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In order to participate in a 2019 – 2020 PIAA Sport, you will need to complete the following:

□ **2019 – 2020 Online Paperwork – Big Teams**

<https://tulpyathletics.com/>

Click the Online Registration Link (found under or to the right of the photo gallery)

Link looks like:



Returning Families – Please log in with the same credentials you used during the 2018 – 2019 Athletic Season.

- 1) Review your Parent/Guardian and Student Profiles. Make any needed changes.
- 2) Under the Forms Tab, edit your student's grade
- 3) Edit/Add each sport your student will play in 2019 - 2020

**** Please note that if you need to do a password reset, it will take you to a different log-in screen after you have reset your password. Please go back to the original link after you have done the password reset. ****

New Families – Create a Big Teams Account

- 1) Sign-Up for a Parent/Guardian Account
- 2) Complete the Parent/Guardian Profile
- 3) Add a profile for your student(s)
- 4) Under the "FORMS" tab, register your student for each sport they will play in 2019 - 2020

Once you have created your profiles and added your sport(s), you are now ready to complete your required PIAA Paperwork!

Complete the required PIAA Paperwork.

The required PIAA Paperwork that you will be completing online is found under the **“FORMS”** Tab.

You should see **“First Sport of the Year – PIAA Paperwork”**. Select this for your student(s) and complete the required information.

***** Make sure that you submit the form. If the submit button is not active, you have missed a required question. These are marked with an asterisk. The athletic department only receives submitted forms. *****

Download, Print, and Complete the PIAA Paperwork that needs to be returned to the Athletic Office.

This Includes:

Page 1 - Athletic Enrollment Information

Page 2 - Informed Consent

Page 3 – Section 5 - Health History

Page 4 – Section 5 - Health History (cont.) and Concussion History and Concussion Management

Page 5 – Section 6 - Sports Physical

***** Blank copies of this paperwork are available for pick-up in the Athletic Office if needed. *****

Get Your Sports Physical

Please make sure you take your completed Section 5 – Health History and Section 6 – Sports Physical to your appointment for the physician to complete (sign and date).

Have your Section 6 – Sports Physical Form completed and dated by the physician on or after June 1, 2019. Forms certified before June 1, 2019 will NOT be accepted. Undated forms are invalid and will be returned.

Please note that the **PIAA Section 6 form is the only physical form accepted by the PIAA.** Physicals completed on other forms (i.e. School or Learners Permit) will not be accepted.

The PIAA Section 6 form is accepted for school physicals. **Athletics will provide the Nursing Office with all PIAA Section 6 Forms to satisfy the School Physical Requirement.**

Return your completed PIAA Paperwork (Pages 1 – 5) to the Athletic Office BEFORE the due date.

These completed forms should be returned directly to the Athletic Office via Drop Off or Mail.

***** If you will be mailing your forms in, please email Liz (lclark@tulpehocken.org) to let her know so she can be on the look out for it and send an email confirmation once it has been received. *****

Please refer to the table on the next page for due dates.

2019 - 2020 PIAA Paperwork Requirements

First Sport - Completed "First Sport of the Year – PIAA Paperwork 2019 - 2020" (Online via Big Teams) with submitted PIAA Paperwork (Pages 1 – 5) to the Athletic Office. Physical must be dated on or after 6/1/2019.

Subsequent Sports - Completed PIAA Section 7 Form (*Will be available to be completed online via Big Teams in October for Winter Sports and February for Spring Sports.*) You will be emailed when these forms are available.

*** Athletes sustaining injuries after their Sports Physical has been completed will also need to have their Physician complete the PIAA Section 8 form. PIAA Section 8 Forms should be completed at the time of final clearance for that injury. Completed forms should be returned to the athletic training room at the time of injury ***

2019 – 2020 Sport Start Dates and Paperwork Due Dates

	1 st Day of Practice	Required Paperwork	Paperwork Due Date
Fall Sports	HS – Monday August 12, 2019	<ul style="list-style-type: none"> Completed PIAA Paperwork Sports Physical must be dated: <u>on / after June 1, 2019</u> 	Monday August 5, 2019
	JH – Monday August 19, 2019 (No earlier than – Coaches will contact you with official start date & time.)		
Winter Sports	HS – Monday November 18, 2019	<ul style="list-style-type: none"> Completed PIAA Paperwork If your Sports Physical was dated <u>BEFORE: October 7, 2019</u>, you must also complete the PIAA Section 7 Form. If you sustained an injury after your Sports Physical, your Physician must complete the PIAA Section 8 Form. 	Monday November 11, 2019
	JH – To be Determined (Coaches will contact you with official start date & time.)		
Spring Sports	HS – Monday March 2, 2020	<ul style="list-style-type: none"> Completed PIAA Paperwork If your Sports Physical was dated <u>BEFORE: January 20, 2020</u>, you must also complete the PIAA Section 7 Form. If you sustained an injury after your Sports Physical, your Physician must complete the PIAA Section 8 Form. 	Monday February 24, 2020
	JH – Monday March 9, 2020 (No earlier than – Coaches will contact you with official start date & time.)		

*** Please note that there will be a **24-hour processing time** for ANY athlete **completing their PIAA Paperwork after the paperwork due date**. This means if you wait until the 1st day of practice to return your paperwork, you will NOT be practicing on the 1st day! Please plan accordingly! ***
(Exceptions may be granted for special circumstances if advanced notice is given. Please contact the Athletic Office)

Winter & Spring athletes may return their completed PIAA Paperwork (Pages 1 – 5) to the athletic office at any time. Physical must be dated on or after 6/1/2019.

It is recommended that you return them as soon as the Sports Physical has been completed.

2019 – 2020 Sports Physical Examination

**** This is the only date for the 2019 – 2020 School Year. ****

When: Tuesday, June 4, 2019 from 6:00 PM – 8:00 PM

(By appointment ONLY)

Where: Jr/Sr High Main Office/Nursing Office – Please enter thru Door # 6
Please check-in 5 minutes prior to your scheduled appointment time.

Cost: \$15.00 – Please make checks payable to **Tulpehocken Athletic Fund**
Physical Fee Waivers are available for students who receive free or reduced lunch.

* Please note that the Physicians may NOT complete Non – PIAA Physical Forms (i.e. Summer Camp, Learners Permit). *

***** All athletes attending physicals are asked to wear athletics shorts and a t-shirt and/or tank top. *****

2019 – 2020 Sports Physicals are available by appointment only.

Please schedule your appointment here:

<https://1920tulpehockensportsphysicals.eventbrite.com>

All appointments must be scheduled by **Friday, May 31, 2019.**

**The following must be completed
by Friday, May 31, 2019**

- 1) First Sport of the Year – PIAA Paperwork 2019 - 2020 (Online)
- 2) Print / Complete PIAA Paperwork (Pages 1 – 5)
- 3) Return these forms (Pages 1 – 5) to the Athletic Office no later than Friday, May 31, 2019.

Sports Physicals Make-Up Options

1) Family Physician – Any physical on or after June 1, 2019 is valid. Please make sure to bring your printed Section 5 - Health History and Section 6 – Sports Physical forms with you and have your physician complete the PIAA Section 6 form (must sign and date).

ALL undated forms will be considered invalid until dated by physician.

Please triple check that your Section 6 form is dated BEFORE leaving your Family Physician's Office.

***** Please note that the PIAA Section 6 form is the only PIAA accepted physical form. Physicals completed on other forms (i.e. school or Learners Permit) will not be accepted. *****

2) St. Luke's Care Now – Hamburg - \$25.00 Walk-In Sports Physicals

610-628-7200

9 Dave's Way

Hamburg, PA 19526

Monday – Friday: 8 AM – 8 PM

Saturday and Sunday 8 AM – 4 PM

SKIP the WAIT – Reserve your spot online - <https://www.slhn.org/care-now/locations>

Please make sure to bring your printed Section 5 - Health History and Section 6 – Sports Physical forms with you.

ALL undated forms will be considered invalid until dated by physician.

Please triple check that your Section 6 form is dated BEFORE leaving the Urgent Care center.

Other Area Urgent Care Centers that offer Walk-In Sports Physicals

(Please contact them directly for more information and pricing)

Penn State Health – Strausstown – 610-488-9790

M - F 7 AM – 9 PM; Sa - Su 8 AM – 4 PM

Patient First – Wyomissing – 484-220-0051

Open every day 8 AM to 10 PM

MedExpress – Lebanon – 717-272-7469

Open every day 8 AM to 8 PM

Lancaster General – Lebanon – 717-675-1788

M - F 9 AM – 9 PM; Sa – Su 8 AM – 8 PM

Fall athletes should return their completed PIAA Paperwork (Pages 1 – 5) to the athletic office no later than Monday, August 5th, 2019.

***** Please note that there will be a 24-hour processing time for ANY athlete completing their PIAA Paperwork after the paperwork due date.** This means if you wait until the 1st day of practice to return your paperwork, you will NOT be practicing on the 1st day! Please plan accordingly! ***

(Exceptions may be granted for special circumstances if advanced notice is given. Please contact the Athletic Office)