

INSTRUCTIONS FOR FALL INTERSCHOLASTIC & WORKING PAPERS

ATHLETICS AND HEALTH SERVICES

INTERSCHOLASTIC FALL SPORTS & WORKING PAPERS

FOOTBALL, CROSS COUNTRY, GOLF, SOCCER, VOLLEYBALL, GIRLS SWIM, GIRLS
TENNIS, & CHEERLEADING

2015-2016

VARSDITY & JR. VARSITY

STUDENTS ENTERING

GRADES 9-12

This sports packet includes:

Physical exam appointment schedule

Information regarding Interval Health History (only for students who have valid sports physical on file)

Sport information for incoming 9th grade students

Sport Health history form

Interval Health history form (students with valid physical on file need to complete this form only)

SPORTS PHYSICAL EXAMINATION SCHEDULE

July & August 2015 Sports and/or working paper physicals

All sports and working paper physicals will be held at Niagara Falls High School

Instructions:

- **NO SPORT OR WORKING PAPER PHYSICAL WILL BE DONE WITHOUT THE APPROPRIATE, COMPLETED HEALTH HISTORY SIGNED BY THE PARENT OR GUARDIAN.**
- All Physicals will be by appointment only between the hours of 8:45 – 11:30 or 1:15 – 2:30
 - No student will be given a sports physical without a completed and current (within 30 days) Interscholastic Sport Health History (form D 14a) signed and dated by their parent or guardian
 - Working paper packets can be obtained from the guidance office at your child's school. No student will be given a working paper physical without a completed working paper packet, signed and dated by parent or guardian.
 - *Please note: students requesting both sports and working papers need only complete the sport health history form (D 14a)*

** Call for an appointment after July 1, 2015

286-0787 or 286-0788 between 10:00 AM and 3:00 PM

Please do not leave phone messages , we cannot call back

General Instructions:

1. All sports physicals are valid for one year from the date of the physical. Students are required to complete an Interval Health History within 30 days of the start of each sport. (D 14b)
2. Students who wear prescription glasses must bring them to the physical examination.
3. At the end of each school year, the school nurses send out specific forms to any student requiring medication or special medical care. These forms must be completed by the student's Health Care Provider and returned when the student presents for a sport physical.
4. All sports physicals for students attending District Schools must be completed by the District Nurse Practitioners. *Non-public school students may have their sport physical with their own Health Care Provider.* Final authority for all participation rests with the School Medical Director.
5. ***PHYSICALS DONE THROUGH THE DISTRICT NURSE PRACTITIONERS WILL BE BY APPOINTMENT ONLY.***
6. Working paper Physicals should be completed by the student's own health care provider. If the student has a pending job and cannot get into his/her own provider, appointment may be made with the District NP.

***Fall sports opportunities
for our incoming 9th grade students***

As you make your transition from Prep School, there will be a chance for you to participate in our Junior Varsity sports programs and activities this fall. The following are offered in the fall.

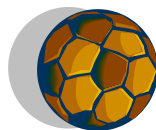
- **Cheerleading**
- **Cross Country** – Boys and Girls
- **Football**
- **Golf**
- **Soccer** – Boys and Girls
- **Swim** – Girls
- **Tennis** – Girls
- **Volleyball** – Boys and Girls

Here are the requirements BEFORE you can tryout for a team.

1. **Athletic Physical Exam** – this can only be provided through the school district medical personnel; Nurse Practitioner
 - a. A physical conducted by your family physician will not be accepted for sports.
2. **Baseline Concussion Testing (ImPACT)** PRIOR to any tryouts for Football or Soccer.
3. **Completed Health History** for Sports Participation.
4. **Coaches note** – obtained from school district medical personnel once all medical requirements have been met.
5. **Completed J-20 form** – obtained from the coach.
6. **Academic eligibility** – you must pass 4 classes and Physical Education. Of those 4 classes, 3 must be Core area classes; Math, Science, Social Studies and Language Arts.

Be on the lookout for future announcements for our Fall Sports Meeting, which will include start dates for Fall sports.

**** In order to participate and remain on any sports team, you must also meet the academic eligibility requirements, as well as follow all team and school rules. Failure to do so will result in your removal from the team.**



NIAGARA FALLS HIGH SCHOOL ATHLETIC DEPARTMENT

Home of the Wolverines

Fall sports opportunities

For Incoming 7th grade students

As you make your transition to Prep School, there will be a chance for you to participate in our Modified sports programs this fall. The following sports are offered in the fall.

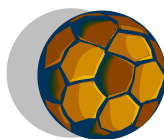
- Football
- Boys and Girls Soccer
- Girls Volleyball

Here are the requirements BEFORE you can try out for a team.

1. **Athletic Physical Exam** – this can only be provided by the school district medical personnel; Nurse Practitioner.
 - a. A physical conducted by your family physician will not be accepted for sports.
2. **Baseline Concussion Testing (ImPACT)** PRIOR to any tryouts for Football and Soccer.
3. **Completed Health History** for Sports Participation.
4. **Coaches note** – obtained from district medical personnel once all medical requirements have been met.
5. **Completed J-20 form** – obtained from the coach.

Be on the lookout for future announcements for our Fall Sports Meeting, which will include start dates for Fall Sports.

** In order to participate and remain on any sports team, you must also meet the academic eligibility requirements, as well as follow all team and school rules. Failure to do so will result in your removal from the team



NIAGARA FALLS CITY SCHOOL DISTRICT

FALL SPORTS PHYSICAL SCHEDULE

July-August 2015

Physicals will begin on Tuesday July 21. Physicals will be done at Niagara Falls High School.

All students must call and schedule an appointment for their sports and/or working paper physical. **NO WALK-INS WILL BE PROCESSED FOR PHYSICALS.**

Dates Available

July 21, 22, 27, 28, 29

August 3, 4, 5, 10, 11, 12, 18, 19, 25, 26

INTERVAL HEALTH HISTORIES (Please Note: this applies to students entering grades 9-12 in Sept 2015, only)

Students who had a sports physical with the District Nurse Practitioner on or after August 1, 2014 will not require another physical for Fall Sports.

These students must turn in **an interval health history** included in this packet. The health history must be signed by the parent or guardian..

- INTERVAL HEALTH HISTORIES WILL BE ACCEPTED BETWEEN THE HOURS OF 9:30 AND 11:45 AM ON THURSDAYS ONLY BEGINNING THURSDAY JULY 23 THROUGH THURSDAY AUGUST 20.
- Students who fail to schedule a physical exam or turn in an interval health history (whichever is required) PRIOR to August 25 may have to wait until the first week of school (Sept. 8, 2015) for their sport physical.