



Physicals Day for 2022-2023 School Year

What: Physicals Day

When: Tuesday, May 10, 2022, 5:00-7:00p.m.

Where: Adair (small) Gymnasium

Who: MPCS student athletes/marching band members

Doctors: Dr. Oswald (MPCS parent) and his team of three other doctors will perform the physicals.

Cost: \$25 per student (cash, check made out to Mount Paran Christian School, or credit card)

What to Bring and Wear:

- GHSA Physical Form (4 pages) with page 1 and 2 completed and signed by parent/guardian for exam to be performed (cannot do physical without parent signature if under 18)
- \$25 fee (cash, credit card, or check made payable to Mount Paran Christian School)
- Boys wear shorts and t-shirt
- Girls wear shorts and t-shirt over backless bathing suit

Questions? Lisa Hicks, MPCS Athletic Department, ext. 2090

Frequently Asked Questions Regarding Physicals Day

1. *Is my student required to attend MPCS Physicals Day to obtain his/her athletic/marching band physical for the next school year?* No, participation in this event is optional; however, an athletic/marching band physical is required for participation in those activities even before they can practice. The MPCS athletic department offers Physicals Day to our students to assist them in obtaining their athletic/marching band physicals conveniently (on campus after school) and at a lower cost, in most cases, than going to a doctor's office.

2. *Is a specific physical form required by the school?* Yes. The Georgia High School Association (GHSA) four-page physical form is required by MPCS for middle school and high school athletic and marching band participation. Why? 1) It is required by GHSA for all member high school athletes. 2) It is more comprehensive than standard physicians' physical forms. 3) Students participating in both athletics and marching band need only submit one physical form.

If you choose not to participate in Physicals Day, your doctor must complete this form. The GHSA form is available on the MPCS website or may be picked up in the main school office or the athletic office.

https://www.mtparanschool.com/application/files/8315/9439/1269/Physical_History_and_Evaluation.pdf



3. *My student submitted a physical form during this school year. When does it expire?* A GHSA physical is valid for one year from the date signed by a physician. However, if dated on or after May 10, 2022, it is valid through the entire 2022-2023 school year. Therefore, by participating in Physicals Day, your student will already have completed that requirement for next year, which will preclude last minute scrambling to get a doctor's appointment prior to tryouts!

4. *Can I make an appointment for a specific time on Physicals Day?* No, we are not set up to make appointments. This is a first-come, first-served event. Students will be given a ticketed number as they sign in to keep everyone honest.

5. *What do I need to do before attending Physicals Day?* Obtain a copy of the four-page GHSA physical form and complete the two-page History Form (the physician will complete pages 3 and 4). Again, the GHSA form is available on the MPCS website.

https://www.mtparanschool.com/application/files/8315/9439/1269/Physical_History_and_Evaluation.pdf

6. *What if the physician doesn't clear my son/daughter to participate?* The physician will make specific recommendations regarding further tests/treatments, which will be recorded on the GHSA physical form. This form will be kept on file in the athletic department until a replacement GHSA form is filed, indicating that the student has been cleared to participate.

7. *Why don't you offer echocardiogram testing as part of the MPCS Physicals Day, like some other Physicals Days in the area?* An echocardiogram is an ultrasound that allows physicians to view the heart during the exam. It can be used to detect some genetic heart defects not uncovered by other testing. It is not required for GHSA physicals.

8. *Why do I leave my physical with the trainer?* We ask that, as your athlete leaves, they give their physical to the trainer at the exit door. H/she will give those to the athletic office to keep filed under lock and key.