



*Every Day Counts: Educate, Engage, Empower*

*The vision of FCSD #2 is to develop a community of enthusiastic, responsible learners.*

July 17, 2021

**To: All Students 5<sup>th</sup> – 12<sup>th</sup> grade.**

**From: Mrs. Baker A.D.**

**Re: Sports Physicals**

Believe it or not - it's time to think about the beginning of a new school year taking care of sports physicals for the 2021-22 school year.

If you plan to participate in sports during the 2021-22 school year, you are required to have a sports physical prior to the start of any season. All 5<sup>th</sup> – 12<sup>th</sup> grade students can participate in interscholastic athletics (excluding football which 5<sup>th</sup> graders are not eligible) If you did not take the opportunity to get your physical last May you will have to make an appointment with either Mountain Sage Clinic 455-2807 (\$10.00) or the Dubois Medical Clinic (455-2516) (free). You **MUST** call and make an appointment. You will also be responsible for getting the physical form back to either the high school office or your coach the first day of practice.

Please make sure you have the following at the time of your physical:

- All portions of the form and signatures must be filled out before your physical.
- Parents are encouraged to attend but if a parent cannot be there, by law, the consent for treatment page must be signed and present at the time of the physical.

We have requested that the clinic do a urine dipstick test to screen for early glucose and asymptomatic infections. In order reduce the incidence of false positive results of high protein levels in the urine please follow the following procedures prior to your physical:

- 1. With girls, we should never check a urine while they are menstruating--thus, they should be informed to set up their physical at the appropriate time,**
- 2. We should never do a urinalysis on someone who has just heavily exercised, whether that's weight lifting, distance running, or football practice; that will greatly increase the chance of getting a false positive**



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The following items are enclosed:

Physical Examination form (two-sided)  
Consent for Treatment and Informed Consent form

The forms must be completed, signed and returned to the high school office in order for you to compete in sports this coming school year.

**There is also a \$15 participation fee for taking part in 5<sup>th</sup>-12<sup>th</sup> grade sports that must be paid prior to participation.** Checks can be made payable to the D Club, D Club provides financial supplements to the district's athletic budget. You may pay these fees at any time to Mrs. McCabe at the school office after school begins. You may also pay your fees online via the school website. You must have your participation fees paid before the first contest.

**Dates to Note:**

First high school football practice: Monday, August 16<sup>th</sup>  
First high school volleyball practice: Monday, August 16<sup>th</sup>

First middle school football practice: Monday, August 16<sup>th</sup>  
First middle school volleyball practice: Monday, August 16<sup>th</sup>

More information about practices will be emailed out or on the FCSD#2 Facebook page the first part of August.

If you have any questions in the meantime, you can call me at 455-3395 or email [tbaker@fremont2.org](mailto:tbaker@fremont2.org).