

**Carl W. Goetz Middle School
Athletic Form Checklist**

- The sports physical exam date is current within one year of the first day of tryouts.

- The History Form is signed by BOTH the athlete and the parent / guardian.

- The medical provider has included the blood pressure, height, weight, and vision results on the physical forms.

- The medical provider signed and stamped the sports physical packet.

- The medical provider has clearly indicated the Date of Exam on the sports forms.

- A Medical History Update Form has been completed by the parent/ guardian and turned in to the Health Office if the physical is older than 90 days.

- If the student has asthma and needs to carry an inhaler at practice or games, an Asthma Action Plan has been completed by the medical provider and turned in with the sports physical paperwork.

- The student has checked to make sure their name is on the roster for tryouts. Rosters will be hung in the Health Office the day after the season deadline.