



## Gregory-Portland Middle School Pre-Athletics and Student Athletes

Parents:

Students must obtain a physical dated after May 1, 2023. All other physicals expire in our system on June 1, 2023. Physicals must be good for the entire athletic seasons (Aug- May) next school year. We are aware that many students get their physical on or near their birth date and this can create an inconvenience, since insurance will only pay for one physical per year. To help get all athletes on the May physical schedule throughout their Middle School and High School years, we will be offering Mass Physicals at the Middle School on **Wednesday, May 3, 2023**.

**Sixth grade pre-athletic students** who plan to participate in athletics during the 2023-2024 school year, will get a physical on **Wednesday, May 3rd at 3:45**. To participate the athlete must have the Blue Medical History/Physical form completed by a parent or guardian (in ink) and bring \$20.00. The form will be handed out in their athletic period the week prior.

**7th grade boys and 8th grade girls** (1<sup>st</sup> period athletes) will start their physicals (with the same stipulations), at **4:45 pm**. The 7<sup>th</sup> graders must have the "BLUE" forms completed with parent signature, student signature and all yes answers explained in the box provided. This along with either \$20 cash or check is their ticket to enter the physical area. 8th graders will have a White form and will need the exact same information on the form.

**8th grade boys and 7th grade girls** (7th period athletes) will begin their physicals during the 7<sup>th</sup> period class at **2:40**, following the same guidelines as the 6th graders and 7th period athletes. Their Medical History/Physical form will be "BLUE" if they are a 7th grader and "White" if they are in the 8th grade. **The color of the form is important; this makes it easy to distinguish which forms need to be sent to the high school for their involvement next year.** The BLUE forms will remain at the Middle School for our records.

As soon as your child's group has finished their physical evaluation, he/she should call you to be picked up from G-P Middle School. Physicals will be performed by several area Physicians & NPs. PTs, School Nurses & EMTs will also help with Orthopedic scans, vision, and Blood Pressure. If your child needs a copy of his/her physical for summer camps, I will provide a copy within 1 week, upon request. The physical will be sent to the parent's email on file. If you have any questions, please feel free to contact the athletic trainer.

Sincerely,

Debby Winder MAA, LAT, LMT  
Athletic Trainer G-PISD-MS  
Office 361-777-4042 Ext.# 5091

## **Gregory – Portland Middle School Physicals**

**2400 Wildcat Drive, Portland Texas**

**May 3, 2023**

### **Students must complete the Medical History Form:**

- Fill in all blanks and answering all questions on the form
- explaining any yes answers in the space provided
- obtain a parent or guardian's signature
- obtain a student's signature
- payment of \$20.00 (cash or check made out to GP Activity Fund))

### **The physicians will complete the physical on the 2020 physical form provided:**

- Student complete Name, Sex, Age and DOB
- Coaches will record height and weight
- Nurse will check vision
- EMTs will take Blood Pressure and Pulse
- Physical Therapist will evaluate orthopedic assessment
- Physicians, and Nurse Practitioners will complete the heart and lungs portion of the physical and talk with each child.

### **The athlete will be in a familiar setting supervised by school staff.**

- We ask that students sit quietly between stations. They may play games on their phone.
- This will not be a social time to visit with coaches or other workers
- We will have a one way in and one way out to prevent traffic jams and congestion from slowing the flow

### **If your child would like to have a copy of his/her physical:**

- He/she should request a copy at check out
- The copy will be valuable if the athlete attends a camp
- If he/she need the physical for scouts
- It is nice to have a copy in case his/her physical is misfiled (This should not happen, but the physicals can accidentally be filed in the wrong grade if the student puts current grade instead of next year's grade)