

Directions for Freedom High School Athletic Physicals

READ ALL DIRECTIONS FIRST.

INCOMPLETE FORMS WILL NOT BE PROCESSED & YOU WILL NOT BE ALLOWED TO PARTICIPATE IN ANY PRACTICES OR GAMES.

General Directions

1. Return all physical forms personally to the certified athletic trainer (Mrs. Echavarria, Ms. Wattenbarger) in the athletic training room (ATR). The athletic training room is located in room 925 in the field-house by the Patriot stadium, or in the gym between the locker rooms (315). Please come during lunch or after school. During practice times after school, an athletic trainer can be found either in the ATR or at the south practice field.

2. Print ALL 6 Attachments (links).

3. Physicals are good for one calendar year however, if the date of your physical exam expires during your sport's season, you will not be cleared for that sport. The following dates are the earliest you can have your physical and still be eligible to play:

Fall Sports after 12/18/12: Bowling, Cross Country, Football, Golf, Swimming, Volleyball (girls)

Winter Sports after 3/6/13: Basketball, Comp. Cheerleading, Soccer, Weightlifting (girls), Wrestling

Spring Sports after 5/22/13: Baseball, Flag Football, Lacrosse, Softball, Tennis, Track, Volleyball (boys), Water polo, Weightlifting (boys)

Directions for the physical

1. PAGE 1: Parent & student must sign the bottom of the front page of the physical form.
2. PAGE 2: Fill out name, address, phone number, birth date section. Fill out history questions completely.
 - a. If you answer any of the questions "yes" please explain them at the bottom of the page.
 - b. Parent must sign & date the bottom of the page.
3. PAGE 3: Fill out your name on the top of page 3.
 - a. At the bottom the physician must 1) Check "cleared without limitations", 2) sign, 3) date, & 4) stamp the form. If there is no stamp available the physician's name & phone # must be printed on the bottom of the form.
4. VERIFICATION OF RESIDENCY CERTIFICATE: The parent & student must fill out & sign.
5. EMERGENCY CARDS: There are 2 emergency cards & **BOTH MUST BE FILLED OUT COMPLETELY**
6. Consent and Release from Liability Certificate (EL3 4/12):
 - a. **Read page 2 then...**
 - b. The parent must **write in** any sport in which the **student is NOT allowed to participate in**
 - c. The parent/guardian & student must print their name on the bottom of page 1
7. Consent for ImPact testing and Release of Information
 - a. Complete and sign by Parent and student.
8. FHSAA Concussion & Heat Related Illnesses Information Release Form
 - a. Read and sign by Parent and student

Freedom High School Team Orthopedic:

Dr. Brad Homan, D.O.
Florida Hospital Celebration Health
407-303-4270

Additional Local Doctors / Clinics for getting a sports physical: (Price Varies)

1. Florida Hospital Centa Care – Hunter’s Creek (Across from the Loop)
3293 Greenwald Way North
Kissimmee, FL 34741
407-847-6771 (No Appointment Required)
2. Florida Hospital Centra Care – Sand Lake
2301 Sand Lake Rd. (Between John Young Parkway and OBT)
Orlando, FL 32809
407-851-6478 (No Appointment Required)
3. Florida Hospital Centra Care – Kissimmee
4320 West Vine Street (US 192)
Kissimmee, FL 34746
407-390-1888 (No Appointment Required)
4. Your personal / family physician. (They must complete the OCPS Sports Screening form.)

School Contact Person for Additional Information:

Ms. Te Shondra Echavarria, Head Athletic Trainer

407-816-5627

Mr. Roy Peters, Athletic Director

407-816-5606