

2018-2019 FJH/FHS Athletic Physical Information

FJH/FHS ATHLETIC PHYSICALS FAQ

1. WHEN ARE PHYSICALS HELD AT THE HIGH SCHOOL?
 - a. Saturday May 19th from 8:30 am -2:30 pm at the Field House at the High School
2. WHERE IS THE HIGH SCHOOL LOCATED?
 - a. The High School is located at 702 Greenbriar.
3. WHO NEEDS A PHYSICAL?
 - a. Any student thinking about trying out or participating in any athletics at either the Junior High or High School including – Drill, Cheerleading, Lacrosse, Water Polo, Gymnastics or High School Band.
4. HOW MUCH DO THE PHYSICALS COST?
 - a. \$30 cash ONLY for each physical.
5. DO I NEED TO CALL AND SCHEDULE AN APPOINTMENT FOR THE PHYSICALS?
 - a. No, they are done on a first come first serve basis. The doors will open at 8:30 am.
6. WHEN IS THE BEST TIME TO GET THERE?
 - a. The doors open at 8:30 am; it is generally really busy then and during the lunch hours.
7. I HAVE A CONFLICT ON MAY 19TH AND CANNOT MAKE IT TO THE PHYSICAL OFFERED AT FHS, IS THERE ANOTHER DATE THAT PHYSICALS WILL BE DONE AT SCHOOL?
 - a. At this time, we do not anticipate offering physicals on another day. If you are unable to make it on May 19th, please schedule an appointment with your physician. Should this change, we will post that information on both the FJH and FHS websites.
8. WHO ARE THE DOCTORS THAT DO THE PHYSICALS OFFERED AT FHS?
 - a. We use Dr. John Kirkwood and his staff.
9. WILL CONCUSSION TESTING (BASELINE TESTING) BE OFFERED ON MAY 19TH?
 - a. Due to time constraints, we will NOT be offering Baseline Testing on May 19th.
 - b. IF you would like to have a Baseline done, please contact Jonathan Utsey at jeutsey@houstonmethodist.org to schedule an appointment.
10. WHEN WILL THE FORMS BE AVAILABLE FOR MY SON OR DAUGHTER?
 - a. The 2018-2019 Forms will be delivered to all schools the **first part of May** and will be posted on the FJH and FHS websites shortly after all forms have been delivered. Please look for them then.
11. WHAT IS THE EARLIEST DATE THAT I CAN TURN IN THE PHYSICAL PACKET?
 - a. You may begin turning in the physical packet on May 19, 2018. We will not accept any physical that was done prior to May 19, 2018. We strongly recommend that you turn in all forms as soon as they are completed and do not hang on to them until the start of school.
12. I HAVE AN APPOINTMENT WITH MY FAMILY DOCTOR NEXT WEEK, CAN I HAVE THE FORMS AND HAVE THE PHYSICAL DONE THEN?
 - a. No. The forms are not available yet. They will be delivered to the campuses the first part of May.
13. CAN I HAVE A PHYSICAL DONE PRIOR TO MAY 19th BY MY OWN PHYSICIAN?
 - a. We will not accept any physical form dated by the doctor prior to May 19th. The physical is only valid for one calendar year. Should an athlete have a physical done prior to our date and still be participating in a sport when that physical expires, they will no longer be able to continue to participate.
 - b. This physical is to clear our athletes to participate in athletics for the 2018-2019 school year.
14. I HAVE A FORM FROM LAST YEAR, CAN I USE THAT?
 - a. NO. UIL makes changes to the forms every year. These changes make previous forms invalid. Any physical that is done on a previous years form will be returned and the athlete will be required to fill out the current years forms.

15. I HAD A PHYSICAL DONE FOR SUMMER CAMP; CAN I TURN THAT PHYSICAL IN?
 - a. NO. We are required to use the forms from UIL.
16. WHEN DO I HAVE TO HAVE THE PHYSICAL TURNED IN BY?
 - a. Physicals must be completed and turned in to the FHS Athletic Training Room before an athlete is allowed to tryout, practice, participate, or compete in any FJH/FHS sport (including athletic periods).
 - b. Again, it is strongly recommend that you turn all forms in as soon as they are completed.
17. WHERE DO I TURN THE FORMS IN?
 - a. ALL physical forms are to be turned in to the FHS Athletic Training Room.
 - b. Prior to the start of school in August there will be a drop box located in the hallway outside the Athletic Training Room during the summer only when the athletic training room is not staffed or the forms may be mailed in.
 - c. Physical Packets are to be turned into the FHS/FJH Athletic Training Staff only. Do not turn packets into the front office, coaches or secretaries.
 - d. All of this information is located on the first page of the physical form packet.
18. MY SON/DAUGHTER IS A STUDENT AT THE JUNIOR HIGH; DO I STILL HAVE TO TURN MY FORMS IN TO THE HIGH SCHOOL?
 - a. Yes, if you are turning your forms in before the first day of school in August. After that date, you can turn your forms in to the FJH athletic trainer.
19. WHY IS IT RECOMMENDED THAT I KEEP A COPY OF THE FORMS?
 - a. The Athletic Training Room is NOT open during the summer months. This makes it difficult for you to get a copy of the physical for summer camps.
20. CAN I FAX THE COMPLETED FORMS IN?
 - a. NO. Fax and photocopies become difficult to read. We ask that the original forms be turned in.
21. CAN I SCAN THE FORMS AND EMAIL THEM IN?
 - a. At this time, we do not accept electronic medical records. Please contact the Athletic Trainers before emailing any portion of the physical packet to them.
22. WHERE CAN I GET A BLANK COPY OF THE PHSYICAL PACKET?
 - a. Blank forms are available at the Junior High, the High School and the Administration building or you can download them (after the first of May) from the Athletics pages of both the Junior High's the High School's websites.
23. I MIGHT NOT REMEMBER ALL OF THIS INFORMATION, IS IT AVAILABLE SOMEWHERE?
 - a. Yes. All of the information is available on the first page of the physical packet. Please take some time to read and follow all instruction.

IF YOU HAVE ANY FURTHER QUESTIONS OR NEED MORE INFORMATION PLEASE CONTACT THE FHS ATHLETIC TRAINERS:

**EMAIL – athletictrainers@fisdk12.net
PHONE- 281-996-6553**

