

FJH/FHS ATHLETIC PHYSICALS FAQ

1. WHEN ARE PHYSICALS HELD AT THE HIGH SCHOOL?

- a. Physicals will be held Saturday May 23rd at FHS at the Field House from 8:30 am – 2:30 pm.**

2. WHO NEEDS A PHYSICAL?

- a. Any student that may tryout for or participate in any athletics at either the Junior High or High School including – Drill, Cheerleading, Lacrosse, Water Polo, Gymnastics.**

3. HOW MUCH ARE DO THE PHYSICALS COST?

- a. They are \$25 CASH ONLY with a portion of the money going 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.**

5. WHEN IS THE BEST TIME TO GET THERE?

- a. We are usually really busy at 8:30 am when the doors open and during the lunch hours. The rest of the day usually remains steady.**

6. THAT IS THE SATURDAY DAY BEFORE MEMORIAL DAY. DO YOU KNOW THAT?

- a. Yes, we are aware of that physicals are scheduled for the Saturday before Memorial Day. This was the first available Saturday for both the FHS Athletic Training Staff and the physicians.**

7. WHEN WILL THE FORMS BE AVAILABLE FOR MY SON OR DAUGHTER?

- a. **The 2009-2010 Forms will be delivered to all schools the first part of May. Please look for them then.**

8. 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.**

9. CAN I HAVE A PHYSICAL DONE PRIOR TO MAY 23RD BY MY OWN PHYSICIAN?

- a. **We will not accept any physical form dated by the doctor prior to May 23rd. 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 2009-2010 school year.**

10. I HAVE A CONFLICT ON MAY 23RD AND CANNOT MAKE IT TO THE PHYSICALS OFFERED BY 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, please schedule an appointment with your physician.**

11. WHO ARE THE DOCTORS THAT DO THE PHYSICALS AT FHS?

- a. **We use Dr. John Kirkwood and Dr. Bo Kirkwood and their staff.**

12. 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.**

13. 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.**

14. 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). Forms turned in after October 16th will not be accepted.**

15. 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 or the forms may be mailed in. All of this information is located on the first page of the physical form packet.**

16. 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.**

17. 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 to get a copy of the physical for summer camps.**

18. 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.**

19. WHERE CAN I GET A BLANK COPY OF THE PHYSICAL 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 page of the High School's website.**

20. 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 instructions.**