

# SPORTS PHYSICALS REQUIRED FOR STUDENTS PLAYING SPORTS IN GRADES 5-12

Every student athlete must have a physical completed by August 11, 2020 for the 2020-2021 school year.

- Please click on this [link](#). Print forms.
- Take forms to your physician for completion of required physical form, waiver, concussion protocol and the form for the doctor to complete. (Upload the forms into your Healthy Roster Account. See below for details on Healthy Roster.)
- Additionally, all athletes in 2020-21 will need to complete and submit a COVID-19 release form. One form per athlete is needed. If a student is playing more than 1 sport, just one form is needed. Please click [HERE for LINK](#)

The instructions for the physical forms are below. This is the procedure we use for the 2020-2021 school year.

***Hello parents of NCS athletes,***

***My name is Cody Tubbs and I am the athletic trainer for Orthomemphis and Northpoint Christian School Athletics. Athletic trainers perform a myriad of tasks, but our main concern is the management, prevention, recognition and rehabilitation of injured athletes. And to better serve the Northpoint community, Orthomemphis has provided a program that will streamline my communication with you. It will also make it easier for our staff to manage your child's physicals this year. Below is the information you will need to set up an account with "Healthy Roster" which is required for your child's physicals.***

***If you already have a Healthy Roster account set up, you do not need to register again. But you will need to upload the new physical forms and required forms to your existing Healthy Roster***

***Here are the steps for registering for Healthy Roster:***

- 1. Email Cody Tubbs at [ctubbs@ncstrojans.com](mailto:ctubbs@ncstrojans.com) ( include athlete's name, birth date, and sports they will be playing in subject line of email)***
- 2. You will receive an email invite from Healthy Roster***
- 3. Accept invitation and register for Healthy Roster***
- 4. After you have had your physical and all forms are filled out scan/load forms to Healthy Roster***

***This is mandatory for all athletes in all sports in grades 5 - 12 for 2020-21.***

***You will keep your physical forms this year and you will load/scan the forms to your Healthy Roster account that you will set up through Adam Haney and Orthomemphis.***

***Some medical insurance plans cover a free yearly physical. Be sure to tell the office when setting up the appointment that you need a sports physical as well.***

***The physical can be done by your doctor but the forms you print from here are what is needed. You then follow the procedure below.***

***Please follow the procedure below:***

- 1. Pick up a packet of forms in either of the high school or elementary offices or print the forms from [here](#).***
- 2. All forms in the packet must be completely filled out and signed by a parent and/or guardian (except p. 3, the form the doctor will complete). Student MUST sign page 2 and sign and initial page 6.***
- 3. Students are to take their forms to your appointment with Dr. Skinner for the physical at the scheduled appointment for him to complete.***

***WHEN YOU COMPLETE YOUR PHYSICAL, YOU WILL NEED TO LOAD YOUR PHYSICAL TO YOUR HEALTHY ROSTER ACCOUNT.***