

2012-2013 FJH/FHS Athletic Physical Information

FJH/FHS ATHLETIC PHYSICALS FAQ

1. **WHEN ARE PHYSICALS HELD AT THE HIGH SCHOOL?**
 - a. Saturday May 19th from 8:30 am -2:30 pm at the Field House at the High School
2. **WHO NEEDS A PHYSICAL?**
 - a. Any student thinking about trying out or participating in any athletics at either the Junior High or High School including – Drill, Cheerleading, Lacrosse, Water Polo, Gymnastics.
3. **HOW MUCH DO THE PHYSICALS COST?**
 - a. Dr. John Kirkwood charges \$25 CASH ONLY for each physical. He will donate a portion of the money back to the FHS Sports Medicine Program.
4. **DO I NEED TO CALL AND SCHEDULE AN APPOINTMENT FOR THE PHYSICALS?**
 - a. No, they are done on a first come first serve basis. The doors will open at 8:30 am.
5. **WHEN IS THE BEST TIME TO GET THERE?**
 - a. The doors open at 8:30 am; it is generally really busy then and during the lunch hours.
6. **I HAVE A CONFLICT ON MAY 19TH AND CANNOT MAKE IT TO THE PHYSICAL OFFERED AT FHS, IS THERE ANOTHER DATE THAT PHYSICALS WILL BE DONE AT SCHOOL?**
 - a. We do not anticipate offering physicals on another day. If you are unable to make it on May 19th, please schedule an appointment with your physician.
7. **WHO ARE THE DOCTORS THAT DO THE PHYSICALS OFFERED AT FHS?**
 - a. We use Dr. John Kirkwood and his staff?
8. **I HAVE HEARD THAT THERE IS A HEART TEST/SCREENING OFFERED, IS THIS TRUE?**
 - a. Yes, for an addition fee, echocardiograms will be offered. An echocardiogram is a video ultrasound of the heart, which may detect enlargement of the heart and other abnormalities. This test is not required but is recommended.
9. **WILL CONCUSSION TESTING (BASELINE TESTING) BE OFFERED ON MAY 19TH?**
 - a. Due to time constraints, we will be offering Baseline Testing on June 7th, for those athletes that have not already completed a Baseline. Please contact the FHS Athletic Trainers for more information.
10. **WHEN WILL THE FORMS BE AVAILABLE FOR MY SON OR DAUGHTER?**
 - a. The 2012-2013 Forms will be delivered to all schools the first part of May. Please look for them then.
11. **WHAT IS THE EARLIEST DATE THAT I CAN TURN IN THE PHYSICAL PACKET?**
 - a. You may begin turning in the physical packet on May 19, 2012. We will not accept any physical that was done prior to May 19, 2012. We strongly recommend that you turn in all forms as soon as they are completed and do not hang on to them until the start of school.
12. **I HAVE AN APPOINTMENT WITH MY FAMILY DOCTOR NEXT WEEK, CAN I HAVE THE FORMS AND HAVE THE PHYSICAL DONE THEN?**
 - a. No. The forms are not available yet. They will be delivered to the campuses the first part of May.
13. **CAN I HAVE A PHYSICAL DONE PRIOR TO MAY 19TH BY MY OWN PHYSICIAN?**
 - a. We will not accept any physical form dated by the doctor prior to May 19th. The physical is only valid for one calendar year. Should an athlete have a physical done prior to our date and still be participating in a sport when that physical expires, they will no longer be able to continue to participate.
 - b. This physical is to clear our athletes to participate in athletics for the 2012-2013 school year.
14. **I HAVE A FORM FROM LAST YEAR, CAN I USE THAT?**
 - a. NO. UIL makes changes to the forms every year. These changes make previous forms invalid. Any physical that is done on a previous years form will be returned and the athlete will be required to fill out the current years forms.

15. I HAD A PHYSICAL DONE FOR SUMMER CAMP; CAN I TURN THAT PHYSICAL IN?
 - a. NO. We are required to use the forms from UIL.
16. WHEN DO I HAVE TO HAVE THE PHYSICAL DONE BY?
 - a. Physicals must be completed and turned in to the FHS Athletic Training Room before an athlete is allowed to tryout, practice, participate, or compete in any FJH/FHS sport (including athletic periods).
 - b. Again, it is strongly recommend that you turn all forms in as soon as they are completed.
17. WHERE DO I TURN THE FORMS IN?
 - a. ALL physical forms are to be turned in to the FHS Athletic Training Room. There will be a drop box located in the hallway outside the Athletic Training Room during the summer only or the forms may be mailed in. All of this information is located on the first page of the physical form packet.
 - b. Physical Packets are to be turned into the FHS Athletic Training Room only. Do not turn packets into the front office, coaches or secretaries.
18. MY SON/DAUGHTER IS A STUDENT AT THE JUNIOR HIGH; DO I STILL HAVE TO TURN MY FORMS IN TO THE HIGH SCHOOL?
 - a. Yes, all physical forms for athletes grade 7-12 are turned in at the High School.
19. WHY IS IT RECOMMENDED THAT I KEEP A COPY OF THE FORMS?
 - a. The Athletic Training Room is NOT open during the summer months. This makes it difficult for you to get a copy of the physical for summer camps.
20. CAN I FAX THE COMPLETED FORMS IN?
 - a. NO. Fax and photocopies become difficult to read. We ask that the original forms be turned in.
21. WHERE CAN I GET A BLANK COPY OF THE PHSYICAL PACKET?
 - a. Blank forms are available at the Junior High, the High School and the Administration building or you can download them (after the first of May) from the Athletics pages of both the Junior High's the High School's websites.
22. I MIGHT NOT REMEMBER ALL OF THIS INFORMATION, IS IT AVAILABLE SOMEWHERE?
 - a. Yes. All of the information is available on the first page of the physical packet. Please take some time to read and follow all instruction.

IF YOU HAVE ANY FURTHER QUESTIONS OR NEED MORE INFORMATION PLEASE CONTACT THE FHS ATHLETIC TRAINERS:

EMAIL – athletictrainers@fisdk12.net

PHONE- 281-482-3413 ext. 130.