

May 2023

Good afternoon Sports Enthusiasts,

Registration is currently open for our fall sports programs! The deadline date to register is August 3, 2023.

- Field Hockey
- B/G Soccer
- Boys/Girls Cross Country
- Girls Volleyball

Be sure to complete the following steps to ensure your child's eligibility for the first day of practice. All physical forms must be completed in their entirety. Incomplete forms will be returned until all necessary information is provided. Please double-check your work to avoid any unnecessary delays. No student-athlete can tryout until all forms are submitted and there is clearance by the school doctor.

- 1) Register your child on [FAMILY ID](#).
- 2) Submit a paper copy of your child's [Physical form](#) & [Health History Update Questionnaire](#) to the J.P. Case health office. Physicals are valid for one year and must be valid within the date of the season. **FALL physical dates: 9/7/22-9/7/23** If your child has asthma and/or allergies requiring an epi-pen, you must submit a current [Asthma Treatment Plan](#) and/or an [Allergy Action Plan](#) with your physical forms.
- 3) Submit a [Health History Update Questionnaire](#) for every new season
- 4) Your child must complete [ImPACT testing](#) on their own. (This must be done 1 time during your time here at J.P. Case)

Please visit the [Athletic's Web Site](#) if you need additional information or copies of the above forms. All fall sports schedules should be posted on [RSchool](#) by the end of the school year. Be sure to confirm your child can make a full commitment for the duration of the season 9/7/23-10/31/23, Monday-Friday 3-5 practice/2-3 games a week both home and away (transportation will be provided).

If you need to reach me feel free to contact me via email at kimberly.creighton@frsd.us

Sincerely,

The Athletic Department