

## **ATHLETIC PHYSICALS @ WHS & CASE MIDDLE SCHOOL**

1. Athletic physicals are done during April and May each year.
2. Flyers are posted and students are requested to pick up a blue Athletic Health History form At the nurse's office or print one off the web site. When a form is returned to nurse, vitals (vision, hearing, etc) will be done and an appointment with the school physician will be set up. Physicals are good for one year.
3. Students having a physical by his/her own Primary Care Provider are asked to stop and pick up forms to take with them to their appointment. Physical Forms and Athletic Health History forms are available for printing under "forms."
4. ALL FORMS ARE TO BE RETURNED TO YOUR SCHOOL NURSE.
5. Athletic Placement Process for 7<sup>th</sup> & 8<sup>th</sup> grade students and physicals for students **new to the district** are done in August during Fall Sports Sign Up. Information and dates for signups are available on the Athletic Web Site.
6. Students must have an up-to-date physical and blue Athletic Health History on file in order to play a sport. These forms are good for one year.
7. If an athlete already has the above on file (#6), they will simply fill out a yellow Athletic Health Update and be ready to play.