

MEMS and Pine Brook 2021-2022 Sports Physical Information

Dear MEMS and Pine Brook Families,

As in past years, if your child is interested in playing on an athletic team, the district school physician will need to review ALL student physicals. If your child is interested in playing a sport at MEMS or Pine Brook, there must be a physical on file by the dates below from either your child's physician or our district physician.

All physicals are due by the dates outlined below in order for your child to be eligible to participate in a sport. We strongly encourage you to use your private physician to complete your child's physical, however there are appointments available through the district. **Appointments for physicals** can be made through the [MEMS Nurse website](#) for both Pine Brook and MEMS students.

IMPORTANT DATES AND DEADLINES:

AUGUST 13:

Private Physician Physicals (dated 9/21/2020 or later) must be received by this date

- Please keep a copy for your records. Incomplete physicals will be returned
- Make sure your physician signs, stamps, and completes ALL sections of the physical including the pulse, visual exam and Cardiac Assessment Module

AUGUST 19:

School Physician Physicals available at MEMS 9am-1pm

- If your child wears glasses/contacts (s)he must bring them to the school physical
- Pages 1, 2 (if applicable) and the sign off pages of the Sports Physical Packet **must** be completed prior to appointment

AUGUST 23:

School Physician Physicals available at MEMS 8:30-11:30am

- If your child wears glasses/contacts (s)he must bring them to the school physical
- Pages 1, 2 (if applicable) and the sign off pages of the Sports Physical Packet **must** be completed prior to appointment

SEPTEMBER 9:

- First Day of School

SEPTEMBER 10:

- **MEMS ONLY:** Fall Sports Meeting (additional forms will be handed out at this time for MEMS only)

SEPTEMBER 15:

- **MEMS ONLY:** Update and Consent forms are due

SEPTEMBER 20:

- **PB ONLY:** Update and Consent Forms due for Intramural Soccer only.
- Intramural Basketball and Volleyball Update and Consent form due later in the year.

The sports physical packet can be found on the [District Nurses webpage](#). Please scroll down and click on "Sports Physical Packet". Please print out ALL of the forms. **If your child has tested positive for COVID**, please also print and have your doctor complete the MERS Post-COVID-19 Doctor's Physical Form. Additional Sports information and instructions on how to fill out the sports forms can be found on the [MEMS Nurse website](#).

Contact [Genna Banafato](#), MEMS School Nurse, or [Charisse Pliszak](#), Pine Brook School Nurse, via email if there are any questions or concerns.