

August 1, 2017

Dear Parents and Guardians,

The following locations offer sports physical:

1.	Concentra Urgent Care – 5340 W. Buckeye Road #3	602-233-2117	\$25.00
2.	Alliance Urgent Car – 9897 W. McDowell Road #100	623-474-2300	\$10.00
3.	Next Care Urgent Care – 5920 W. McDowell Road	623-245-0440	\$25.00

- The Arizona Interscholastic Association requires that all students who participate in athletics must have a physical performed by a licensed practitioner each school year.
- You must also return the following SIGNED forms:
 - 1. Sportsmanship and Participation contract
 - 2. KRPA Athletic form the identifies your health/accident insurance
 - 3. Mild Traumatic Brain Injury/Concussion form
- Students may NOT try out, practice, or play without these completed forms.
- Also, students must pay a \$25 sports fee per sport in order to participate.

Try-outs for Girls Volleyball, Boys and Girls Soccer will start next week on **Tuesday, August 8th from 3:45 pm- 5:00 pm. Students need to be picked up by 5:00 pm.

Be aware that in order to stay eligible, students must pass a weekly grade and behavior check, so encourage them to do their best in school!

Thank you,

Mr. Sneed Athletic Director

ARIZONA INTERSCHOLASTIC ASSOCIATION

7007 North 18th Street, Phoenix, Arizona 85020-5552 Phone: (602) 385-3810



The Preferred Urgent Care of the Arizona Interscholastic Association

2017-2018 ANNUAL PREPARTICIPATION PHYSICAL EVALUATION

(The Parent or Guardian should till out this form with assistance from the student athlete.	Exam Date:	
Name:	In case of emergency, contact:	
Sex:	Name:	
Age:	Relationship:	
Date of Birth:	Phone (Home):	
Grade:	(Work):	
School:		
Sport(s):	(Cell):	
Address:	Name:	
Phone:	Relationship:	
Personal Physician:	Phone (Home):	
Hospital Preference:	(Work):	
Explain "Yes" answers on following page.	(Cell):	
Circle questions you don't know the answers to.	(Ceil).	
1) Has a doctor ever denied or restricted your participation in sports for any reason	on?	
2) Do you have an ongoing medical condition (like diabetes or asthma)?	OH!	
Are you currently taking any prescription or nonprescription (over-the-counter) (Please specify):	medicines or supplements?	
4) Do you have allergies to medicines, pollens, foods, or stinging insects? (Please specify):		
5) Does your heart race or skip beats during exercise?		
6) Has a doctor ever told you that you have (check all that apply):		
	leart Infection	
7) Have you ever spent the night in the hospital?		
8) Have you ever had surgery?		
* 9) Have you ever had an injury (sprain, muscle/ligament tear, tendinitis, etc.) the game? (If yes, circle affected area in the box below):	nat caused you to miss a practice or	
*10) Have you had any broken/fractured bones or dislocated joints? (If yes, circle affected area in the box below):		
* 11) Have you had a bone/joint injury that required x-rays, MRI, CT, surgery, in therapy, a brace, a cast, or crutches? (If yes, circle affected area in the box below		
Head Neck Shoulder Upper Arm	Elbow Forearm	
Knee Calf/Shin Ankle	Foot/Toes	



12) Have you ever had a stress fracture? 13) Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability? 14) Do you regularly use a brace or assistive device? 15) Has a doctor told you that you have asthma or allergies? 16) Do you cough, wheeze, or have difficulty breathing during or after exercise?		
13) Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability? 14) Do you regularly use a brace or assistive device? 15) Has a doctor told you that you have asthma or allergies?	$\dashv \vdash$	
14) Do you regularly use a brace or assistive device? 15) Has a doctor told you that you have asthma or allergies?	11	
15) Has a doctor told you that you have asthma or allergies?	$\dashv \vdash$	
, , ,	$\dashv \vdash$	
	$\dashv \vdash$	
17) Is there anyone in your family who has asthma?	11	
18) Have you ever used an inhaler or taken asthma medicine?	1	
19) Were you born without, are you missing, or do you have a nonfunctioning kidney, eye, testicle or any other organ?		
20) Have you had infectious mononucleosis (mono) within the last month?		
21) Do you have any rashes, pressure sores, or other skin problems?		
22) Have you had a herpes skin infection?		
23) Have you ever had an injury to your face, head, skull or brain (including a concussion, confusion, memory loss or headache from a hit to your head, having your "bell rung" or getting "dinged")?][
24) Have you ever had a seizure?	JL	
25) Do you have headaches with exercise?		
26) Have you ever had numbness, tingling, or weakness in your arms or legs after being hit, falling, stingers or burners?		
27) When exercising in the heat, do you have severe muscle cramps or become ill?		
28) Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease?		
29) Have you ever been tested for sickle cell trait?		
30) Have you had any problems with your eyes or vision?	\dashv L	
31) Do you wear glasses or contact lenses?		
32) Do you wear protective eyewear, such as goggles or a face shield?		
33) Are you happy with your weight?	┵┡	
34) Are you trying to gain or lose weight?	┙┕	
35) Has anyone recommended you change your weight or eating habits?		
36) Do you limit or carefully control what you eat?	니닏	
37) Do you have any concerns that you would like to discuss with a doctor?		
Females Only Explain "Yes" Answers Here	135 J.A.	
Y N		
38) Have you ever had a menstrual period?		
39) How old were you when you had your first menstrual period?		
40) How many periods have you had in the last year?		



The Preferred Urgent Care of the Arizona Interscholastic Association

2017-2018 ANNUAL PREPARTICIPATION PHYSICAL EVALUATION

(The Physician should fill out this form with a	issistance from the Parent	or Guardian.)		
Student Name:		Date of Bir	th:	
atient History Questions: Please tell	me about your child			
1) Has your child fainted or passed out DURING o	ACTED avaraina amatica as	eterile?		¬ Y [
		Signiles		╡┝╼╁
2) Has your child ever had extreme shortness of breath during exercise? 3) Has your child had extreme fatigue associated with exercise (different from other children)?			╡┝╼┫┠	
4) Has your child ever had discomfort, pain or pressure in his/her chest during exercise?			╡┝╼┪┟	
5) Has a doctor ever ordered a test for your child's heart?			╡┝═┪┟	
6) Has your child ever been diagnosed with an u				╡┝═╏┢
7) Has your child ever been diagnosed with exerc		ontrolled with me	edication?	ī Mī
amily History Questions: Please tell	me about any of the f	ollowing in	your tamily	
				Y
0) 4			502 finallyding SIDS car assidents drawning or	וריור
Are there any family members who had sudden near drowning)	i, unexpecied, unexplained de	alli belore age c	nov (including Sips, car accidents, drowning, or	
9) Are there any family members who died sudder	nly of "heart problems" before	age 50?		Ĭ∏[
10) Are there any family members who have unex				<u> </u>
11) Are there any relatives with certain conditions				
	Y	N /	Marfan Syndrome (Aortic Rupture)	
Enlarged Heart			leart Attack, age 50 or younger	Ĩ !
Hypertrophic Cardiomyopathy	(HCM)	P	acemaker or Implanted Defibrillator	ī Mi
Dilated Cardiomyopathy (DCM)			Peaf at Birth (Congenital Deafness)	וות בֿ
Heart Rhythm problems:				
Long QT Syndrome (LQTS)		Ext	olain "Yes" Answers Here	
Short QT Syndrome				
Brugada Syndrome				
Catecholaminergic Polymorphic Tachycardia (CPVT)	: Ventricular			
Arrhythmogenic Right Ventricula	3r			
Tachycardia (CPVT)	vledge, my answers to a	vledge [iven _		
			Data	
Signature of athlete	Signature of parent/g	uardian	Date	
Signature of MD/DO/ND/NMD/NP/P.	A-C/CCSP Da	te:		

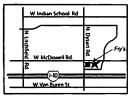


The Preferred Health Care Partner of the Arizona Interscholastic Association

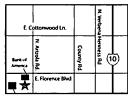
1-888-364-7502 NextCareAZ.com



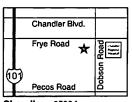
Apache Junction • 85120 2080 West Southern Ave., Suite #A1



Avondale • 85392 13075 W. McDowell Rd., Suite #D106



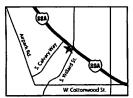
Casa Grande • 85122 1683 E. Florence Blvd., Suite #7



Chandler • 85224 600 S. Dobson Road, Suite #C-26



Chino Valley • 86323 474 State Highway 89



Cottonwood • 86326 450 S. Willard Street, Suite #120



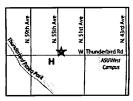
Flagstaff • 86001 1000 N. Humphreys St., Suite #104



Glendale • 85302 10240 N. 43rd Ave., Suite #3



Glendale • 85305 9494 W. Northern Ave., Suite #101



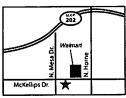
Glendale • 85306 5410 W. Thunderbird Road, Suite #101



Glendale • 85308 18589 N. 59th Ave., Suite #101



Lake Havasu City • 86403 1810 Mesquite Ave., Suite B



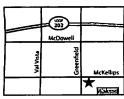
Mesa • 85203 535 E. McKellips Road, Suite #101



Mesa • 85204 3130 E. Baseline Road, Suite #105



Mesa • 85205 1066 N. Power Road, Suite #101



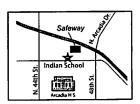
Mesa • 85215 4401 E. McKeilips Road, Suite #102



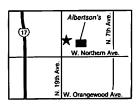
Peoria • 85382 20470 N. Lake Pleasant Rd., Suite #102



Phoenix • 85016 1701 E. Thomas Road, Suite #A104



Phoenix • 85018 4730 E. Indian School Rd., Suite #211



Phoenix • 85021 8101 N. 19th Ave., Suite #A



The Preferred Health Care Partner of the Arizona Interscholastic Association

1-888-364-7502 NextCareAZ.com



Phoenix • 85032 3229 E. Greenway Rd., Suite #102



Phoenix • 85035 5920 W. McDowell Road



Phoenix • 85050 20950 N. Tatum Blvd., Suite #190



Prescott • 86301 2062 Willow Creek Road



Prescott Valley • 86314 3051 N. Windsong Drive



Scottsdale • 85260 7425 E. Shea Blvd., Suite #108



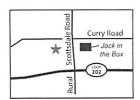
Sedona • 86336 2530 W. SR 89A, Suite #A



Sun City • 85351 9745 W. Bell Road, Suite #105



Surprise • 85374 14800 W. Mtn. View Blvd., Suite #100



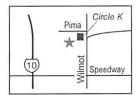
Tempe • 85281 914 N. Scottsdale Rd., Suite #104



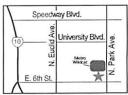
Tucson • 85705 4280 North Oracle Rd., Suite #100



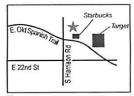
Tucson • 85706 5369 S. Calle Santa Cruz, Suite #145



Tucson • 85712 6238 E. Pima Street



Tucson • 85719 501 North Park Ave., Suite #110



Tucson • 85748 9525 E. Old Spanish Trail, Suite #101



Arizona Interscholastic Association, Inc.

Mild Traumatic Brain Injury (MTBI) / Concussion

Annual Statement and Acknowledgement Form

l,	_ (student), acknowledge that I have to be an active participant in my own health
and have the direct responsibili	ty for reporting all of my injuries and illnesses to the school staff (e.g., coaches,
team physicians, athletic trainin	ng staff). I further recognize that my physical condition is dependent upon
providing an accurate medical h	nistory and a full disclosure of any symptoms, complaints, prior injuries and/or
disabilities experienced before,	during or after athletic activities.

By signing below, I acknowledge:

- My institution has provided me with specific educational materials including the CDC Concussion fact sheet (http://www.cdc.gov/concussion/HeadsUp/youth.html) on what a concussion is and has given me an opportunity to ask questions.
- I have fully disclosed to the staff any prior medical conditions and will also disclose any future conditions.
- There is a possibility that participation in my sport may result in a head injury and/or concussion. In rare
 cases, these concussions can cause permanent brain damage, and even death.
- A concussion is a brain injury, which I am responsible for reporting to the team physician or athletic trainer.
- A concussion can affect my ability to perform everyday activities, and affect my reaction time, balance, sleep, and classroom performance.
- Some of the symptoms of concussion may be noticed right away while other symptoms can show up hours or days after the injury.
- · If I suspect a teammate has a concussion, I am responsible for reporting the injury to the school staff.
- I will not return to play in a game or practice if I have received a blow to the head or body that results in concussion related symptoms.
- I will not return to play in a game or practice until my symptoms have resolved AND I have written clearance to do so by a qualified health care professional.
- Following concussion the brain needs time to heal and you are much more likely to have a repeat
 concussion or further damage if you return to play before your symptoms resolve.

Based on the incidence of concussion as published by the CDC the following sports have been identified as high risk for concussion; baseball, basketball, diving, football, pole vaulting, soccer, softball, spiritline and wrestling.

I represent and certify that I and my parent/guardian have read the entirety of this document and fully understand the contents, consequences and implications of signing this document and that I agree to be bound by this document.

tudent Athlete:		
rint Name:	Signature:	
ate:		
arent or legal guardian mus	t print and sign name below and indicate date signed.	•
	t print and sign name below and indicate date signed. Signature:	

FORM 15.7-C 06/15

KRPA Athletics
Date: Sport: Coach:
My son/daughter, has my permission to try out for and/or participate in I understand that such participation involves after school time and travel to other schools and that the remaining portions of this permission form are an integral part of my permission to participate.
I realize that any athletic activity including this one, can result in possible injury/disability/etc. to the participants even though proper instruction, adequate supervision, and periodic maintenance of equipment are provided for.
In the event of any injury to my child, I understand that the person responsible for the team or a designee will try to contact me. I also understand emergency medical personnel will be called if necessary, in order to evaluate the injury; that transportation to the nearest emergency health care facility and appropriate treatment may result; that the Riverside School District does not carry health/accident insurance for my child; and that I am responsible for any costs of emergency transportation and/or treatment of my child. Therefore, I certify that I carry adequate health/accident insurance on the above named student as follows:
Insurance Company: Policy Number: Home Phone Number: Cell Phone:
In case of emergency, I can be located at Phone# If unable to contact parent/guardian, contact the following person: Name:Phone #: Address:
I will keep the school/coach informed regarding any changes in emergency information pertaining to the above name student.
I HAVE READ, UNDERSTAND AND AGREE TO ALL OF THE ABOVE INFORMATION/ PROVISIONS.
Student Signature:
Parent/Guardian Signature: Date:

KRPA Athletics

Permiso para participar en atletfsimo

recha:
Juego:
Entrenador:
Mi hijo/a, tiene mi permiso para poner a prueba a participar en Yo entiendo que la participation es una parte integrante de mi permiso para que mi bijo/a puede participar
prueba a participar en Yo entiendo que la participation es una parte integrante de mi permiso para que mi hijo/a puede participar.
bastroiparos, on assaina a sure bastro de sur bastro de sur silva basara basara basara.
Yo comprendo que cualquier actividad atletica, incluyendo esta, puede resultar en herida/incapacidades posibles, etc., a los participantes aunque hay instruction propio, supervision adequado y mantenimiento periodico de el equipo.
En caso de una herida a mi hijo/a, yo entiendo que la persona responsible por el tiro o otra persona designada trataran de ponerse en contacto conmigo. Yo tambien entiendo que personal medico de emergencia se llamaran si es necesario para evaluar la herida: que la transportacion para una facilidad medica cerca y tratamiento apropriadad puede resultar; que el distrito escolar de <i>Riverside</i> incluye una poliza de segura contra salud o accidentes para mi hijo/a; y que yo estoy responsible para cualquier costos de transportacion de mi hijo/a y yo llevo un poliza contra salud o accidente adequado por el estudiante mencionado arriba:
Nombre de la compania de seguro:
Numero de la poliza: Numero de trabajo:
Numero celular:
En caso de emergencia, me pueden encontrar en Numero de telefono:
So no es possible poner en contacto con los padres/guardians puede encontrarse con la siguiente persona:
Nombre; Numero de telefono
Direction:
Yo me quedo en contacto con la escuela/entrenador para informarles de cualquier cambio de information de emergencia que pertenece a el estudiante mencionado arriba.
Yo hay leido, entiendo, y estoy en acuerda con todo la informacion/provisiones mencionada arriba.
Firma del estudiante:
Firma de los padres/guardian: Fecha:

^{*}Devuelva esta forma completa a el entrenador antes de el primero practica.

Riverside Elementary School District Sportsmanship and Participation Contract

Player's Pledge for Sportsmanship:

- I will respect my teammates and opponents.
- 1 will respect my coach and follow his/her instructions.
- I will respect game officials and accept their calls
- I will follow the rules of the game.
- I will be gracious and congratulate opponents in victory and defeat.
- I will encourage other team members.
- I will not trash talk, taunt, or cheer against the opponent.
- I will not commit flagrant fouls or use obscene language.
- I will not pout, criticize or blame other players for losses or mistakes.

Player's Pledge for Participation:

- I will understand that academics come first and that I need to be passing all classes.
- a 1 will understand that eligibility checks will be done on a weekly basis during the season.
- I will understand that if I am found ineligible, I will have to sit out of all games for at least I week, not be able to travel to AWAY games or be in uniform on game days. I will be allowed to practice with the team during the ineligibility period.
- I will be a positive role model at school.
- I will behave at school or will have to accept the consequences of my actions.
- I will receive playing time at each game as long as I am eligible, have been to all practices and my behavior is in good standing.
- I understand that not all students will receive equal playing time at each game, but 1 will cheer on my teammates when I am not playing.

Parent's Sportsmanship Pledge:

- I will be a good role model of sportsmanship for my child.
- a 1 will respect and support the coach and discuss problems in private.
- I will accept the calls of the officials.
- a I will not place a desire to win above the emotional or physical well being of my child.
- a 1 will respect my child's teammates and opponents, and the other parents.
- I will give my child positive feedback.
- I will not pressure my child to perform.
- I will not compare my child's skill level to another.
- I will emphasize fun above all else.

Parent's Pledge concerning Child's Participation:

- I understand that there is a \$25.00 Athletic Participation Fee, if my child makes a team.
- I understand that academics come first and my child needs to be passing all classes.
- I understand that eligibility checks will be done on a weekly basis during the season.
- I understand that if my child is ineligible, he/she will have to sit out of all games for at least 1 week, not be able to travel to AWAY games or be in uniform on game days. My child will be allowed to practice with the team during the ineligibility period.
- 1 understand that my child is expected to behave at school or accept the consequences.
- I understand that my child will receive playing time at each game as long as he'she is eligible, have been at all practices and his/her behavior is in good standing.
- I understand that not all students receive equal playing time at each game and that each student athlete plays a different role on the team.
- I understand that I will be expected to pick up my son/daughter after all practices and games on time.

Player's Signature	Date
Parent's Signature	Date
Athletic Participation Fee Paid:	Date

Distrito Elemental Escolar de Riverside Espiritu Deportivo y Contrato de Participation

Promesas para lugadores Espiritu Deportivo:

- Respetare a mis companeros de equipo y oponentes.
- Respetare a mi entrenador y seguire sus instrucciones.
- Respetare a los oficiales de juego y aceptare sus llamadas de atencion.
- Seguire las reglas del juego.
- Sere agradecido y felicitare a mis oponentes en victoria y perdidas.
- Animare a otros miembros del equipo.
- No hablare malas palabras, no me burlare, o hacer porras en contra del oponente.
- No cometere faltas intencionadas o usar lenguaje obsceno.
- Mo hare gestos con la boca, criticare o culpare a otros jugadores por perder o errores.

Promesas de Participation para lugadores:

- Entendere que los estudios son primero y que debere pasar todas mis clases.
- Entendere revision de elegibilidad se realizaran cada semana durante la temporada.

 Entendere que si no soy elegible, me debere permanecer sentado en todos los juegos por lo menos de 1 semana, no podre viajar a los juego de FUERA o usar el uniforme del equipo los dias de juego. Se me permitira practicar con el equipo durante los dias de ilegibilidad.
- Sere un ejemplo positivo en la escuela.
- Me comportare en la escuela o aceptare las consecuencias de mis actos.
- Recibire tiempo de juego en cada partido mientras sea elegible, haya asistido a todas las practicas y mi conducta sea huena.
- Entiendo que no todos los estudiantes recibiran tiempo de juego igual en cada partido, pero animare a mis companeros de equipo cuando no este jugando.

Promesa de Espiritu Deportivo de los Padres:

- Sere un buen ejemplo de espiritu deportivo para mi hijo.
- Respetare y apoyare a el/la entrenador/a y discutire los problemas en privado.
- Aceptare las llamadas de los oficiales.
- No pondre el deseo de ganar ni fisico ni emocionalmente en el bienestar de mi hijo/a.
- Respetare a los companeros y oponentes de mi hijo/a y a los otros padres.
- Le dare a mi hijo/a respuestas positivas.
- Mo presionare a mi hijo/a en su realization.
- No comparare los conocimientos de mi hijo/a con los de otros.
- Enfatizare la diversion sobre todo.

Promesa de Consentimiento de Participation de Padres para hijos/as:

- Entiendo que hay un Cobro de Participation en Afletismo de \$25.00, si mi hijo/a queda en el equipo.
- Entiendo que las actividades academicas son primero y mi hijo/a necesita pasar todos sus clases.
- Entiendo que revisiones de elegibilidad seran realizadas semanalmente durante la temporada.
- Entiendo que si mi hijo/a no es elegible. El/ella debera permanecer sentado/a en todos los juegos por lo menos por l semana, no podra viajar a juegos FUERA o vestir el uniforme los dias de juego. Mi hijo/a podra practicar con el equipo durante el periodo ilegibilidad.
- Entiendo que se espera que mi hijo/a se comporte en la escuela o acepte las consecuencias.
- Entiendo que mi hijo/a recibira tiempo de juego en cada partido mientras el/ella sea elegible, haya asistido a todas las practicas y su conducta sea buena.
- Entiendo que no todos los estudiantes recibiran tiempo de juego igual en cada partido, y que cada estudiante atleta juega diferentes roles en el equipo.
- m Entiendo que se espera que recoja a tiempo a mi hijo/hija despues de todas las practicas y juegos.

Firma de Jugador	Fecha
Firma de Padre(s)	Fecha
Pago de Cobro de Participation Atletismo:	Fecha