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## 2023 – 2024 Sport Start Dates and Paperwork Due Dates

	1 <sup>st</sup> Day of Practice	Required Paperwork	Paperwork Due Date
Fall Sports	HS – Monday August 14, 2023 Golf – Monday August 7, 2023	<ul style="list-style-type: none"> <li>All forms completed on Big Teams Student Central (formerly Planet High School)</li> <li>Sports Physical (CIPPE) must be dated: <u>on / after June 1, 2023</u>, and uploaded into Planet High School or returned to the Athletic Office.</li> </ul>	<b>Friday</b> <b>August 4, 2023</b>
	JH – Monday August 21, 2023 (Coaches will contact you with official start date & time.)		
Winter Sports	HS – Friday November 17, 2023	<ul style="list-style-type: none"> <li>All forms completed and Sports Physical (CIPPE) uploaded on Big Teams Student Central (Formerly Planet High School)</li> <li>If you played a fall sport, you must also complete the <b>PIAA Section 7 Form</b>.</li> <li>If you sustained an injury after your Sports Physical, your Physician must complete the <b>PIAA Section 8 Form</b>.</li> </ul>	<b>Friday</b> <b>November 10, 2023</b>
	JH – To be Determined (Coaches will contact you with official start date & time.)		
Spring Sports	HS – Monday March 4, 2024	<ul style="list-style-type: none"> <li>All forms completed and Sports Physical (CIPPE) uploaded on Big Teams Student Central (Formerly Planet High School)</li> <li>If you played a fall/winter sport, you must also complete the <b>PIAA Section 7 Form</b>.</li> <li>If you sustained an injury after your Sports Physical, your Physician must complete the <b>PIAA Section 8 Form</b>.</li> </ul>	<b>Monday</b> <b>February 26, 2024</b>
	JH – To be Determined (Coaches will contact you with official start date & time.)		

\*\*\* Please note that there will be a **24-hour processing time** for ANY athlete completing their **paperwork requirements after the paperwork due date for each season.**

This means if you wait until the 1st day of practice to complete your paperwork, you will NOT be approved to practice on the 1st day! Please plan accordingly! \*\*\*

**Winter & Spring athletes may complete their paperwork requirements any time.**  
**The Sports Physical (CIPPE) must be dated on or after 6/1/2023.**

**It is recommended that you upload your Section 6 CIPPE as soon as the Sports Physical has been completed.**

**To complete your required paperwork, go to:**

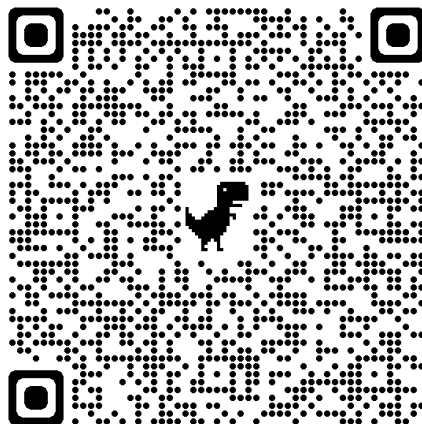
**<https://studentcentral.bigteams.com/>**

All required athletic forms are completed digitally on Big Teams Student Central (formerly Planet High School). Walkthrough guides are available to show the step-by-step process. We recommend that you follow these guides when completing your paperwork. Should you need any assistance or have any questions about the required paperwork, please contact our Athletic Trainer, Liz Clark ([lclark@tulpehocken.org](mailto:lclark@tulpehocken.org))

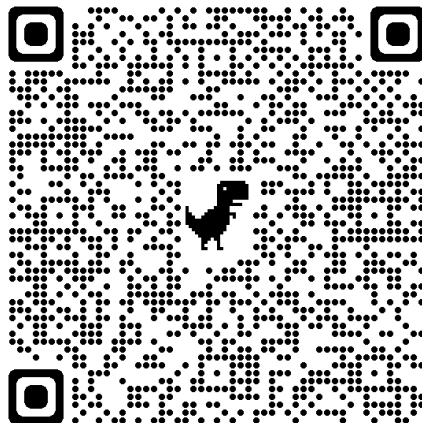
To view these walkthrough guides, click on the links or scan the QR codes below.

All documents can also be found online at: <https://www.tulpehocken.org/Page/1333>

[New Family – Athletic Paperwork Guide](#)



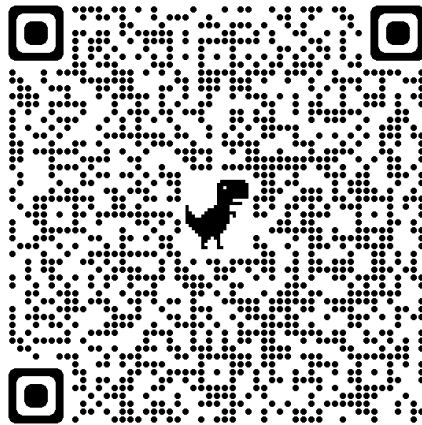
[Returning Family – Athletic Paperwork Guide](#)



**The following Athletic Forms need to be completed on Big Teams Student Central:**

- ☐ PIAA Personal & Emergency Information (Section 1)
- ☐ PIAA Certification of Parent/Guardian (Section 2)
- ☐ PIAA Concussion Form (Section 3)
- ☐ PIAA Cardiac Awareness Form (Section 4)
- ☐ PIAA Pre-Participation History Form (Section 5)
- ☐ [PIAA Physical Exam Form \(Section 6\)](#) – Options where you can get a sports physical are listed on the following pages. Completed Sports Physicals should be uploaded to Big Teams Student Central
- ☐ Tulpehocken Area School District Athletic Enrollment Information Form
- ☐ Informed Consent for Athletic Participation
- ☐ St. Luke's Consent to Treat Patient
- ☐ St. Luke's HIPAA Privacy Authorization Form
- ☐ Student Athlete Code of Responsibility
- ☐ Concussion History and Concussion Management Consent Form

Scan the QR Code below for [more information about each of the required Athletic Forms](#).



**Baseline ImPACT Testing**

- As part of our Concussion Management Program, all athletes are required to take a baseline ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) every two years prior to their 1<sup>st</sup> sport of the school year.
- ImPACT is an objective tool to support trained healthcare providers in making sound return to activity decisions following concussions.
- It is a computerized test that measures memory, attention span, visual, and verbal problem solving. This baseline test is performed to see how an athlete normally performs these tasks.
- If an athlete sustains a concussion during the season, their Physician may request that they take a post-injury exam to see if they are back to their baseline for each of the tasks. Post-injury tests will only be performed at the request of the treating physician or parent/guardian.

[More information about the ImPACT Test is available here.](#)

To take your baseline ImPACT Test go to:

<http://www.impacttestonline.com/schools>

The Customer Code is: AZYV8QSNXT

[Full testing instructions are available here.](#)

If you are unsure if you need to take a ImPACT baseline test for this school year or if you would like to schedule a test date at the High School, please email Liz ([lclark@tulpehocken.org](mailto:lclark@tulpehocken.org))

# Where to get your Sports Physical:

## 1) Family Physician – Any physical certified on or after June 1, 2023, is valid.

If your child has had their yearly physical in the last year, their Primary Care Provider (PCP) may be able to use this previous Physical Exam to certify this school year's Sports Physical. The certification date just needs to be on or after June 1, 2023. We recommend calling your PCP to see if this is an option as this policy can vary by Medical Group.

Please make sure to bring your printed Section 5 - Health History and Section 6 – Sports Physical forms with you and have your physician complete the PIAA Section 6 form (must sign and date).

**ALL undated forms will be considered invalid until dated by physician.**

Please triple check that your Section 6 form is signed and dated BEFORE leaving your Family Physician's Office.

**\*\*\* Please note that the PIAA Section 6 CIPPE form is the only PIAA accepted physical form. Physicals completed on other forms (i.e. school or Learners Permit) will not be accepted. \*\*\***

## 2) St. Luke's Sponsored FREE Sports Physical Events – Please see more information on the next 2 pages.

## 3) St. Luke's Care Now – \$25.00 Walk-In Sports Physicals

### Hamburg

610-628-7200

9 Dave's Way

Hamburg, PA 19526

Monday – Friday: 8 AM – 8 PM

Saturday – Sunday: 8 AM – 4 PM

### Kutztown

484-822-8001

15065 Kutztown Road, Suite 100

Kutztown, PA 19530

Monday – Friday: 8 AM – 8 PM

Saturday – Sunday: 8 AM – 4 PM

Please make sure to bring your printed Section 5 - Health History and Section 6 – Sports Physical forms with you.

**ALL undated forms will be considered invalid until dated by physician.**

Please triple check that your Section 6 form is signed and dated BEFORE leaving the Urgent Care center.

## 3) Other Area Urgent Care Centers that offer Walk-In Sports Physicals

*(Please contact them directly for more information and pricing)*

**Penn State Health – Strausstown – 610-488-9790**

**Patient First – Wyomissing – 484-220-0051**

**Tower Health – Wyomissing – 610-898-2490**

**Tower Health – Hamburg – 484-750-3890**

**MedExpress – Lebanon – 717-272-7469**

**Lancaster General – Lebanon – 717-675-1788**

M - F 7 AM – 9 PM; Sa - Su 8 AM – 4 PM

Open every day 8 AM to 8 PM

M- Sa 8 AM – 8 PM; Closed on Sundays

M- Sa 9 AM – 9 PM; Closed on Sundays

Open every day 8 AM to 8 PM

M - F 9 AM – 9 PM; Sa – Su 8 AM – 8 PM

## Sports Physical Examination

\*\*\* This is the only date at Tulpehocken for the 2023 – 2024 School Year. \*\*\*

St. Luke's University Health Network is please to offer this FREE Sports Physical Event

**When:** Monday, June 5, 2023, from 6:00 PM – 8:30 PM

**(By appointment ONLY – please see link below)**

**Where:** Tulpehocken Jr/Sr High School – Please enter at the New Gym Entrance

**Cost:** FREE

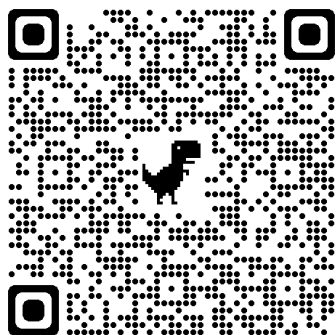
If attending these physicals, please note:

- Physicians are not able to complete Non-PIAA Physical Forms (i.e. Summer Camp, Learners Permit, etc.).
- Athletes attending physicals are asked to wear athletic shorts and a T-shirt and/or tank top.
- A vision screen will be included. **Athletes with corrected vision are asked to wear their contacts or bring their glasses.**

**2023 – 2024 Sports Physicals are available by appointment only.**

**Please schedule your appointment here:**

<https://outlook.office365.com/owa/calendar/StLukesSportsMedicine@sluhn.onmicrosoft.com/bookings/s/4FE68mJoTUexyi6F8Vp2ow2>



- Please make sure the calendar view is set to June 5<sup>th</sup> to see the available appointments.
- A confirmation email will be sent to your provided email. Occasionally this email goes to spam folders so please check there as needed. You can use this email to reschedule or cancel your appointment as needed.
- Appointments are available on a first come first serve basis.
- Families with multiple student-athletes will need to make an appointment for each student-athlete.

**If Attending June 5<sup>th</sup> Physicals:**

**All required Athletic Forms must be signed & completed on Big Teams Student Central by Friday, June 2, 2023.**

- The Athletic Office will print out all completed Health History Forms (PIAA Section 5) and a blank copy of the PIAA Section 6 Physical (CIPPE) page. You do NOT need to print out any paperwork if you are attending these sports physicals. These forms will be given to you at Check-In.
- The athletic department will help you upload your completed PIAA Section 6 Physical (CIPPE) page into Big Teams Student Central.



**St Luke's**  
Sports Medicine

# FREE SPORTS PHYSICALS

**Open to student-athletes in St. Luke's affiliated programs.**

Student-athletes must bring their completed PIAA forms to the event.



**Coca Cola Park  
1050 IronPigs Way  
Allentown, PA 18109**



**June 26, 2023  
July 10, 2023  
July 12, 2023**



**2 - 6:30 PM**

***CALLING ALL  
STUDENT-  
ATHLETES!***

**Scan Below to Register**



**SECTION 6: PIAA COMPREHENSIVE INITIAL PRE-PARTICIPATION PHYSICAL EVALUATION AND CERTIFICATION OF AUTHORIZED MEDICAL EXAMINER (NOT VALID UNLESS DATED BY AUTHORIZED MEDICAL EXAMINER ON OR AFTER JUNE 1<sup>ST</sup> EACH SCHOOL YEAR)**

**PLEASE COMPLETE PRIOR TO PHYSICAL EVALUATION**

Student's Date of Birth \_\_\_\_\_ Grad Year \_\_\_\_\_

Student's Name \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_

Enrolled in Tulpehocken Jr/Sr High School Sport(s) \_\_\_\_\_

Must be completed and signed by the Authorized Medical Examiner (AME) performing the herein named student's comprehensive initial pre-participation physical evaluation (CIPPE) and turned in to the Principal, or the Principal's designee, of the student's school.

Height \_\_\_\_\_ Weight \_\_\_\_\_ % Body Fat (optional) \_\_\_\_\_ Brachial Artery BP \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_ (\_\_\_\_\_/\_\_\_\_\_, \_\_\_\_/\_\_\_\_\_) Resting Pulse \_\_\_\_\_

If either the brachial artery blood pressure (BP) or resting pulse (RP) is above the following levels, further evaluation by the student's primary care physician is recommended. **Age 10-12:** BP: >126/82, **RP: >104**; **Age 13-15:** BP: >136/86, RP >100; **Age 16-25:** BP: >142/92, RP >96.

Vision: R 20/\_\_\_\_ L 20/\_\_\_\_

Corrected: YES NO (circle one)

Pupils: Equal \_\_\_\_\_ Unequal \_\_\_\_\_

MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance		
Eyes/Ears/Nose/Throat		
Hearing		
Lymph Nodes		
Cardiovascular		
Cardiopulmonary		<input type="checkbox"/> Heart murmur <input type="checkbox"/> Femoral pulses to exclude aortic coarctation <input type="checkbox"/> Physical stigmata of Marfan syndrome
Lungs		
Abdomen		
Genitourinary (males only)		
Neurological		
Skin		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder/Arm		
Elbow/Forearm		
Wrist/Hand/Fingers		
Hip/Thigh		
Knee		
Leg/Ankle		
Foot/Toes		

I hereby certify that I have reviewed the HEALTH HISTORY, performed a comprehensive initial pre-participation physical evaluation of the herein named student, and, on the basis of such evaluation and the student's HEALTH HISTORY, certify that, except as specified below, the student is physically fit to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in the sport(s) consented to by the student's parent/guardian in Section 2 of the PIAA Comprehensive Initial Pre-Participation Physical Evaluation form:

☐ **CLEARED** ☐ **CLEARED** with recommendation(s) for further evaluation or treatment for: \_\_\_\_\_

☐ **NOT CLEARED** for the following types of sports (please check those that apply):

☐ COLLISION ☐ CONTACT ☐ NON-CONTACT ☐ STRENUOUS ☐ MODERATELY STRENUOUS ☐ NON-STRENUOUS

Due to \_\_\_\_\_

Recommendation(s)/Referral(s) \_\_\_\_\_

AME's Name (print/type) \_\_\_\_\_ License # \_\_\_\_\_

Address \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

AME's Signature \_\_\_\_\_ MD, DO, PAC, CRNP, SNP (circle one)

**Certification Date of CIPPE** \_\_\_\_/\_\_\_\_/\_\_\_\_

**NOT VALID UNLESS DATED BY AUTHORIZED MEDICAL EXAMINER ON OR AFTER JUNE 1<sup>ST</sup> OF EACH SCHOOL YEAR**