



SPORTS PHYSICALS

April 16th and April 30th 2025

Cost \$20.00 for each athlete-Forms need to be filled out on each athlete with an attached check. Make checks payable to HS Athletics.

Attention Parents With Students that will be entering grades 3rd thru 9th Fall of 2025

<u>3rd and 4th Grade Sports offered through GRACEAC</u>	<u>5th, 6th, 7th and 8th Grade Sports offered Through GRACEAC</u>
(Fall) Flag Football-Boys and Girls	(Fall) Tackle Football-Boys
(Fall) Sideline Cheer-Girls	(Fall) Sideline Cheer-Girls
	(Fall) Boys Soccer
	(Fall) Cross Country Boys and Girls
(Winter 1) Basketball Boys	(Winter 1) Basketball Boys
	(Winter 11) Basketball Girls
(Winter 11) Basketball Girls	(Winter 11) Ski
(Winer 1, 11) Competitive Cheer	(Winter 1, 11) competitive Cheer
(Spring) Lacrosse Boys and Girls	(Spring) Lacrosse Boys and Girls
(Spring) Track Boys and Girls	(Spring) Track Boys and Girls
	(Spring) Girls Soccer
	(Spring) Tennis 6th-8th boys and girls



PHYSICAL EXAMINATION CLEARANCE FORM

This form must be on file in the school before practicing with any athletic team

Student Name: _____ Birth Date: _____ Age: _____ Gender: M / F

Address: _____

Home Telephone: _____ - _____ - _____

School: _____ Grade: _____ Sports: _____

I certify that the above student has been medically evaluated and is deemed to be physically fit to: (Check One Box)

- (1) Participate in all school interscholastic activities without restrictions.
- (2) Not cleared for: All Sports Specific Sports _____

Cross out specific sports below not cleared for participation.

Sport classification based on contact:

Collision Contact Sports		Limited Contact Sports			Non-contact Sports	
Basketball	Ice Hockey	Baseball	Alpine Skiing	Track Field Events	Bowling	Track Running
Boys Lacrosse	Soccer	Competitive Cheer	Girls Softball	High Jump	Cross Country	Track Field Events
Diving	Wrestling	Girls Lacrosse		Pole Vault	Golf	Discus
Football		Girls Gymnastics		Girls Volleyball	Swimming	Shot Put
					Tennis	

Sport classification based on intensity and strenuousness:

High Intensity High-to-Moderate Dynamic High-to-Moderate Static	High Intensity High-to-Moderate Dynamic Low Static	High Intensity Low Dynamic High-to-Moderate Static	Low Intensity Low Dynamic Low Static
Alpine Skiing	Track Events - Distance	Girls Competitive	Bowling
Cross Country	Track Events - Sprint	Cheer	Golf
Football	Wrestling	Diving	
Ice Hockey		Field Events	
	Baseball	Girls Gymnastics	
	Lacrosse (Boys and Girls)		
	Soccer		
	Girls Softball		
	Swimming		
	Tennis		
	Girls Volleyball		

- (3) Requires further evaluation before a final recommendation can be made.
Additional recommendations for the school or parents: _____

I have examined the above named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the provider may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Examiner Signature: _____ DO MD NP PA Date of Exam: _____

Print Examiner Name: _____

Address: _____

Office Telephone: _____ - _____ - _____

COPY BOTH SIDES OF THIS SHEET FOR THE STUDENT TO RETURN TO THE SCHOOL AND KEEP THE ENTIRE FORM IN THE STUDENT'S MEDICAL RECORD

< DETACH HERE IF NEEDED TO ACCOMPANY STUDENT ATHLETE >

EMERGENCY INFORMATION FOR: _____ Grade: _____

Allergies – Drug Reactions – Current Medications: _____

Other Special Medical Information: _____

Emergency Contact: _____ Relationship: _____

Telephone: (H) _____ - _____ - _____ (W) _____ - _____ - _____ (C) _____ - _____ - _____

Personal Physician _____ Office Telephone _____ - _____ - _____

Name _____ Date of Birth _____

EXAMINATION		<input type="checkbox"/> Male	<input type="checkbox"/> Female
Height	Weight		
BP	Pulse	Vision R 20/	L 20/
		Corrected <input type="checkbox"/> Y <input type="checkbox"/> N	
MEDICAL	NORMAL	ABNORMAL FINDINGS	
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)			
Eyes/ears/nose/throat • Pupils equal • Hearing			
Lymph nodes			
Heart ^① • Murmurs (auscultation standing, supine, +/- Valsalva) • Location of point of maximal impulse (PMI)			
Pulses • Simultaneous femoral and radial pulses			
Lungs			
Abdomen			
Genitourinary (males only) ^②			
Skin • HSV, lesions suggestive of MRSA, linea corporis			
Neurologic ^③			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand/fingers			
Hip/thigh			
Knee			
Leg/ankle			
Foot/toes			
Functional • Duck-walk, single leg hop			

- ① Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam.
- ② Consider GU exam if in private setting. Having third party present is recommended.
- ③ Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

Cleared for all sports without restriction.
 Cleared for all sports without restriction with recommendations for further evaluation or treatment for _____

Not cleared

- Pending further evaluation
- For any sports
- For certain sports _____

Reason _____

Recommendations _____

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of Physician (print/type) _____ Date _____

Address _____ Phone _____

Signature of Physician _____ (Circle One) MD DO PA NP



INFORMATION & CONSENT FORM

- To be completed by parent/guardian or 18 year old or older student-athlete; please take time to complete the form to ensure the good health and safety of the student-athlete
- Must be signed in **four (4)** places by parent/guardian or 18 year old or older student-athlete (Below and on page 3)
- The exam date must be performed **on or after April 15th** to be valid for the following school year
- Copies of the first two pages, Clearance Form and Information & Consent Form, must be kept on file with school athletic department

Student Name: _____	_____	_____
Last	First	Middle Initial
Sex: _____	Grade: _____	Age: _____
Date of Birth: _____		
School: _____	Sport(s): _____	
Student's Address: _____		
Street	City	Zip
Father's/Guardian Name: _____		
Phone (home): _____	(work): _____	(cell): _____
Mother's/Guardian Name: _____		
Phone (home): _____	(work): _____	(cell): _____

STUDENT PARTICIPATION & PARENT OR GUARDIAN OR 18 YEAR OLD CONSENT

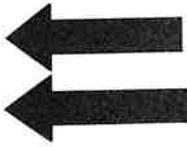
The information submitted herein is truthful to the best of my knowledge. By my/my child's signature below, I/we acknowledge that I/we have received concussion educational information that meets Michigan Department of Health and Human Services and MHSAA requirements. Further, in consideration of my/my child's participation in MHSAA-sponsored athletics, I/we do hereby agree, understand, appreciate, and acknowledge: that participation in such athletics is purely voluntary; that such activities involve physical exertion and contact and that there is inherent risk of personal injury associated with participation in such activities, which risk I/we assume; and that I/we agree to, and hereby, waive any and all claims, suits, losses, actions, or causes of action against the MHSAA, its members, officers, representatives, committee-members, employees, agents, attorneys, insurers, volunteers, and affiliates based on any injury to me, my child, or any person, whether because of inherent risk, accident, negligence, or otherwise, during or arising in any way from my/my child's participation in an MHSAA-sponsored sport.

I/we understand that I am/we are expected to adhere firmly to all established athletic policies of my school district and the MHSAA

I/we hereby give my consent for the above student to engage in interscholastic athletics and for the disclosure to the MHSAA of information otherwise protected by FERPA and HIPAA for the purpose of determining eligibility for interscholastic athletics. My child has my permission to accompany the team as a member on its out-of-town trips.

Signature of STUDENT: _____ Date: _____

Signature of PARENT OR GUARDIAN OR 18 YEAR-OLD _____ Date _____



INSURANCE STATEMENT: Our son/daughter will comply with the specific insurance regulations of the school district.

The student-athlete has health insurance: Yes No

If yes, Family Insurance Co: _____ Insurance ID # _____

MEDICAL TREATMENT CONSENT: I, _____, an 18 year-old, or the parent or guardian of _____, recognize that as a result of athletic participation, medical treatment on an emergency basis may be necessary, and further recognize that school personnel may be unable to contact me for my consent for emergency medical care. I do hereby consent in advance to such emergency care, including hospital care, as may be deemed necessary under the then-existing circumstances and to assume the expenses of such care.

Signature of PARENT OR GUARDIAN OR 18-YEAR-OLD _____ Date _____

