



## MOUNT PARAN CHRISTIAN ATHLETICS

### Frequently Asked Questions Regarding MPC Spring Physicals Day

**1. Is my student required to attend MPC physicals day to obtain his/her athletic/marching band physical for the next school year?** No, participation in this event is optional; however, an athletic/marching band physical is required for participation in those activities. The MPC Athletic Department offers physicals day to our students each spring to assist them in obtaining their athletic/band physicals conveniently (on campus after school) and at a lower cost, in most cases, than going to a doctor's office.

**2. Is a specific physical form required by the school?** Yes. The Georgia High School Association (GHSA) three-page physical form is required by MPC for MS and HS athletic and marching band participation.

**Why?** 1) It is required by GHSA for all member high school athletes. 2) It is more comprehensive than standard physicians' physical forms. 3) Students participating in both athletics and marching band need only submit one physical form.

If you choose *not* to participate in Physicals Day, your doctor must complete this form. The GHSA form is available on the MPC website ([www.mpcathletics.com/about](http://www.mpcathletics.com/about)) or may be picked up in the main school office or the athletic office.

**3. My student submitted a physical form during this school year...when does it expire?** A GHSA physical is valid for one year from the date signed by a physician. However, if dated on or after physicals day, it is valid through the entire next school year. Therefore, by participating in Physicals Day, your student will already have completed that requirement for next year, which will preclude last minute scrambling to get a doctor's appointment prior to tryouts!

**4. Can I make an appointment for a specific time on physicals day?** No, we are not set up to make appointments. This is a first-come, first-serve event. (The only exception is for students competing in MPC athletic events scheduled that day, if game schedules permit).

**5. What do I need to do before attending physicals day?** Download the four-page GHSA physical form and complete the first page History Form (the physician will complete pages 2 and 3). Again, the GHSA form is available on the MPC athletics website ([www.mpcathletics.com/about](http://www.mpcathletics.com/about)) or may be picked up in the athletic office. Please also download and fill out the MPC Participation Consent Form.

**6. What if the physician doesn't clear my son/daughter to participate?** The physician will make specific recommendations regarding further tests/treatments, which will be recorded on the GHSA physical form. This form will be kept on file in the Athletic Department until a replacement GHSA form is filed, indicating that the student has been cleared to participate.

**7. Why don't you offer echocardiogram testing as part of the MPC Physicals Day, like some other Physicals Days in the area?** An echocardiogram is an ultrasound that allows physicians to view the heart during the exam. It can be used to detect some genetic heart defects not uncovered by other testing. This is not a requirement by GHSA for physicals.

**8. Why do I leave my physical with the trainer?** We ask that as your athlete leaves they give their physical to the trainer at the exit door. They will give them to the athletic office to keep filed in lock and key.

