materials and releases related to interscholastic athletics.

Parent's/Guardian's Signature _____ Date ____/____/____

E. Permission to administer emergency medical care: I consent for an emergency medical care provider to administer any emergency medical care deemed advisable to the welfare of the herein named student while the student is practicing for or participating in Inter-School Practices, Scrimmages, and/or Contests. Further, this authorization permits, if reasonable efforts to contact me have been unsuccessful, physicians to hospitalize, secure appropriate consultation, to order injections, anesthesia (local, general, or both) or surgery for the herein named student. I hereby agree to pay for physicians' and/or surgeons' fees, hospital charges, and related expenses for such emergency medical care. I further give permission to the school's athletic administration, coaches and medical staff to consult with the Authorized Medical Professional who executes Section 6 regarding a medical condition or injury to the herein named student.

Parent's/Guardian's Signature _____ Date ____/____/____

F. CONFIDENTIALITY: The information on this CIPPE shall be treated as confidential by school personnel. It may be used by the school's athletic administration, coaches and medical staff to determine athletic eligibility, to identify medical conditions and injuries, and to promote safety and injury prevention. In the event of an emergency, the information contained in this CIPPE may be shared with emergency medical personnel. Information about an injury or medical condition will not be shared with the public or media without written consent of the parent(s) or guardian(s).

Parent's/Guardian's Signature _____ Date ____/____/____

SECTION 3: UNDERSTANDING OF RISK OF CONCUSSION AND TRAUMATIC BRAIN INJURY

What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body.
- Can change the way a student's brain normally works.
- Can occur during Practices and/or Contests in any sport.
- Can happen even if a student has not lost consciousness.
- Can be serious even if a student has just been "dinged" or "had their bell rung."

All concussions are serious. A concussion can affect a student's ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most students with a concussion get better, but it is important to give the concussed student's brain time to heal.

What are the symptoms of a concussion?

Concussions cannot be seen; however, in a potentially concussed student, **one or more** of the symptoms listed below may become apparent and/or that the student "doesn't feel right" soon after, a few days after, or even weeks after the injury.

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

What should students do if they believe that they or someone else may have a concussion?

- **Students feeling any of the symptoms set forth above should immediately tell their Coach and their parents.** Also, if they notice any teammate evidencing such symptoms, they should immediately tell their Coach.
- **The student should be evaluated.** A licensed physician of medicine or osteopathic medicine (MD or DO), sufficiently familiar with current concussion management, should examine the student, determine whether the student has a concussion, and determine when the student is cleared to return to participate in interscholastic athletics.
- **Concussed students should give themselves time to get better.** If a student has sustained a concussion, the student's brain needs time to heal. While a concussed student's brain is still healing, that student is much more likely to have another concussion. Repeat concussions can increase the time it takes for an already concussed student to recover and may cause more damage to that student's brain. Such damage can have long term consequences. It is important that a concussed student rest and not return to play until the student receives permission from an MD or DO, sufficiently familiar with current concussion management, that the student is symptom-free.

How can students prevent a concussion? Every sport is different, but there are steps students can take to protect themselves.

- Use the proper sports equipment, including personal protective equipment. For equipment to properly protect a student, it must be:
 - The right equipment for the sport, position, or activity;
 - Worn correctly and the correct size and fit; and
 - Used every time the student Practices and/or competes.
- Follow the Coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

If a student believes they may have a concussion: Don't hide it. Report it. Take time to recover.

I hereby acknowledge that I am familiar with the nature and risk of concussion and traumatic brain injury while participating in interscholastic athletics, including the risks associated with continuing to compete after a concussion or traumatic brain injury.

Student's Signature _____ Date ____/____/____

I hereby acknowledge that I am familiar with the nature and risk of concussion and traumatic brain injury while participating in interscholastic athletics, including the risks associated with continuing to compete after a concussion or traumatic brain injury.

Parent's/Guardian's Signature _____ Date ____/____/____

SECTION 4: UNDERSTANDING OF SUDDEN CARDIAC ARREST SYMPTOMS AND WARNING SIGNS

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

How common is sudden cardiac arrest in the United States?

There are about 300,000 cardiac arrests outside hospitals each year. About 2,000 patients under 25 die of SCA each year.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- dizziness
- lightheadedness
- shortness of breath
- difficulty breathing
- racing or fluttering heartbeat (palpitations)
- syncope (fainting)
- fatigue (extreme tiredness)
- weakness
- nausea
- vomiting
- chest pains

These symptoms can be unclear and confusing in athletes. Often, people confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

What are the risks of practicing or playing after experiencing these symptoms?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who have SCA die from it.

Act 59 – the Sudden Cardiac Arrest Prevention Act (the Act)

The Act is intended to keep student-athletes safe while practicing or playing. The requirements of the Act are:

Information about SCA symptoms and warning signs.

- Every student-athlete and their parent or guardian must read and sign this form. It must be returned to the school before participation in any athletic activity. A new form must be signed and returned each school year.
- Schools may *also* hold informational meetings. The meetings can occur before each athletic season. Meetings may include student-athletes, parents, coaches and school officials. Schools may also want to include doctors, nurses, and athletic trainers.

Removal from play/return to play

- Any student-athlete who has signs or symptoms of SCA must be removed from play. The symptoms can happen before, during, or after activity. Play includes all athletic activity.
- Before returning to play, the athlete must be evaluated. Clearance to return to play must be in writing. The evaluation must be performed by a licensed physician, certified registered nurse practitioner, or cardiologist (heart doctor). The licensed physician or certified registered nurse practitioner may consult any other licensed or certified medical professionals.

I have reviewed and understand the symptoms and warning signs of SCA.

_____ Signature of Student-Athlete	_____ Print Student-Athlete's Name	Date____/____/____
_____ Signature of Parent/Guardian	_____ Print Parent/Guardian's Name	Date____/____/____

SECTION 5: HEALTH HISTORY

Explain "Yes" answers at the bottom of this form.
Circle questions you don't know the answers to.

	Yes	No		Yes	No
1. Has a doctor ever denied or restricted your participation in sport(s) for any reason?	<input type="checkbox"/>	<input type="checkbox"/>	23. Has a doctor ever told you that you have asthma or allergies?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you have an ongoing medical condition (like asthma or diabetes)?	<input type="checkbox"/>	<input type="checkbox"/>	24. Do you cough, wheeze, or have difficulty breathing DURING or AFTER exercise?	<input type="checkbox"/>	<input type="checkbox"/>
3. Are you currently taking any prescription or nonprescription (over-the-counter) medicines or pills?	<input type="checkbox"/>	<input type="checkbox"/>	25. Is there anyone in your family who has asthma?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you have allergies to medicines, pollens, foods, or stinging insects?	<input type="checkbox"/>	<input type="checkbox"/>	26. Have you ever used an inhaler or taken asthma medicine?	<input type="checkbox"/>	<input type="checkbox"/>
5. Have you ever passed out or nearly passed out DURING exercise?	<input type="checkbox"/>	<input type="checkbox"/>	27. Were you born without or are you missing a kidney, an eye, a testicle, or any other organ?	<input type="checkbox"/>	<input type="checkbox"/>
6. Have you ever passed out or nearly passed out AFTER exercise?	<input type="checkbox"/>	<input type="checkbox"/>	28. Have you had infectious mononucleosis (mono) within the last month?	<input type="checkbox"/>	<input type="checkbox"/>
7. Have you ever had discomfort, pain, or pressure in your chest during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	29. Do you have any rashes, pressure sores, or other skin problems?	<input type="checkbox"/>	<input type="checkbox"/>
8. Does your heart race or skip beats during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	30. Have you ever had a herpes skin infection?	<input type="checkbox"/>	<input type="checkbox"/>
9. Has a doctor ever told you that you have (check all that apply):			CONCUSSION OR TRAUMATIC BRAIN INJURY 31. Have you ever had a concussion (i.e. bell rung, ding, head rush) or traumatic brain injury? <input type="checkbox"/> <input type="checkbox"/> 32. Have you been hit in the head and been confused or lost your memory? <input type="checkbox"/> <input type="checkbox"/> 33. Do you experience dizziness and/or headaches with exercise? <input type="checkbox"/> <input type="checkbox"/>		
<input type="checkbox"/> High blood pressure <input type="checkbox"/> Heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> Heart infection			34. Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>
10. Has a doctor ever ordered a test for your heart? (for example ECG, echocardiogram)	<input type="checkbox"/>	<input type="checkbox"/>	35. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>
11. Has anyone in your family died for no apparent reason?	<input type="checkbox"/>	<input type="checkbox"/>	36. Have you ever been unable to move your arms or legs after being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>
12. Does anyone in your family have a heart problem?	<input type="checkbox"/>	<input type="checkbox"/>	37. When exercising in the heat, do you have severe muscle cramps or become ill?	<input type="checkbox"/>	<input type="checkbox"/>
13. Has any family member or relative been disabled from heart disease or died of heart problems or sudden death before age 50?	<input type="checkbox"/>	<input type="checkbox"/>	38. Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>
14. Does anyone in your family have Marfan syndrome?	<input type="checkbox"/>	<input type="checkbox"/>	39. Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>
15. Have you ever spent the night in a hospital?	<input type="checkbox"/>	<input type="checkbox"/>	40. Do you wear glasses or contact lenses?	<input type="checkbox"/>	<input type="checkbox"/>
16. Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>	41. Do you wear protective eyewear, such as goggles or a face shield?	<input type="checkbox"/>	<input type="checkbox"/>
17. Have you ever had an injury, like a sprain, muscle, or ligament tear, or tendonitis, which caused you to miss a Practice or Contest? If yes, circle affected area below:	<input type="checkbox"/>	<input type="checkbox"/>	42. Are you unhappy with your weight?	<input type="checkbox"/>	<input type="checkbox"/>
18. Have you had any broken or fractured bones or dislocated joints? If yes, circle below:	<input type="checkbox"/>	<input type="checkbox"/>	43. Are you trying to gain or lose weight?	<input type="checkbox"/>	<input type="checkbox"/>
19. Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below:	<input type="checkbox"/>	<input type="checkbox"/>	44. Has anyone recommended you change your weight or eating habits?	<input type="checkbox"/>	<input type="checkbox"/>
<div style="display: flex; justify-content: space-between; font-size: small;"> Head Neck Shoulder Upper arm Elbow Forearm Hand/ Fingers Chest </div> <div style="display: flex; justify-content: space-between; font-size: small;"> Upper back Lower back Hip Thigh Knee Calf/shin Ankle Foot/ Toes </div>			45. Do you limit or carefully control what you eat?	<input type="checkbox"/>	<input type="checkbox"/>
20. Have you ever had a stress fracture?	<input type="checkbox"/>	<input type="checkbox"/>	46. Do you have any concerns that you would like to discuss with a doctor?	<input type="checkbox"/>	<input type="checkbox"/>
21. Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability?	<input type="checkbox"/>	<input type="checkbox"/>	FEMALES ONLY 47. Have you ever had a menstrual period? <input type="checkbox"/> <input type="checkbox"/> 48. How old were you when you had your first menstrual period? _____ 49. How many periods have you had in the last 12 months? _____ 50. Are you pregnant? <input type="checkbox"/> <input type="checkbox"/>		
22. Do you regularly use a brace or assistive device?	<input type="checkbox"/>	<input type="checkbox"/>			

#s	Explain "Yes" answers here:

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Student's Signature _____ Date ____/____/____

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Parent's/Guardian's Signature _____ Date ____/____/____

SECTION 6: PIAA COMPREHENSIVE INITIAL PRE-PARTICIPATION PHYSICAL EVALUATION AND CERTIFICATION OF AUTHORIZED MEDICAL EXAMINER

Must be completed and signed by the Authorized Medical Examiner (AME) performing the herein named student's comprehensive initial pre-participation physical evaluation (CIPPE) and turned in to the Principal, or the Principal's designee, of the student's school.

Student's Name _____ Age _____ Grade _____

Enrolled in _____ School _____ Sport(s) _____

Height _____ Weight _____ % Body Fat (optional) _____ Brachial Artery BP _____/_____/_____ (_____/_____, _____/_____) RP _____

If either the brachial artery blood pressure (BP) or resting pulse (RP) is above the following levels, further evaluation by the student's primary care physician is recommended.

Age 10-12: BP: >126/82, RP: >104; **Age 13-15:** BP: >136/86, RP >100; **Age 16-25:** BP: >142/92, RP >96.

Vision: R 20/____ L 20/____ Corrected: YES NO (circle one) Pupils: Equal _____ Unequal _____

MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance		
Eyes/Ears/Nose/Throat		
Hearing		
Lymph Nodes		
Cardiovascular		<input type="checkbox"/> Heart murmur <input type="checkbox"/> Femoral pulses to exclude aortic coarctation <input type="checkbox"/> Physical stigmata of Marfan syndrome
Cardiopulmonary		
Lungs		
Abdomen		
Genitourinary (males only)		
Neurological		
Skin		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder/Arm		
Elbow/Forearm		
Wrist/Hand/Fingers		
Hip/Thigh		
Knee		
Leg/Ankle		
Foot/Toes		

I hereby certify that I have reviewed the HEALTH HISTORY, performed a comprehensive initial pre-participation physical evaluation of the herein named student, and, on the basis of such evaluation and the student's HEALTH HISTORY, certify that, except as specified below, the student is physically fit to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in the sport(s) consented to by the student's parent/guardian in Section 2 of the PIAA Comprehensive Initial Pre-Participation Physical Evaluation form:

☐ **CLEARED** ☐ **CLEARED**, with recommendation(s) for further evaluation or treatment for: _____

☐ **NOT CLEARED** for the following types of sports (please check those that apply):

☐ COLLISION
 ☐ CONTACT
 ☐ NON-CONTACT
 ☐ STRENUOUS
 ☐ MODERATELY STRENUOUS
 ☐ NON-STRENUOUS

Due to _____

Recommendation(s)/Referral(s) _____

AME's Name (print/type) _____ License # _____

Address _____ Phone () _____

AME's Signature _____ MD, DO, PAC, CRNP, or SNP (circle one) Certification Date of CIPPE ____/____/____

West Shore School District Wavier Of School Insurance

I, the undersigned, being a parent or guardian of _____, hereby represent to the West Shore School District that the above-named student is covered by medical and hospitalization insurance which will be kept in force throughout the school year: _____. Therefore, I do not wish to subscribe to the plan available through the District by private carrier. I hereby waive any claim against the School District for injuries incurred by the above-named student while participating in a school-sponsored activity.

Signed: _____ Date: _____
(Parent/ Guardian)

Acknowledgement of Risk and Consent to Participate

I/We hereby acknowledge that participation in athletics involves a risk of injury. I/We understand that this risk includes severe injuries possibly involving paralysis, permanent mental disability, or death, and that these injuries may occur, in some instances, as the result of unavoidable accidents. I/We assume these risks and give consent to participate in athletic activities during the current school year by the undersigned athlete and parent/guardian.

Signed: _____ Date: _____
(Athlete)

Signed: _____ Date: _____
(Parent/Guardian)

Authorization for Release of Medical Information

I grant permission for the WSSD appointed Physician(s) and Nurse(s), Student Athlete's Primary Physician, any Physician serving a WSSD Student Athlete and Certified Athletic Trainer(s), at their discretion, to disclose all medical and individual identifiable Protected Health Information relating to any sports injury, including but not limited to diagnosis, treatment, prognosis, likelihood and timing of recovery, and recommendation concerning ability to play competitively and safely to the WSSD appointed Physician(s) and Nurse(s) , Certified Athletic Trainer(s), Coach(s) and Athletic Director. It is my understanding that the purpose of disclosure about the extent and nature of any sports-related injury is for the purpose of rehabilitation, training, recovery, and ability to play competitively and safely.

Signed: _____ Date: _____

WEST SHORE SCHOOL DISTRICT

Medical Release/Insurance Form

Please Print: To be completed and signed by student's parent or guardian.

School _____ School Year _____ Current Grade _____

Student's Name _____ Date of Birth _____

Student Address _____

Parent/Guardian's Name(s) _____

Address (if different from student) _____

Parent/Guardian's Phone #s 1. (_____) _____ 3. (_____) _____

Please list in order of preference for calls.

2. (_____) _____ 4. (_____) _____

Person to contact in an emergency if unable to reach parent/guardian:

Contact Name _____ Phone # (_____) _____

Family Physician _____ Phone # (_____) _____

Medical Insurance

Name of Company _____ Policy # _____

Name of Employing Company _____

Company Address _____

Medical Record

Complete all lines even if only with the words "None" or "Not Applicable"

Allergies to Medication _____

Other Allergies _____

Serious Illnesses _____

Current Medication(s) _____

Other Health Problems _____

Date of Last Tetanus Shot _____

Parental Consent

I hereby give consent for my child, _____ to participate in _____ and declare that we have either school insurance or family insurance to cover any accidents, and in consideration of my child's participation in said school activity. I hereby release the West Shore School District, its directors, agents, and employees of all responsibility and liability, for loss or injury to his/her person or property.

Parent/Guardian's Signature _____ Date _____

I consent for a qualified physician to perform any medical or surgical procedures he deems advisable to the welfare of this applicant while he/she is participating in school-supervised events. Further, this authorization permits said physician to hospitalize, secure appropriate consultation, to order injections, anesthesia (local, general, or both) or surgery for this applicant. The undersigned does hereby assume and agree to pay any indebtedness or physician's and surgeon's fees and hospital charges for such services.

Parent/Guardian's Signature _____ Date _____

Relationship to Student _____

ONE OPPORTUNITY.
LIMITLESS
POSSIBILITIES.



Eligibility Center

More than
480,000 college athletes
from **1,121** colleges and universities
make up the **19,000** teams
that send more than
54,000 participants
to compete each year in the NCAA's
90 championships
in **24** sports
across **3** divisions.



Eligibility Center

GRADE 9

Plan

- Start planning now! Take the right courses and earn the best grades you can.
- Ask your counselor for a list of your high school's NCAA core courses to make sure you take the right classes. Or, find your high school's list of NCAA core courses at eligibilitycenter.org.

GRADE 10

Register

- Register with the NCAA Eligibility Center at eligibilitycenter.org.
- If you fall behind on courses, don't take shortcuts to catch up. Ask your counselor for help with finding approved courses or programs you can take.

GRADE 11

Study

- Check with your counselor to make sure you are on track to graduate on time.
- Take the ACT or SAT and make sure we get your scores by using code 9999.
- At the end of the year, ask your counselor to upload your official transcript.

GRADE 12

Graduate

- Take the ACT or SAT again, if necessary, and make sure we get your scores by using code 9999.
- Request your final amateurism certification after April 1.
- After you graduate, ask your counselor to upload your final official transcript with proof of graduation.



FOLLOW
YOUR
PATH

For more information:
eligibilitycenter.org
NCAA.org/playcollegesports

Search Frequently Asked Questions:
NCAA.org/studentfaq

Follow us on Twitter:
[@ncaa_ec](https://twitter.com/ncaa_ec)



eligibilitycenter.org

If you want to play sports at an NCAA Division I or II school, start by registering with the NCAA Eligibility Center at eligibilitycenter.org during your sophomore year.

Core Courses

This simple formula will help you meet the Divisions I and II core-course requirement:

4X4=16

4 English courses (one per year)

+ 4 math courses (one per year)

+ 4 science courses (one per year)

+ 4 social science courses (one per year)

16 NCAA CORE COURSES

Grade-Point Average

The NCAA Eligibility Center calculates your grade-point average (GPA) based on the grades you earn in NCAA-approved core courses. Visit eligibilitycenter.org for a full list of your high school's core courses.

Sliding Scale

Divisions I and II use sliding scales to match test scores and GPAs to determine eligibility. The sliding scale balances your test score with your GPA. If you have a low test score, you need a higher GPA to be eligible. If you have a low GPA, you need a higher test score to be eligible. Find more information about sliding scales at NCAA.org/playcollegesports.

Test Scores

You may take the ACT or SAT as many times as you want before you enroll full time in college, but remember to list the NCAA Eligibility Center (code 9999) as a score recipient whenever you take a test. We can accept official scores only from ACT or SAT and we won't use the scores from your high school transcript. If you direct the ACT or SAT to send us your scores every time you take a test, we will choose the best scores from each test subject to create your sum score.



ACADEMIC STANDARDS

DIVISION I

To play sports at a Division I school, you must graduate from high school and meet ALL the following requirements:

1. Complete 16 NCAA core courses:
 - 4 years of English
 - 3 years of math (Algebra 1 or higher)
 - 2 years of natural/physical science (including one year of lab science if your high school offers it)
 - 2 years of social science
 - 1 additional year of English, math or natural/physical science
 - 4 additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy
2. Complete 10 NCAA core courses, including seven in English, math or natural/physical science, before your seventh semester.
3. Earn at least a 2.3 GPA in your NCAA core courses.
4. Earn an ACT sum score or SAT combined score that matches your core-course GPA on the Division I sliding scale.



DIVISION II

To play sports at a Division II school, you must graduate from high school and meet ALL the following requirements:

Before August 1, 2018

1. Complete 16 NCAA core courses.
2. Earn at least a 2.0 GPA in your NCAA core courses.
3. Earn an ACT sum score of 68 or an SAT combined score of 820.

After August 1, 2018

1. Complete 16 NCAA core courses.
2. Earn at least a 2.2 GPA in your NCAA core courses.
3. Earn an ACT sum score or SAT combined score that matches your core-course GPA on the Division II sliding scale.

Core Courses for Division II

To play sports at a Division II school, you must complete these NCAA core courses:

- 3 years of English
- 2 years of math (Algebra 1 or higher)
- 2 years of natural or physical science (including one year of lab science if your high school offers it)
- 2 years of social science
- 3 additional years of English, math or natural or physical science
- 4 additional years of English, math, natural or physical science, social science, foreign language, comparative religion or philosophy.

DIVISION III

Division III schools provide an integrated environment focusing on academic success while offering a competitive athletics environment. While Division III schools do not offer athletics scholarships, 75 percent of Division III student-athletes receive some form of merit- or need-based financial aid.

If you are planning to attend a Division III school, you do not need to register with the NCAA Eligibility Center. Division III schools set their own admissions standards.