

Dear Cardinal Athlete Parent,

As we begin to close out the 2013-2014 athletic year, we would like to begin our preparations for our 2014-2015 seasons. In doing so, we have set a date for athletic physicals to take place at the High School Gymnasium on Thursday, May 20th, 2014. The girls physicals will begin at 5:30 p.m. with the boys physicals following, at 6:15 p.m. The physicals are offered at a discount rate of \$20.00 per child, payable by cash only, courtesy of Dr. Maniet. Just as a reminder, a new physical must be placed on file if any of the following apply:

- The student is a new athlete to the program (Incoming 6th Graders as well as athletes who are beginning participation with the program in the 2014-2015 school year)
- The athlete is an incoming 7th Grader
- The athlete is an incoming Freshmen
- The athlete is an incoming Junior
- The athlete has had a sports injury that required surgery or extended leave time (more than one month)
- The athlete has suffered a concussion in the past calendar year

Note: Even if your child is not due for a physical, the front sheet of the Physical Form must be completed and returned so that it may be placed on file.

While the above bulletins are the only requirements related to physicals, we would like to recommend that your child have a new physical placed on file before beginning athletic participation each year. Your child is not required to have their physicals done at school, however, if you choose to use your family doctor, please have them use the attached Pre-participation Physical Evaluation Form and return it to the school upon completion.

Also attached to this letter you will find a few forms that must be completed each year as a part of your child's participation in athletics. The attached forms include:

- Pre-Participation Physical Evaluation
- Concussion Acknowledgement Form (NEW)
- Cardiac Arrest Awareness Form (NEW)
- U.I.L. Acknowledgement of Rules
- U.I.L. Steroid Testing Form

Once the athlete's physical has been completed and all forms have been filled out please return them to the school so that they may be placed on file for the 2014-2015 school year.

Sincerely,

Cardinal Coaching Staff