



NOBLESVILLE ATHLETICS – Physical Exams

All candidates for athletic teams in Noblesville Schools (grades 7-12) during the 2011-12 school year **MUST** undergo a physical examination performed by a licensed medical doctor (MD). *The examination must occur and the doctor's signature must be dated after May 1, 2011.* Physical forms are available in each athletic department of the High School or Middle School. The completed physical form must be returned to the appropriate athletic office **PRIOR** to the first practice to be eligible for participation in any sport.

We would certainly encourage families to complete the physical examination with their family physician. As an alternative (thanks to the efforts of Riverview Hospital), we are able to provide physical examinations for *prospective Noblesville student athletes at a cost of \$25.* The date and time of the exam is below and common questions you may have are further down.

Also, as a separate option (not required), Heart Partners of Indiana is offering screening echocardiograms at a reduced rate. Separate information and sign up is available on their website at <http://www.heartpartners.net/echoesforathletes.html> and look for the Noblesville tab.

IMPORTANT: If you wear glasses/contacts - Please bring them to the exam!!

It is also helpful if you wear loose-fitting clothes & girls, please wear a sports bra.

- In order to take advantage of this opportunity, students and parents must complete the medical history portion of the physical form **PRIOR** to attending the examination. **Both student and parent signatures are required on the medical history to participate in the physical exam.**
- This will be the **ONLY** student-athlete physical examination offered through the Noblesville Schools for the 2011-12 school year.
- In an effort to avoid long wait times, we are requesting that students attend the physical examination at the indicated time based on their grade in school for 2011-12. However, you may attend the examination at any time 5:30-8:00 PM if necessary.

Location: **Noblesville High School Gym** (Enter Gate # 2)

Date: **Wednesday June 1, 2011**

Time: **5:30-6:30 PM - Grades 7-8** (2011-12 school year)

6:15-7:15 PM - Grades 9-10 (2011-12 school year)

7:00-8:00 PM – Grade 11-12 (2011-12 school year)

Cost: **\$25.00** (cash; or checks payable to Riverview Hospital or RVH)

Common Questions about Physicals

1) *Must I have the physical done at the school to participate in athletics?*

No. Any licensed medical doctor (MD) may conduct the physical exam. Exam must be conducted and MD must sign the form after May 1, 2011.

2) *How long is the physical "good" for?*

Physicals conducted after May 1, 2011 is valid for athlete's participation through the entire 2011-12 school athletic year.

3) *Can a parent accompany the athlete through the exam?*

Yes.

4) *Can I use the physical form provided by my doctor's office?*

Maybe. Only the valid, current 2011-12 physical form can be accepted for athletic participation. Often the forms available in local doctor's offices are out-of-date and cannot be accepted. Best practice is to get the appropriate forms from the athletic office of the school your child will attend.

5) *Do I have to do the screening echocardiogram to participate in athletics?*

No, this is an option. (See their website for information)

Questions can be directed to the appropriate athletic office where your child will be participating in athletics during the 2011-12 school year:

High School: 317.776.6266

Middle School: 317.773.0782