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***** NEW FOR 2018 – 2019 *****

Tulpehocken Athletics has gone paperless for most of the required PIAA Paperwork! We hope that this will make things easier for you and will save you some time in the end. We do realize that since this is a new process this year, there might be some initial confusion. We hope that this step-by-step guide will help you complete the required 2018 – 2019 PIAA Paperwork with little issue. Should issues arise, please contact Licensed Athletic Trainer, Liz Clark (lclark@tulpehocken.org) and she will be happy to assist you.

In order to participate in a 2018 – 2019 PIAA Sport, you will need to complete the following:

Create a Big Teams Account

<https://tulpyathletics.com/>

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

Link looks like:



- 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(s) for their 2018 – 2019 sport(s)

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.

***** Make sure the 2018 – 2019 School Year is selected. *****

You should see “**Sports Registration Requirements 2018 – 2019**”. Select this for your student(s) and complete the required information.

*** It is recommended that ALL athletes complete these requirements now regardless of what season they will be participating in. ***

Get Your Sports Physical

Please complete/print the Tulpehocken Health History (Section 5) and Sports Physical Forms (Section 6).

These forms should be completed and taken to your sports physical.

**** Blank Section 5 – Health History Forms and Section 6 – Sports Physical Forms will be available for pick-up in the Athletic Office if needed. ****

Have your Section 6 – Sports Physical Form completed and dated by the physician on or after June 1, 2018. Forms certified before June 1, 2018 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 Health History (Section 5) and Sports Physical (Section 6) to the Athletic Office BEFORE the due date.

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

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

2018 - 2019 PIAA Paperwork Requirements

First Sport - Completed "Sports Registration Requirements 2018 – 2019" (Online via Big Teams) with a submitted Section 5 - Health History and Section 6 – Sports Physical (certified on or after June 1, 2018).

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.*)

*** 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 ***

2018 – 2019 Sport Start Dates and Paperwork Due Dates

	1 st Day of Practice	Required Paperwork	Paperwork Due Date
Fall Sports	HS – Monday August 13, 2018	<ul style="list-style-type: none"> Completed PIAA Paperwork Sports Physical must be dated: <u>on / after June 1, 2018</u> 	Monday August 6, 2018
	JH – Monday August 20, 2018 (No earlier than – Coaches will contact you with official start date & time.)		
Winter Sports	HS – Friday November 16, 2018	<ul style="list-style-type: none"> Completed PIAA Paperwork If your Sports Physical was dated <u>BEFORE: October 5, 2018</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. 	Friday November 9, 2018
	JH – To be Determined (Coaches will contact you with official start date & time.)		
Spring Sports	HS – Monday March 4, 2019	<ul style="list-style-type: none"> Completed PIAA Paperwork If your Sports Physical was dated <u>BEFORE: January 21, 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. 	Friday February 22, 2019
	JH – Monday March 11, 2019 (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 Section 5 – Health History and Section 6 - Sports Physical to the athletic office at any time.

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

2018 – 2019 Sports Physical Examination

**** This is the only date for the 2018 – 2019 School Year. ****

When: Monday, June 4, 2018 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. *****

2018 – 2019 Sports Physicals are available by appointment only.

Please schedule your appointment here:

<https://1819tulpehockensportsphysicals.eventbrite.com>

All appointments must be scheduled by **Thursday, May 31, 2018.**

**The following must be completed
by Friday, June 1, 2018**

- 1) 2018 – 2019 Sports Registration Requirements (Online)
- 2) Print / Complete Section 5 (Health History) and the top portion of Section 6 (Sports Physical)
- 3) Return these forms to the Athletic Office

Sports Physicals Make-Up Options

1) Family Physician – Any physical on or after June 1, 2018 is valid. Please 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) Urgent Care – The following Urgent Care Centers offer **Walk-in Sports Physicals**. Please make sure to bring your printed Section 5 - Health History and Section 6 – Sports Physical forms with you the Urgent Care.

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.

Penn State Health-Strausstown

610-488-9790

44 East Avenue

Strausstown, PA 19559

M-F 7 AM – 9 PM

Sa 8 AM – 4 PM; Su 10 AM – 4 PM

Patient First - Wyomissing

484-220-0051

2600 Paper Mill Road

Wyomissing, PA 19610

Open every day 8 AM to 10 PM

MedExpress - Lebanon

717-272-7469

1010 West Crestview Drive

Lebanon, PA 17042

Open every day 8 AM to 8 PM

Lancaster General - Lebanon

717-675-1788

1701 Cornwall Road

Lebanon, PA 17042

M-F 9 AM – 9 PM

Sa – Su 8 AM – 8 PM

Please contact them directly for more information and pricing

Fall athletes should return their completed Section 5 – Health History and Section 6 - Sports Physical to the athletic office no later than Monday, August 6th, 2018.

***** 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)