

EXAMPLE LETTER

Date

Dear Middle School 6th, 7th and 8th Grade Parents,

Thomas Middle School and South Middle School are members of the Illinois Elementary School Association (IESA). According to their guidelines, in order for a student to **try-out, practice, or play** a sport, a completed Certificate of Child Health Examination signed by a licensed physician, physician’s assistant or nurse practitioner is **required, with the box marked “I approve this child’s participation in INTERSCHOLASTIC SPORTS”**. A completed parent section and signature is also **required**.

The physical form must be for one year and must continue through the entire time of the athletic participation. We encourage you to have the physical completed during the summer so that it continues for the entire academic year. This requirement does not apply to intramural activities.

The following table describes the athletic activities requiring a physical, the try-out dates and the required physical return dates for the _____ school year:

Athletic Event	Thomas Try-Out	Thomas Physical Due Date	South Try-Out	South Physical Due Date
Boys Cross Country (6,7,8)	Week of Aug. __	Aug. __	Week of Aug. __	Aug. __
Girls Cross Country (6,7,8)	Week of Aug. __	Aug. __	Week of Aug. __	Aug. __
Girls Basketball (7,8)	Week of Sept. __	Aug. __	Week of Aug. __	Aug. __
Poms (7,8)	Week of Sept. __	Sept. __	Spring of _____	May __
Cheerleading (7,8)	Week of Oct. __	Sept. __	Spring of _____	May __
Boys Basketball (7,8)	Week of Oct. __	Oct. __	Week of Oct. __	Oct. __
Girls Volleyball (7,8)	Week of Jan. __	Jan. __	Week of Jan. __	Jan. __
Boys Volleyball (7,8)	Week of Mar. __	Mar. __	Week of Mar. __	Mar. __
Boys Track (7,8)	Week of Mar. __	Mar. __	Week of Mar. __	Mar. __
Girls Track (7,8)	Week of Mar. __	Mar. __	Week of Mar. __	Mar. __

If you require a physical form, one is available from your school’s health office or physician’s office. Or, a form can be downloaded from the district’s website (www.sd25.org) by clicking on Departments on the left side of the main page. From the Departments list, select Health Services. From the Health Services forms, select Physical—Certificate of Examination.

For students with severe allergies or asthma, the Extracurricular Permission Form (Severe Allergy or Asthma) will be required. If your child will be carrying or self-administering an asthma inhaler, EpiPen, or Benadryl, a Medication Self-Administration Form is required. Please remember that the Medication Self-Administration Form requires both a parent and physician's signature.

The Village of Arlington Heights is hosting a Ready for School Initiative and Clinic on _____ from 12:00-4:30 at Faith Lutheran Church and the Arlington Heights Village Hall. This is an opportunity to receive a free physical exam for this requirement if you are income eligible. *****You must call to verify income eligibility for the clinic and to make an appointment at 847-368-5760.*****

We hope that your child enjoys his/her athletic experiences at middle school. If you have financial hardship that may prohibit participation or if we can help in any way, please contact (the building principal).

Sincerely,

Respective Building Principals