

SPORTS PHYSICALS

Lancaster Mennonite Sports Physical forms for the 2010-2011 school year have been revised and will be the only acceptable forms prior to participation in sports.

*** The bottom of the current forms state “Revised May 2011” ***

All Lancaster Mennonite and PIAA sports physical forms and evaluations completed by a medical examiner outside of the school offered physicals must:

1. Be dated as of:
 - **Fall sport-** June 1st or later
 - **Winter/Spring sport-** Within 6 weeks from the season’s first practice date.
2. Be turned into your school’s main office no later than the Wednesday prior to the start of the season’s first practice.

Sports physical forms can be obtained from the Athletic Training Link on the Athletics homepage

SCHOOL OFFERED PHYSICAL DATES

You must report with ALL PIAA sports physical forms filled out completely and signed by the parent/guardian to be considered for a sports physical evaluation or sports participation.

DATE/TIME	WHERE	WHO	NOTES
Wed. August 10 8AM-Noon	LMH- Athletic Training Room	Dr. Jackson	Transportation not Provided
Thursday August 11 8:00 AM- 4:00 PM	LMH- Athletic Training Room	Dr. Jackson	Transportation not Provided
Thursday August 18 1PM- ?	LMH- Athletic Training Room	Dr. Jackson	Transportation not Provided

ImPACT Testing

Beginning August 2010, Lancaster Mennonite Student Athletes will complete an ImPACT Test. It is required that ALL athletes take this test prior to competition who are participating in the specified contact sports. Sports that will be tested are:

1. Fall
 - Boys Soccer
 - Girls Field Hockey
2. Winter
 - Girls and Boys Basketball
3. Spring
 - Boys Lacrosse
 - Boys Baseball
 - Girls Softball
 - Girls Soccer

All upcoming 9th & 11th graders and those 10th and 12th graders whom have not had a baseline test within 2 years at Lancaster Mennonite are required to take the ImPACT test prior to participating in the first practice. This is a computerized exam utilized to successfully diagnose and manage suspected head injuries (i.e. concussions). The test can only be taken at your respective high school.

Please refer to the Athletic Training Link on the Athletics homepage for ImPACT Information, as well as testing dates and times for your sport.