



Physical Examination Form

ALL PARTICIPANTS MUST HAVE A PHYSICAL FORM ON FILE WITH JUNIOR HILLTOPPERS SPORTS CLUBS, INC., BEFORE THEY MAY BEGIN PRACTICE! **NO EXCEPTIONS!**

Physical exam taken after April 1, 2021 is valid for two (2) years. After that time, they are considered expired. To be accepted by the Jr. Hilltoppers, the physical form on file must not expire before the end of the season of which you are registering for. IT IS THE OBLIGATION OF THE PARENTS TO ARRANGE FOR A PHYSICAL EXAM. YOU MAY GO TO YOUR OWN DOCTOR OR TO A CLINIC OF YOUR CHOICE.

Participant Name: _____ Grade (as of the coming fall): _____

Age: _____ Sex: _____ Date of Birth: _____ School Name: _____

School Address: _____ City: _____

Parent(s) Name: _____ Address: _____

Cell Phone: _____ Home Phone: _____

Place of Employment: _____ Work Phone: _____

Other than parent, in case of emergency, contact: _____

Home Phone: _____ Cell Phone: _____ Relation: _____

Prescribed Medicine: _____

Known Allergies: _____

Do you carry personal health insurance? YES NO
If yes, please complete the information below

Insurance Co.: _____ Policy #: _____ Group #: _____

The coach, trainer, team physician, staff and/or administrator may apply first aid treatment until the family doctor can be contacted (**MUST Check**):
YES NO

I/We give our consent for the coaches, trainers, team physician, staff and/or school administrator to use their own judgement in securing medical aid and ambulance service in case parents'/guardians cannot be reached (**MUST Check**):
YES NO

The above named student has been examined and there are no apparent contraindications to participating in interscholastic activities except as follows: (list sports or activities in which the student cannot participate - if none - write none)

SIGNATURE OF LICENSED PHYSICIAN: _____

OR APNP _____

Address: _____ City _____ Zip: _____

Telephone _____ Date of Examination _____

Examination Facts: Height _____ Weight _____ Pulse _____ Blood Pressure _____

List any abnormal findings re: skin, eye, ears, nose, throat, teeth, neck, lungs, heart, chest, liver, spleen, and spine

Joint Function: List any abnormalities re: the neck, shoulders, elbows, wrists, hands, hips, knees, ankles, and feet:

Other: List any neurological abnormalities re: hernia, genitalia, HGB or Hematocrit, or urinalysis:

I hereby give my permission for the above named participant to practice and compete and represent the Jr. Hilltoppers in WIAA approved interscholastic sports excepting those restricted on this form by the doctor.

Signature of Parent or Legal Guardian

Date