

# Physical Procedure for Keystone Sports

Fall Sports Physicals  
July 14<sup>th</sup> for Boys / July 21<sup>st</sup> for Girls  
6:30PM-8:30PM by Appointment Only

Forms can be obtained from the high school or printed from the school 's Athletics web site at <http://www.keyknox.com/athletics/Default.htm>.

## **To get Fall Sports Physical from the school doctor:**

Fill out the following, sign, and turn in by **June 1, 2011** to Mrs. Porter:

1. PIAA Physical Section 1,2,3 for **first sport** athlete participates in;
2. Insurance/Liability Release Form (1<sup>st</sup> sport only unless insurance changes);
3. Helmet Form (football only);
4. Medical Treatment/Health History Card (orange card);
5. Money- \$100;
6. Sign up for appointment by June 1, 2011 with Mrs. Porter

## **To get Fall Sports Physical from your family doctor:**

Sports Physicals can be done after **June 1<sup>st</sup>**, but should be turned in to the school by **August 14th**

1. PIAA Physical Sections 1-4 (1<sup>st</sup> sport played);
2. Insurance/Liability Release Form (1<sup>st</sup> sport only);
3. Medical Treatment/Health History Card (orange card);
4. Helmet form (football only);
5. PIAA Section 5 (2<sup>nd</sup> or 3<sup>rd</sup> sport only);
6. Money- \$100;
7. Turn in to Mrs. Porter by August 15, 2011.

**ABSOLUTELY NO PRACTICE UNTIL ALL FORMS/MONEY ARE TURNED IN. NO EXCEPTIONS!**

**If you have any questions, please call Jeremiah Lukers at 797-1261, extension 151**

## **For 6<sup>th</sup> Graders Interested in Junior High Football or Cheerleading:**

If student athlete will be obtaining a physical from the school doctor (July 14<sup>th</sup> for Boys / July 21st for Girls - 6:30PM-8:30PM), please return this request with the physical papers to either the main office at the elementary school or to Mrs. Porter at the High School by June 1st. Please call 797-1261, extension 130, to schedule your appointment – No appointments will be made until all paperwork is turned in. Appointments will be in increments of 10 minutes.

Please PRINT student athlete's name and sign your name at the bottom of this form so we may enter it into the physicals time sign-up sheet.

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Student Athlete

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Parent/Guardian