



## LAMPETER-STRASBURG SCHOOL DISTRICT

### Athletic Department

May 4, 2020

Dear Parent or Guardian:

Sport physicals for the 2020-2021 school year that were previously scheduled for Saturday, June 6, 2020, are currently being postponed. Since the COVID-19 pandemic is ever evolving, we are awaiting guidance from the Center for Disease Control and Prevention, PA Department of Health, PIAA and our team doctor on what sports physicals might look like for the upcoming school year. If we are able to hold sports physicals later in the summer, the cost per physical will remain \$10. When a final decision has been made, we will post updates to the athletics section of the district website with further information.

At this point, we encourage you to see your family physician after June 1, 2020, to receive your student-athletes sports physical for the upcoming school year. If your family physician is currently not seeing well visits and you are concerned about acquiring a physical in time for the sports season, keep in mind our team physician, through WellSpan, is able to accommodate physicals in their sport's medicine office. Well visits would cost \$15. Contact info is:

WellSpan Sports Medicine  
4150 Barrett Blvd  
Ephrata, PA 17522  
717-466-2451

If you are unable to receive a sports physical through either of these options, Med Express and other local urgent cares offer sports physicals. Physicals for the 2020-21 school year must take place on or after June 1, 2020. Physicals completed before June 1, 2020, will not be accepted (PIAA rule). Please submit to the HS or MS main office. Do not submit to coaches.

Please contact the athletic trainers with any questions: Jen McCrabb (717-669-1989), Allison Rehm (717-669-8252).

At this time, all summer workouts are on hold until July 1, 2020. Please refer to the district's athletic webpage/coaches emails throughout the summer for updated information.

Pioneer Pride,

**Branden M. Lippy, Ed.D**  
Director of Athletics