

To: Parent/Guardian of child(ren)
From: Kreg Kemper (athletic director)
Re: Sports physicals

Dear Parent/Guardian,

One of the ways that you can ensure that your child(ren) are prepared for the upcoming sports seasons is setting an appointment for your child(ren) to receive their physicals. It is required by law that any student who is interested in participating in an interscholastic sport must receive approval from a licensed medical doctor or nurse practitioner. Once finished with the appointment, the doctor/nurse practitioner will give to you the sports physical document. Before you leave their office, please make sure that they have checked off the box that states your child(ren) are able to play sports. A sports physical from doctor/nurse practitioner remains current for a total of 395 days. After that point, a new sports physical will be needed to continue their participation in an interscholastic sport. It is important to schedule your appointment as soon as possible to ensure your child(ren) are able to participate in tryouts. ***Don't hesitate, don't delay, see the doctor and be on your way.*** Once, you have the completed sports physical document, you can turn it in at anytime to the front desk/lobby or the athletic director. I look forward to getting off to a good start for all of the sports seasons, your help in this matter is very much appreciated. Make sure your child is ready to play sports, by making sure they see the doctor/nurse practitioner before the try-out date. Interscholastic sports at Hillside School District #93 is offered to all 6th, 7th and 8th grade children. If your child(ren) are in 5th grade and are interested in participating in Soccer, they must complete a sports physical document, as well. If your child(ren) are entering the 6th grade, there is no need to see the doctor/nurse practitioner twice. However, make sure they have checked off the box that states that your child(ren) are able to participate in interscholastic sports.

Sincerely,
Kreg Kemper
Hillside School District #93 Athletic Director