

## Sports Physicals Information

Every Athlete who participates in any CIAC-sanctioned activity (practice and/or contest) must be determined physically fit through a pre-participation evaluation performed within the past 13 months in accordance with district guidelines.

All students must have a physical exam on file with the school nurse **BEFORE** trying out for any sport at Eli Terry Jr. Middle School and Terryville High School. Physicals may be completed by an Athlete's own doctor or by the school doctor.

In order to assist Athletes, appointments are made available for physicals to be completed at school by the school medical advisor.

### Attention:

**Sports Physical Dates have been announced for the 18-19 season.**

**Sports Physicals will take place on:**

**Tuesday, August 7, 2018 from 1pm to 4pm**

**Tuesday, November 6, 2018 from 8am to 11am**

### Procedure for School Sports Physical:

*Once dates have been announced:*

1. Download, print out and complete the parent/student section of the Sports Physical Form **BEFORE** coming to your appointment. *Students who do not have a completed and signed form cannot be examined by the doctor. Forms require both parent/guardian and student signatures.* Forms are available by link in the Health Services section of the website.
2. During the school year you can schedule an appointment with Terryville High School Nurse, Mrs. Lanning RN, at 860-314-2776 extension 5406. During summer please call Central Office at 860-314-8005 to schedule your physical. You must have an appointment, no walk ins will be accepted.
3. Appointments are made on a first come, first served basis. If you are unable to keep your appointment, please contact Central Office (August) or Mrs. Lanning (November) as soon as possible. We will try to reschedule if possible.
4. Please arrive at the Terryville High School Nurse's Office at least 10 minutes before your scheduled time, with the Sports Physical Form completed and signed by both Athlete and Parent.

### Additional Information for Grades 6 and 10 Students:

A physical examination must be performed and recorded on the State of Connecticut Blue Physical Form during the 6th and 10th grade years. Blue Physical Forms are acceptable for sports participation. If you have questions regarding this, please refer to the information regarding Mandatory Physicals on the Health Services page of this website or contact your school nurse.