

**To:** The 2016-17 Winter Sport Coaching Staff

**From:** Bill Jehl and Karen Korbul

**Subject:** Physical, Health History Questionnaire Update and ImPACT Dates for 2016-17 Winter Sports

**Date:** September 23, 2016

Based upon your listed starting dates for the 2016-17 Winter Sport Season these are the dates required to meet the state guidelines for physicals and parent permission forms:

| <b>Sport</b>                    | <b>Start Date</b> | <b>Preparticipation Physical Evaluation History and Physical Examination Form (pages 1-4) must be dated on/after:</b> | <b>Health &amp; Athletic Forms on ASPEN must be completed between the following dates:</b> | <b>ImPACT Test Date/Time at 3:00pm in room 128</b> | <b>Medical Papers Due Date</b> |
|---------------------------------|-------------------|-----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|----------------------------------------------------|--------------------------------|
| <b>Girl's Basketball</b><br>All | 11/21/16          | 11/23/15                                                                                                              | 10/1/16-11/7/16                                                                            | 10/25/16                                           | 11/7/16                        |
| <b>Boy's Basketball</b><br>All  | 11/21/16          | 11/23/15                                                                                                              | 10/1/16-11/7/16                                                                            | 10/25/16                                           | 11/7/16                        |
| <b>Girl's Swimming</b><br>All   | 11/7/16           | 11/9/15                                                                                                               | 10/1/16-10/24/16                                                                           | 10/17/16                                           | 10/24/16                       |
| <b>Boy's Swimming</b><br>All    | 11/7/16           | 11/9/15                                                                                                               | 10/1/16-10/24/16                                                                           | 10/17/16                                           | 10/24/16                       |
| <b>Girl's Track</b>             | 12/1/16           | 12/3/15                                                                                                               | 10/1/16-11/7/16                                                                            | 11/7/16                                            | 11/17/16                       |
| <b>Boy's Track</b>              | 12/1/16           | 12/3/15                                                                                                               | 10/1/16-11/7/16                                                                            | 11/7/16                                            | 11/17/16                       |
| <b>Wrestling</b>                | 11/21/16          | 11/23/15                                                                                                              | 10/1/16-11/7/16                                                                            | 10/26/16                                           | 11/7/16                        |
| <b>Cheerleading Wrestling</b>   | 11/28/16          | 11/30/15                                                                                                              | 10/1/16-11/7/16                                                                            | Completed                                          | 11/14/16                       |
| <b>Cheerleading Basketball</b>  | 11/15/16          | 11/17/15                                                                                                              | 10/1/16-11/1/16                                                                            | 10/20/16                                           | 11/1/16                        |
| <b>Girl's Fencing</b>           | 11/28/16          | 11/30/15                                                                                                              | 10/1/16-11/7/16                                                                            | 11/1/16                                            | 11/14/16                       |
| <b>Boy's Fencing</b>            | 11/28/16          | 11/30/15                                                                                                              | 10/1/16-11/7/16                                                                            | 11/1/16                                            | 11/14/16                       |

**I. PAPERWORK:** Parents must complete four forms in Aspen using their parent log in. If parents cannot access their account and/or they are having problems with Aspen, they should contact Sherri DiMarcello at [sdimarcello@nhvweb.net](mailto:sdimarcello@nhvweb.net). The following forms must be submitted:

**Health Forms:** These forms are completed only once per year and should be completed in August regardless of the season that the athlete participates. These forms do not close at any time in Aspen and can be updated as needed.

- **OTC Form-Over the Counter Medication Form**
- **Emergency Medical Form**

**Athletic Forms:** These forms must be completed in Aspen during the specific dates set forth by the Athletic Dept. These forms are only open during those selected dates and new forms must be completed for each sport season in which the athlete participates.

- **Health History Update Questionnaire (HHUQ)**
- **NHHS Interscholastic Sport and Intramural Consent Form**

**Epipen, Inhaler and Diabetic Forms must also be submitted to health office prior to clearance.**

**II. MEDICAL:** The School Doctor visits on Thursdays to clear physicals and then those physicals must be entered into Aspen which usually takes an additional day. Any and all questions regarding medical clearance should be referred to health office. Contacts include Kris Vitelli [kvitelli@nhvweb.net](mailto:kvitelli@nhvweb.net) and Cindy Peck [cpeck@nhvweb.net](mailto:cpeck@nhvweb.net). In order to be cleared the athlete must have the following:

1. **Current Physical has been submitted and cleared by School Physician.**
2. **HHUQ has been reviewed/cleared by nurse and there are no restrictions.**
3. **Student does not have any medical restrictions in place from any previous conditions.**

**III. ImPACT:** This section shows the student has a valid ImPACT Test. All questions regarding the ImPACT Test should be referred to the athletic trainers. An ImPACT Test baseline administered prior to December 2014 has expired for the 2016-17 winter sport tryouts. Contacts include Bill Jehl [wjehl@nhvweb.net](mailto:wjehl@nhvweb.net) and Karen Korbul [kkorbul@nhvweb.net](mailto:kkorbul@nhvweb.net).

**REMINDER, AN ATHLETE IS NOT MEDICALLY CLEARED UNLESS HE/SHE HAS COMPLETED IMPACT TESTING.**

**IV. ACADEMICS:** This section indicates that the athlete has met their academic requirements. Any and all questions regarding academics should be directed to the student's guidance counselor.

❖ **PLEASE REMIND PARENTS AND STUDENTS TO RUN REPORTS IN ASPEN TO CHECK ON STATUS. PARENTS AND STUDENTS SHOULD NOT CONTACT HEALTH OFFICE, ATHLETIC OFFICE AND/OR SHERRI DIMARCELLO SIMPLY TO CHECK IF ITEMS WERE SUBMITTED.**