

# Catonsville High School

## WINTER SPORTS CHECK-IN

### Procedures and Schedules

All students attending try-outs for a winter sport team need to attend the WINTER SPORTS CHECK-IN. All students must attend check-in and be cleared by the Athletic Director and Athletic Trainer before they will be allowed to participate in any tryout. Prospective athletes will be required to present the completed Athletic Permit Form and Physical Evaluation Form, in person. DO NOT deliver, mail, or fax any forms to CHS.

*Dates: Monday, November 2, 2009 (Girls) and  
Tuesday, November 3, 2009 (Boys)*

*Time: 2:30 pm*

*Site: CHS Cafeteria*

#### Required Documentation:

1. BCPS Athletic Permit (1 Page)
2. Physical Evaluation Form (2 Pages)

#### GIRLS: November 2, 2009

2:30 pm

Girls Indoor Track

3:00 pm

Girls Basketball

3:30 pm

Cheerleading

#### BOYS: November 3, 2009

2:30 pm

Boys Indoor Track

3:00 pm

Boys Basketball

3:30 pm

Wrestling

# BALTIMORE COUNTY PUBLIC SCHOOLS ATHLETIC PERMIT BLANK

Name \_\_\_\_\_ High School \_\_\_\_\_

\_\_\_\_\_ Home Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_

Parent/Guardian's Name \_\_\_\_\_ Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Parent/Guardian's Name \_\_\_\_\_ Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

In an Emergency, If Parents Cannot Be Contacted:

Notify \_\_\_\_\_ Phone \_\_\_\_\_

Family Doctor \_\_\_\_\_ Doctor's Phone \_\_\_\_\_

Preferred Hospital \_\_\_\_\_ Known Allergies \_\_\_\_\_

The team physician, trainer, and coach may apply first aid treatment until the family doctor can be contacted. \_\_\_Yes \_\_\_No. We give our consent for coaches, trainers, and team physicians to use their own judgement in securing medical aid and ambulance service in case the parents cannot be reached.  
\_\_\_Yes \_\_\_No.

In order to participate in interscholastic athletics, the student must have accident insurance coverage.

\_\_\_ Student is covered by school insurance \_\_\_ Blue Cross/Blue Shield \_\_\_\_\_  
\_\_\_\_\_ Other commercial insurance \_\_\_\_\_  
\_\_\_\_\_ company and policy number

To the Parent or Guardian:

In order that your son, daughter, or ward may participate in various school athletic activities, it will be necessary for you to give your written consent.

Permission is given for son, daughter, or ward to participate in \_\_\_\_\_  
name of sport

It is understood that time after school will be required for practice and competition. The school will provide proper and reasonable supervision at practice and games and travel to and from such practice and games. Beyond this point of proper supervision, the school cannot assume responsibility for injuries.

A student is financially responsible for the replacement cost of athletic equipment and uniforms which are not returned within ten (10) days after the close of a given season.

In addition, it is recognized that the student must comply with the eligibility regulations governing Baltimore County school athletics as approved by the County Superintendent and legislative committee.

By evidence of the signatures below, you are testifying that you

- have read and understand the Athletic Permit Blank
- have read and understand the eligibility standards and policies contained in the Student-Parent Guide to Interscholastic Athletics in Baltimore County Public Schools
- legally reside in the attendance area of the above listed high school as defined by section A in the Student-Parent Guide to Interscholastic Athletics in Baltimore County Public Schools

Failure to complete, sign, and return this form to your student's coach will result in his/her exclusion from participation in the Interscholastic Athletic Program of the Baltimore County Public Schools.

Student's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_



# Preparticipation Physical Evaluation

## HISTORY

This page to be completed by student and parent / guardians

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of birth \_\_\_\_\_  
 Grade \_\_\_\_\_ School \_\_\_\_\_ Sport(s) \_\_\_\_\_  
 Address \_\_\_\_\_ Phone \_\_\_\_\_  
 Personal physician \_\_\_\_\_  
 In case of emergency, contact  
 Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

Explain "Yes" answers below.  
 Circle questions you don't know the answers to.

- |  | Yes                      | No                       |  | Yes                      | No                       |
|--|--------------------------|--------------------------|--|--------------------------|--------------------------|
| 1. Have you had a medical illness or injury since your last check up or sports physical?<br>Do you have an ongoing or chronic illness?   | <input type="checkbox"/> | <input type="checkbox"/> | 9. Do you cough, wheeze, or have trouble breathing during or after activity?<br>Do you have asthma?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Have you ever been hospitalized overnight?<br>Have you ever had surgery?  | <input type="checkbox"/> | <input type="checkbox"/> | Do you have seasonal allergies that require medical treatment?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Are you currently taking any prescription or nonprescription (over-the-counter) medications or pills or using an inhaler?<br>Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance?   | <input type="checkbox"/> | <input type="checkbox"/> | 10. Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics retainer on your teeth, hearing aid)?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?<br>Have you ever had a rash or hives develop during or after exercise?   | <input type="checkbox"/> | <input type="checkbox"/> | 11. Have you had any problems with your eyes or vision?<br>Do you wear glasses, contacts, or protective eyewear?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Have you ever passed out during or after exercise?<br>Have you ever been dizzy during or after exercise?<br>Have you ever had chest pain during or after exercise?<br>Do you get tired more quickly than your friends do during exercise?<br>Have you ever had racing of your heart or skipped heartbeats?<br>Have you had high blood pressure or high cholesterol?<br>Have you ever been told you have a heart murmur?<br>Has any family member or relative died of heart problems or of sudden death before age 50?<br>Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?<br>Has a physician ever denied or restricted your participation in sports for any heart problems? | <input type="checkbox"/> | <input type="checkbox"/> | 12. Have you ever had a sprain, strain, or swelling after injury?<br>Have you broken or fractured any bone, or dislocated any joints?<br>Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints? <i>If yes, check appropriate box and explain below.</i><br><input type="checkbox"/> Head <input type="checkbox"/> Elbow <input type="checkbox"/> Hip<br><input type="checkbox"/> Back <input type="checkbox"/> Forearm <input type="checkbox"/> Thigh<br><input type="checkbox"/> Chest <input type="checkbox"/> Wrist <input type="checkbox"/> Knee<br><input type="checkbox"/> Shoulder <input type="checkbox"/> Hand <input type="checkbox"/> Shin/calf<br><input type="checkbox"/> Upper arm <input type="checkbox"/> Finger <input type="checkbox"/> Ankle<br><input type="checkbox"/> Foot | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)?   | <input type="checkbox"/> | <input type="checkbox"/> | 13. Do you want to weigh more or less than you do now?<br>Do you lose weight regularly to meet weight requirements for your sport?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Have you ever had a head injury or concussion?<br>Have you ever been knocked out, become unconscious, or lost your memory?<br>Have you ever had a seizure?<br>Do you have frequent or severe headaches?<br>Have you ever had numbness or tingling in your arms, hands, legs, or feet?<br>Have you ever had a stinger, burner, or pinched nerve?   | <input type="checkbox"/> | <input type="checkbox"/> | 14. Do you feel stressed out?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Have you ever become ill from exercising in the heat?   | <input type="checkbox"/> | <input type="checkbox"/> | 15. Record the dates of your most recent immunizations (shots) for:<br>Tetanus _____ Measles _____<br>Hepatitis B _____ Chickenpox _____   |                          |                          |

**FEMALES ONLY**

16. When was your first menstrual period? \_\_\_\_\_  
 When was your most recent menstrual period? \_\_\_\_\_  
 How much time do you usually have from the start of one period to the start of another? \_\_\_\_\_  
 How many periods have you had in the last year? \_\_\_\_\_  
 What was the longest time between periods in the last year? \_\_\_\_\_

Explain "Yes" answers here: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

We hereby state that, to the best of our knowledge, our answers to the above questions are complete and correct.  
 Signature of athlete \_\_\_\_\_ Signature of parent/guardian \_\_\_\_\_ Date \_\_\_\_\_

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# Pre-Participation Physical Evaluation

**PHYSICAL EXAMINATION**

DATE OF EXAM \_\_\_\_\_

This page to be completed by physician / nurse practitioner/physician assistant

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ % Body fat (optional) \_\_\_\_\_ Pulse \_\_\_\_\_ BP \_\_\_\_\_

Vision R 20/ \_\_\_\_\_ L20/ \_\_\_\_\_ Corrected: Y N Pupils: Equal \_\_\_\_\_ Unequal \_\_\_\_\_

	NORMAL	ABNORMAL FINDING	INITIALS *
<b>MEDICAL</b>			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			
<b>MUSCULOSKELETAL</b>			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand			
Hip/thigh			
Knee			
Leg/Ankle			
Foot			

\*Station-based examination only

**CLEARANCE**

Cleared

Cleared after completing evaluation/rehabilitation for:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Not cleared for (Sport(s)): \_\_\_\_\_ Reason: \_\_\_\_\_

Recommendation: \_\_\_\_\_

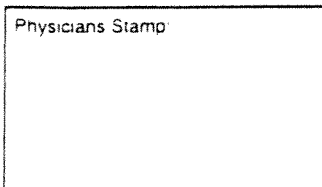
\_\_\_\_\_

Name of physician / \*\*nurse practitioner /physician assistant ( print/type) \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ Telephone: \_\_\_\_\_

Signature of physician /nurse practitioner/physician assistant \_\_\_\_\_

MD/nurse practitioner/physician assistant



**PARTICIPATON PHYSICAL EVALUATION  
(MONOGRAPH). KANSAS CITY, MO: AMERICAN  
ACADEMY OF FAMILY PHYSICIANS, AMERICAN  
ACADEMY OF PEDIATRICS, AMERICAN MEDICAL  
SOCIETY FOR SPORTS MEDICINE, AMERICAN  
ORTHOPAEDIC SOCIETY FOR SPORTS MEDICINE,  
AMERICAN OSTEOPATHIC ACADEMY OF SPORTS  
MEDICINE, 1992, 1996.**

Endorsed by the MPSSAA