



LITTLESTOWN HIGH SCHOOL

200 E. Myrtle Street
Littlestown, PA 17340
717-359-4146 Extension 2288
Athletic Department



TO: ATHLETES AND PARENTS
FROM: ATHLETIC DEPARTMENT
RE: 2019-2020 SPORTS PHYSICAL EXAMINATIONS

P.I.A.A. regulations require that all students of the Littlestown Area School District receive a physical examination performed by a certified medical examiner prior to their participation in interscholastic athletics. The physical form must be dated *June 1, 2019*, or later.

The school district will offer physical examinations on the following dates: **June 12 and June 18**. Physical examinations, for students entering grades 7 through 12 desiring to participate on athletic teams during the 2019-2020 school year, will be conducted at the high school. All athletes have an opportunity to come either date. Students should report to the lobby, *dressed appropriately in shorts and a t-shirt and with glasses/contacts*, according to the following recommended schedule (based on the first letter of your last name):

WEDNESDAY – JUNE 12, 2019

A – C	4:00-4:20 PM
D – G	4:20-4:40 PM
H – L	4:40-5:00 PM
M – P	5:00-5:20 PM
Q – S	5:20-5:40 PM
T – Z	5:40-6:00 PM

TUESDAY – JUNE 18, 2019

A – C	9:00-9:20 AM
D – G	9:20-9:40 AM
H – L	9:40-10:00 AM
M – P	10:00-10:20 AM
Q – S	10:20-10:40 AM
T – Z	10:40-11:00 AM

***PLEASE NOTE: THERE IS A \$15.00 FEE FOR EACH PHYSICAL DONE AT THE HIGH SCHOOL. The completed paperwork and payment should be submitted to the Athletic Office PRIOR to the physical dates, preferably by June 7, 2019. Checks can be made payable to *Littlestown High School*. Receipts are available for cash payments.

PARENT/ATHLETE MEETINGS: There will be a mandatory meeting for all fall athletes/parents (except football) on Wednesday, July 31, 2019, at 6:00 p.m. in the high school auditorium. Football athletes/parents will meet on Saturday, August 10, 2019, at 9:00 a.m. in the high school auditorium. All athletes and at least one parent are expected to attend these important meetings.

Athletes who are unable to attend the school's sports physical examination or desire to schedule their physical examination with their family physician do so at their own expense. Their completed paperwork should be submitted to the Athletic Office as soon as possible, but no later than **August 5, 2019**.

Additional costs for re-examination and/or re-certification for subsequent sport seasons will be the responsibility of the student-athlete. A re-certification is required for each subsequent season. For example, a student who participates in a fall sport must complete the CIPPE recertification (Section 7) before participating in a winter and/or spring sport. After reviewing Section 7, the Athletic Director may require a student to undergo re-examination (Section 8) before further participation is allowed. *Weight certification for wrestlers will be held prior to the start of the winter season. This will be done one day only and all wrestlers must attend.*

Students who plan only to participate in winter or spring sports should also attend the physical examinations scheduled by the school. *Physical examinations will not be offered by the school prior to the winter and spring seasons during the 2019-2020 school year.*

Athletes may not participate in practice sessions until ALL forms are completed!

The required forms are:

- PIAA CIPPE (Comprehensive Initial Pre-Participation Physical Evaluation)
Sections 1-6: includes physical form, health history, insurance and emergency information.
- Parental Consent
- Code of Conduct Signature Page

Reminder: This is a sports physical only – Driver physical papers will NOT be signed. However, the sports physical **WILL** satisfy the required 11th grade physical.

ImPACT testing will be available during the sports physicals in June for those athletes who need to take the test for the first time or re-take the test if it has been 2 years since the last test. Coaches will notify athletes of other testing dates and times. You must have taken the ImPACT test prior to beginning practice on August 12, 2019.

If you have any questions, please call Cindy Staub in the high school athletic office (717-359-4146, ext. 2288) or email staubc@lasd.k12.pa.us.