

2018-19 Seaholm Groves Snow Club



Welcome to Seaholm Groves Snow Club! The club is designed to provide a safe, supervised environment where students can learn to ski or board – or have fun on the slopes while improving their current skills. While the trips are fun, there are a few considerations to be made before joining. Students will be required to follow safety guidelines, as well as **take at least one lesson**. We've done our best to keep costs down and keep students safe, but please keep in mind that skiing and boarding can be expensive and dangerous. You'll want to make sure you read through this entire packet to make sure the club is right for you.

If you have questions about the club, please contact Aaron Frank at AFrank@birmingham.k12.mi.us (248) 203-3775. Students are welcome to stop by the Seaholm athletic office with questions.

Sign-Up/Registration

Registration for snow club is online at www.bpsregister.com. The cost is \$349 for a full season (8 trips) or \$189 for a half season (4 trips – pick any 4 of the 8 dates). (Direct Link: http://www.bpsregister.com/ProductDetails.asp?ProductCode=2018-19_SHS_SNOW). Students should register online as soon as possible. Physicals can be dropped off in the athletic office or the main office. I will hold a spot for the first 50 students who register online. Students who are waiting to obtain a physical are still admitted to Snow Club, but will not be allowed to ski or board until a physical is on file. If you have already completed a physical at school last June or if you played a fall sport, you are all set.

I will accept late registrations if there is space available. We are limited to 50 students.

Checklist

The following forms are required before students can ski/board. All paper forms are at the back of this packet.

- _____ Completed Online Registration (including payment). www.bpsregister.com
Direct Link: http://www.bpsregister.com/ProductDetails.asp?ProductCode=2018-19_SHS_SNOW
- _____ Valid physical on file in the athletic office (pages 12 & 13).
Direct Link: http://www.seaholmsports.com/docs/physical_form_for_athletics.pdf

These forms are optional

- _____ Pine Knob Rental Agreement form (page 6). I strongly encourage all students to fill out a form even if they think they won't need it. This can come in handy in case of equipment failure or forgotten equipment. Direct Link: http://seaholmsports.com/docs/pine_knob_rental_agreement.pdf
- _____ Registration of equipment with Pine Knob in case of loss or theft (page 7)
Direct Link: http://seaholmsports.com/docs/equipment_registration.pdf
- _____ Photocopy of picture student ID. Pine Knob requires this for snowboard rental. Students can remember to bring this themselves, or I can keep a backup copy on file

Dates/Times/Membership Fees/Options

We will be going to Pine Knob on Mondays. The dates are December 10, 17, January 7, 14, 21, 28, February 4, 11, 25 (we are **not** going on 2/18 due to February break).

January 21 is MLK day, and the students do not have school. However, we will be going to Pine Knob at the regular time. This will allow students to participate in other activities during the day.

Each student must pay \$20 to join the Pine Knob Ski club and then an additional \$40 for each of 4 or 8 trips. Finally, there is a \$9 fee to cover the district's cost to process registration online. Students who sign up to attend 4 trips (any four) will pay a total of \$189. Students who want to participate in the full season will pay \$349 for 8 trips.

What your student membership includes

- Transportation for each trip (round trip)
- Lift ticket for each trip
- One student card* (includes either 2 ski lessons or 1 snowboard lesson)

* Your student card may be used to receive discounts at either Pine Knob or Mount Holly on any weeknight.

Extra Fees

In addition to the club fee, you may need to consider the following costs associated with the club

- Dinner at Pine Knob - \$10 (or more)
- Extra student card for students wishing to both ski and snowboard - \$20
- Rental snowboards - \$20 per rental
- Rental skis - \$20 per rental
- Pine Knob Patches - \$2.50 each
- Replacement student card - \$20
- Replacement lift tickets - \$20
- Additional ski lessons - \$8
- Additional snowboard lessons - \$16
- Locker rental - \$.50 in quarters
- Helmet Rental - \$10

Refunds/Cancellations/Absences

\$20 of every membership goes towards your student card, which is non-refundable once it has been issued.

All trips are pre-paid to allow for the reservation of transportation. If you cannot attend one or more of the dates you signed up for, I will make every effort to refund \$20 for the lift ticket (you will not receive a refund on transportation). Attendance on the trips is not mandatory. This is a decision to be made between parents and students. It is not necessary to call in sick or notify me of your absence for any reason.

We are always at the mercy of the unpredictable Michigan weather. Under most conditions, the trip will take place as long as I can confirm that Pine Knob will be open before the buses leave the parking lot. While I will make every effort to not cancel the trip on short notice, please understand that at times this is unavoidable. You may check www.seaholmsports.com for any updates on the trip status during the day. I will post any changes right away.

If a trip has been cancelled after equipment is dropped off, it may be picked up after school.

All refunds will be issued on the same card/account you use to register. Please allow two weeks after the last ski club date. You will be refunded transportation and lift tickets for dates that we cannot go (weather).

Snow Club Monday Procedure

Seaholm: 7:00 – 7:20 All bags, boards, and skis may be dropped off at the athletic entrance. All equipment will be locked and secured during school hours in a closet off of the athletic Atrium. DO NOT bring bags and equipment to the main office.

Groves: 7:10 - 7:25 Students may drop off equipment in B21. No passes to class will be given. Plan ahead. Be at school early.

2:50 – 3:10 Students pick up equipment, change in locker rooms, and board bus. The bus will depart Groves at about 3:00 PM. It will then come to Seaholm and depart around 3:10 PM.

3:10 – 3:40 Ride to Pine Knob. Lift tickets and student cards are passed out on the bus. Rental forms are sold by sponsors on the bus. Announcements are given at this time as well. Students are responsible for keeping track of all lift tickets, student cards, and rental forms. They will be charged for replacements.

3:40 – 8:15 – Students are “on their own” at Pine Knob and are expected to follow the guidelines for student responsibility below. Sponsors will be available in the Pinery Café at Pine Knob. This is located on the opposite side of the lodge from the cafeteria on the second floor. Our bus may leave Pine Knob during this time, so all needed equipment must be taken! We will take the same bus home, so you may leave unneeded items on the bus, although we cannot guarantee their safety.

8:15 – 8:30 – Renters return their equipment. The bus is now available for loading.

8:30 – All students return to the bus. We must pull out at 8:30 with or without all students. If a student is not on the bus, we will make every effort to locate that student. If the student does not show up at 8:30, we will contact a parent to let them know they must pick up their child at Pine Knob. (This is why always staying with a buddy is so important!)

8:30 – 9:00 - Bus trip back to Birmingham.

9:00 – 9:15 - Parents Pick up Students. The bus will stop first at Seaholm before continuing to Groves. Students may not have access to the building at this time so please plan to be on time – temperatures can be COLD.

* Please be kind to our bus drivers and avoid blocking bus lanes when picking up students and equipment.

What to wear / Taking care of equipment

We want students to stay safe and comfortable on the slopes by bringing appropriate gear with them! In addition, we also want to return to Seaholm and Groves safe and sound with everyone’s gear!

Recommended Clothing:

- Thermal undershirt or tee shirt
- Long underwear
- Sweater, sweatshirt, or fleece top
- Comfortable pants
- Waterproof snow pants or nylon wind pants
- Warm jacket or parka
- Hat that covers ears
- Waterproof, sturdy gloves or mittens
- Non-ribbed socks
- Sunglasses or goggles
- Lip balm and sunscreen
- Neck wear such as scarf or wrap (tucked into clothing)
- Helmet
- SNOWBOARDERS are strongly recommended to wear wrist guards!

Thefts of equipment, unfortunately, do happen at Pine Knob. Please make sure you make use of the free ski corral when you go inside. Keep the rest of your gear locked up in a locker when not in use. In addition, you may want to register your gear with Pine Knob (page 7) http://seaholmsports.com/docs/equipment_registration.pdf. In case of loss or theft, this may help in recovering your items!

Rentals

Pine Knob's rental program offers students the opportunity to rent equipment with signed rental agreement on file (page 6). http://seaholmsports.com/docs/pine_knob_rental_agreement.pdf Students need to be aware of their height, shoe size, and weight to fill out the forms at Pine Knob. These rental forms may be purchased on the bus from sponsors on the way to Pine Knob each week. The cost is \$20 for ski rental, \$20 for snowboard rental*, and \$10 for helmet rental.

* Due to the high theft rate of snowboard rentals, Pine Knob requires a School picture ID to rent snowboards. It is the student's responsibility to bring this along as well as their Pine Knob student ID card! If you would like to provide me with a photocopy of a student id, I will keep this on file in case a student forgets.

Student ID / Patch Program

The purchase of a student ID provides reduced rates on other weeknights at Pine Knob or Mt. Holly. By joining the Snow Club you are automatically enrolled in this program.

Please remember that all students are required to take at least one lesson during the season to earn their yearly patch. The patch program is designed to provide a safe environment for students in the absence of their parents. Students are required to take lessons and wear the patches earned in order to communicate their level of skill to the lift operators. Please see pages 8-11 for more information about Pine Knob's student programs and lessons.

Student Responsibilities

Away from school, all the normal school rules apply. There is zero tolerance for alcohol, tobacco or any other drug use or possession.

While the sponsors are always around to help you out, it is ultimately your responsibility to also take care of the following:

I will communicate with you in three ways.

- 1. I will send e-mail to all of the addresses submitted via online registration.**
 - 2. I will post trip information at www.seaholmsports.com.**
 - 3. I will send Remind/Text message to our group. To join, text @7cek8c2 to 81010 or go to www.remind.com/join/7cek8c2**
- Sew your Pine Knob patches on your jacket. Pine Knob requires proof of your expertise to let you on certain lifts/runs. Just in case, keep your student card record of all patches earned in case they are lost. Pine Knob will sell you new patches only if you can provide proof you've earned them.
 - Keep track of all student cards, lift tickets, and rental forms. If they are lost, you will be charged for another.
 - Listen to sponsors and cooperate. We reserve the right to take away time on the slopes or dismiss you from the club for inappropriate behavior.
 - Use the lockers and ski corral provided by Pine Knob. The sponsors are not responsible and will not watch your personal items
 - Always ski or snowboard with at least one partner.
 - Keep track of the time. You are responsible returning your equipment and for boarding the bus from Pine Knob absolutely no later than 8:30
 - Bring the proper clothing such as jackets, hats, mittens/gloves, and safety equipment. Be prepared!

- Know the rules of the slopes and only ski/board where you are patched. Accidents most often happen when students attempt to do something beyond their skill level.

Parent Responsibilities

- Please read over this information carefully and keep it for your reference.
- Please send your child to school with warm and safe equipment and clothing.
- Please send your child with enough spending money for dinner and rentals.
- Double check to make sure that equipment that is loaded into your car at the end of the night is in fact your child's.
- Please pick up your child on time after snow club and do not block the buses.

Adult Club Membership

Pine Knob also sells an adult membership card for \$20. This will enable you to receive the same discounts as our students. Please contact me in advance if you are interested in purchasing one of these cards.

Emergencies / Injuries

While we do our best to provide a safe environment, the risk of injury is very high with skiing and snowboarding. Students can help prevent injuries by staying where they are patched. Parents can help to prevent injuries by providing safe equipment. In addition, helmets should be worn by all participants, and wrist guards are strongly recommended for snowboarders.

A copy of the emergency treatment form you submitted during student registration will be in my possession at Pine Knob. With this form, you have authorized BPS Staff and medical personnel to take necessary actions to treat injuries before parental contact is made. Sponsors will contact parents as soon as possible and arrange for pick up from Pine Knob in case of a serious injury. Students will only be released to those listed as emergency contacts.



Rental Agreement Form – Parent/Guardian please read carefully before signing.

PARENT/GUARDIAN MUST COMPLETE THIS SECTION PRIOR TO CHILD'S PARTICIPATION IN THE PROGRAM.

Ski/Snowboard Club - School Name: <u>Seaholm and Groves High Schools</u>			
Participant Name: _____			Male (circle) Female
Address: _____			
City: _____	State: _____	Zip Code: _____	
Height: _____	Weight: _____	Age: _____	Shoe Size: _____ Skier Type: I II III (Circle One)

AGREEMENT AND RELEASE FROM LIABILITY – PLEASE READ CAREFULLY BEFORE SIGNING

1. I agree upon behalf of my child that he/she will accept for use as is the equipment to be rented to him/her and that I will accept full responsibility for it's care while it is in his/her possession.
2. I will be responsible for the replacement at full retail value of any equipment to be rented to my child, but not returned to the shop, in reasonable condition.
3. I understand that my child must return all rental equipment by the agreed date(s) in clean condition to avoid any additional charges.
4. I agree that an authorized designee or I will ensure that my child receives instruction on the use of his /her equipment and fully understands its use and function before each use at each session of the multi-week ski program.
5. I have made no misrepresentations on this form concerning my child's height, weight, age or skier type in applying to use the equipment.
6. I agree that at each session I or an authorized designee will verify that the visual indicator settings recorded on my child's multi-rental form agree with the numbers appearing in the visual indicator windows of the equipment on said form.
7. To the extent permitted by law, I agree to hold harmless and indemnify the ski shop, at ski resort, its operators, and its owners, agents and employees, as well as the equipment manufacturers and distributors and their owners, agents and employees from any loss or damage, including, but not limited to, any that result from or arise out of claims for personal injury, death or property damage related to the use of the equipment to be rented to my child.
8. I understand that there are inherent and other risks involved in the sport of snow skiing or snowboarding, for which the rental equipment is to be used, that injuries are a common and ordinary occurrence of the sport, and I freely and voluntarily assume those risks on behalf of my child
9. I understand that a ski-binding-boot system will not release at all times or under all circumstances where release may prevent injury or death, nor is it possible to predict every situation in which it will release, and it is, therefore, no guarantee of my child's safety.
10. To the extent permitted by law, on behalf of my child, I hereby agree to release from any legal liability the ski shop, the rental shop, at ski resort, its operators, and its owners, agents and employees, as well as the manufacturers and distributors of the rental equipment and their respective owners, agents and employees, from any and all liability for damage and injury or death to my child, myself or to any personal property resulting from the selection, installation, maintenance, adjustment or use of the rental equipment and for any claim based upon negligence, breach of warranty, contract or other legal theory, accepting full responsibility upon behalf of my child and myself for any and all loss or damage, injury or death which may result.
11. This agreement is governed by the applicable law of this state or province. If any part is determined to be unenforceable, all other parts shall be given full force and effect.
12. If I do not agree with the 11 stated above, I will not rent the equipment.

Skier/Boarder Signature: _____ **Date:** _____

Parent or Guardian Signature: _____ **Date:** _____

HELP AID IN THE RECOVERY OF YOUR EQUIPMENT IF LOST OR STOLEN

Please fill out the slip below to register your equipment at Pine Knob. Theft or loss of equipment does happen occasionally. By registering your equipment, you may be able to recover it more easily

PINE KNOB
SKI & SNOWBOARD REGISTRATION

NAME: _____ **PHONE #:** _____

Address: _____

Ski/snowboard Make: _____ **Model:** _____

Binding Make : _____ **Model:** _____

Identifiable Markings: _____

*****SERIAL #** _____ **(Must have to make a police report!!!!)**

SKI Student Patch Program

In order to participate in the student program you must have a **student ski ID card**. The card allows students to ski at reduced rates Monday-Friday from 3pm - close (non-holiday). There are also two lessons tickets attached to the card for their first two lessons. Additional lesson tickets may be purchased at the ski school desk as needed.

The student ski program consists of seven lessons. Lessons are about 50 minutes long and start on the hour at 5pm, 6pm and 7pm. (Early in the season and late in the season we may not offer a 5pm or a 7pm lesson if there is little or no demand) If **your group** needs a 4pm or 8 pm lesson you must request this at the ski school in advance and we will accommodate you. Please make sure your beginners take their lessons as soon as possible. We reserve the right to require a minimum of 4 students per lesson.

Please remind your parents and students that all levels of lessons are not available at all times. Our lesson schedule is based on group demand.

A student must be at least **7 years old** to participate in the student patch group lesson. The student must be able to follow instructions and stay with the instructor. At the end of the lesson the instructor **does not** bring the student back to a designated area but leaves the student where their lesson ends.

Patches must be sewn on jackets, pants or turtlenecks. **Patches may not be sewn on hats, gloves or goggles.** The entire patch set must be sewn on, not just the highest patch attained. Patches are purchased at the ski school desk after the lesson and cost **\$2.50** each.

At the bottom of each chairlift there are signs designating the patch necessary to board the lift. **It is the responsibility of the student to make certain they are on the appropriate hill and riding the correct lift.**

In each lesson we review parts of "Your Responsibility Code" and other safety issues, review the previous lesson, teach the new maneuver and grade (except for the beginner lesson).

FIRST LESSON - First time skiers. Introduction to skiing, walking, sliding, riding the rope, stopping. Skiers may ski the beginner area at the end of the lesson. There is no grading and no patch earned for the first lesson. Students may ski Seedling, Bristlecone and Tamarack and ride the beginner rope tow.

SECOND LESSON - Yellow patch may be earned. Maneuver - wedge turn. Goal - turning on beginner terrain. Students are taught to make turns using a gliding wedge. To earn a patch a student must make a controlled series of linked wedge turns. Yellow patch skier may ski advanced beginner terrain. Students may ski Seedling, Bristlecone and Tamarack and ride the beginner rope tow.

THIRD LESSON - Brown patch may be earned. Maneuver - wedge christie. Goal - improving the wedge turn, learning to match the skis and control the skid at the end of the turn. The wedge turn will be reviewed, introduce matching and skidding skis and ski at a slightly higher rate of speed. To earn a patch a student must make a series of controlled linked wedge christie turns on intermediate terrain. Brown patch skiers may ski advanced beginner terrain and some intermediate terrain. Students may ride chairs 1, 4 & 5 and ski Quicksilver, Mansion Run and Cedar Bowl.

FOURTH LESSON - Blue patch may be earned. Maneuver - wedge christie II. Goal - match skis early in the turn (above the fall line), active weight transfer, improve skidding for better edging. The wedge christie is reviewed using narrow wedge and we teach active weight transfer and steering to

encourage early match and controlled skid. To earn a patch the student must make a series of controlled wedge christie II turns on advanced intermediate terrain. Blue patch skiers may ski intermediate terrain and some advanced intermediate terrain. Students may ride chairs 1, 3, 4 & 5 and include Snowbird, Pinery and Intrepid.

FIFTH LESSON - Red patch may be earned. Maneuver - parallel turns. Goal - start turns with skis parallel, finish turns using angulation and some carve. The wedge christie II is reviewed and we teach the student to steer parallel skis to initiate turns. Finishing the turn with more carve and less skid. Ski poles should be used for balance, as a timing device and to help the flow of movement. Red patch skiers may ski all intermediate terrain and most advanced terrain. Students may ride chairs 1-5 and ski the entire area except The Wall.

SIXTH LESSON - White patch may be earned. Maneuver - medium radius parallel turns. Goal - parallel turns with little skidding or chatter and show proper pole use. Parallel turns are reviewed with emphasis on edging and pressuring the skis. The white patch skier may ride chairs 1-5 and ski the entire area except The Wall.

SEVENTH LESSON - Black patch may be earned. Maneuver - short radius parallel turns and moguls. Lesson will concentrate on quicker more active movements turning in the fall line and then an introduction to mogul skiing. Black patch skiers are expected to be expert skiers and may ski the entire area.

WHAT STUDENTS AND PARENTS SHOULD EXPECT

Here are some very general guidelines that should help your students and their parents in understanding how a child might progress through the patch program.

Using a 10-year-old child of average intelligence, social and athletic skills as an example, a first year skier who skis 6 times, should be at the brown patch level, or lower intermediate skill level. A second year skier (ten years or older) should be skiing at the blue or possibly red patch level after skiing six or more times. A third year skier should be skiing at the red patch or advance skiing level.

The above guidelines are generalizations and will vary from child to child. Children who inline skate, ice skate or water ski may progress much faster than children who don't participate in sliding or motion sports of this type. Older children will usually progress more quickly than younger children will.

White patch skiers are very good skiers. A minimum of four or more years skiing experience is usually needed to acquire the skills for white patch. Black patch skiers are expert skiers and the instructor will be looking to near perfect technique. Children under nine usually do not have the strength or physical skills to ski at white or black patch levels.

When snow conditions are good, instructors will look for strong technique at each patch level. When conditions are very fast or icy, instructors will pay more attention to control rather than perfect technique.

Children who have inappropriate equipment, too long, obsolete, boots too stiff or too large etc. may not progress as quickly or they may even regress.

The above are generalizations. Some kids have more athletic talent than others. Younger children need to practice more to acquire and anchor skills. Often kids who learned to ski without the benefit of lessons need to relearn or break bad habits. Parents and students need to be reminded that just because they ski "black diamonds" up north or out west, does not mean they are performing the skill to receive a red, white or black patch. It is natural for people to plateau at certain skill levels. Mileage and practice are often the ingredients needed to acquire patches.

SNOWBOARD Student Patch Program

The Mt. Holly and Pine Knob snowboard patch program is similar to the ski program but snowboarders have their own patches and will not be allowed on the lifts or hills with skier patches.

In order to participate in the student program you must have a **student snowboard I.D. card**. The card allows students to snowboard at reduced rates Monday-Friday from 3pm - close (non holiday). There is one lesson ticket attached to the card. Additional lesson tickets may be purchased at the ski school desk as needed.

The student snowboard program consists of four lessons. Lessons are about 50 minutes long and start on the hour at 5pm, 6pm and 7pm. (Early in the season and late in the season we may not offer a 5pm or a 7pm lesson if there is little or no demand) If you have a group that needs a 4pm or 8pm lesson you must request this at the ski school desk in advance and we will accommodate you. Please make sure your beginners take their lessons at the first available time.

Please remind your parents and students that all levels of lessons are not available at all times. Our lesson schedule is based on group demand.

A student must be at least 7 years old to participate in the student patch program. The student must be able to follow instructions and stay with the instructor. At the end of the lesson the instructor **does not** bring the students back to a designated area but leaves the students where their lesson ended.

Patches must be sewn on jackets, pants or turtleneck. Patches **may not** be sewn on hats, gloves or goggles. The entire patch set must be sewn on; not just the highest attained patch.

At the bottom of each chairlift there are signs designating the patch necessary to board the lift. It is the responsibility of the student to make certain they are on the appropriate hill and riding the correct lift.

In each lesson we review parts of "Your Responsibility Code" and other safety issues, review the previous lesson, teach the new maneuver and grade (except for the beginner lesson).

FIRST LESSON - First time snowboarders. Introduction to snowboarding, stance, skating, skate and glide, edging and gliding on the flats. Straight glide, fall line sideslips, skidded traverse, and straight glide to a stop on the slope. The goal is to perform a straight glide to a stop and an elementary turn. Students may ride on the beginner hill only.

SECOND LESSON - Yellow patch may be earned. Review of the first lesson, garlands and fan exercise. The goal is to perform a basic skidded turn crossing the fall line, connected by skidded traverses. Students may ride on the green and yellow hills.

THIRD LESSON - Brown patch may be earned. Review of all previous lessons as needed. Garlands, fan exercises, rhythm turns, traverse and sideslipping and board in lanes exercises. The goal is to perform linked skidded turns showing rhythm turns. Students may ride on the green, yellow and brown patch hills.

FOURTH LESSON - Black patch may be earned. Review of the previous lesson as needed. Carved traverses, flat terrain tipping, garlands, cross-over - cross-under exercises and angulation exercises. The goal is to perform rhythmic, linked, carved turns of varying radii under complete control with no traverses between turns and a very quiet upper body. Students may ride the entire area.

What Students and Parents Should Expect From SNOWBOARD Lessons

Here are some very general guidelines that should help your students and their parents in understanding how a child might progress through the Student Snowboard Patch Program.

Learning to snowboard at the beginner level requires quite a bit more strength and endurance as well as having a higher frustration level than learning how to ski. Generally it is easier for young kids to learn to ski. We recommend that beginner snowboarders be at least 10 years old for the snowboard patch program.

Very often beginner snowboarders will need to repeat lessons several times before they are successful.

The snowboard learning curve is different than skiers. Snowboarding is harder to learn but easier to become proficient and skiing is easier to learn but may take years to become expert.

Using a 10 year old child of average intelligence, social and athletic skills as an example, a first year snowboarder who snowboards 6 times should have a yellow patch or advanced beginner/ lower intermediate skill level. A second year snowboarder should be at brown patch/intermediate level and a third year snowboarder should be at black patch/expert level.

Older or more athletic students may progress more quickly and younger less athletic students may take more time to acquire skills. Mileage and practice are the ingredients needed to acquire skill and the student patches.

Birmingham Public Schools Preparticipation Physical Evaluation

HISTORY

DATE OF EXAM _____

A current-year physical is one given on or after April 15 of the previous school year.

Name _____		Sex _____	Age _____	Date of birth _____
Grade _____	School _____	Sports _____		
Address _____			Phone _____	
Personal physician _____				
<i>In case of emergency, contact</i>				
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? Do you have an ongoing or chronic illness?	<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"/>
2. Have you ever been hospitalized overnight? Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>	11. Have you had any problems with your eyes or vision? Do you wear glasses, contacts or protective eyewear?	<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? 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"/>	12. Have you ever had a sprain, strain or swelling after injury? Have you broken or fractured any bones or dislocated any joints? 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>	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)? Have you ever had a rash or hives develop during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Head <input type="checkbox"/> Elbow <input type="checkbox"/> Hip <input type="checkbox"/> Neck <input type="checkbox"/> Forearm <input type="checkbox"/> Thigh <input type="checkbox"/> Back <input type="checkbox"/> Wrist <input type="checkbox"/> Knee <input type="checkbox"/> Chest <input type="checkbox"/> Hand <input type="checkbox"/> Shin/calf <input type="checkbox"/> Shoulder <input type="checkbox"/> Finger <input type="checkbox"/> Ankle <input type="checkbox"/> Upper arm <input type="checkbox"/> Foot	<input type="checkbox"/>	<input type="checkbox"/>
5. Have you ever passed out during or after exercise? Have you ever been dizzy during or after exercise? Have you ever had chest pain during or after exercise? Do you get tired more quickly than your friends do during exercise? Have you ever had racing of your heart or skipped heartbeats? Have you had high blood pressure or high cholesterol? Have you ever been told you have a heart murmur? Has any family member died of heart problems or of sudden death before age 50? Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month? Has a physician ever denied or restricted your participation in sports for any heart problems?	<input type="checkbox"/>	<input type="checkbox"/>	13. Do you want to weigh more or less than you do now? Do you lose weight regularly to meet weight requirements for your sport?	<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"/>	14. Do you feel stressed out?	<input type="checkbox"/>	<input type="checkbox"/>
7. Have you ever had a head injury or concussion? Have you ever been knocked out, become unconscious, or lost your memory? Have you ever had a seizure? Do you have frequent or severe headaches? Have you ever had numbness or tingling in your arms, hands legs or feet? Have you ever had a stinger, burn, or pinched nerve?	<input type="checkbox"/>	<input type="checkbox"/>	15. Record the date of your most recent immunizations (if known) for: Tetanus _____ Measles _____ Hepatitis B _____ Chickenpox _____		
8. Have you ever become ill from exercising in the heat?	<input type="checkbox"/>	<input type="checkbox"/>	FEMALES ONLY		
9. Do you cough, wheeze, or have trouble breathing during or after activity? Do you have asthma? Do you have seasonal allergies that require medical treatment?	<input type="checkbox"/>	<input type="checkbox"/>	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 on another? _____ How many periods have you had in the last year? _____ What was the longest time between in the last year _____		
			Explain "Yes" answers here: _____ _____ _____ _____ _____		

I hereby give my consent for the disclosure to the MHSAA of information otherwise protected by FERPA and HIPAA for the purpose of determining eligibility for interscholastic athletics. I also hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete _____ Signature of parent/guardian _____ Date _____

Preparticipation Physical Evaluation

PHYSICAL EXAMINATION

Name _____		Date of birth _____	
Height _____	Weight _____	% Body fat (optional) _____	Pulse _____ BP _____/_____/_____ (_____/_____, ____/____)
Vision R 20/_____ L 20/_____	Corrected: Y N	Pupils: Equal _____ Unequal _____	

	NORMAL	ABNORMAL FINDINGS	INITIALS
MEDICAL			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart			
Pulses			
Lungs			
Abdomen			
Genitalia (Males only)			
Skin			
MUSCULOSKELETAL			
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: _____ Reason: _____

Recommendations: _____

Name of Physician (Print/Type) _____ Date _____

Address _____ Phone _____

Signature of Physician _____ MD or DO