



TAMAQUA AREA SENIOR HIGH SCHOOL

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MR. THOMAS MCCABE
Principal

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IMPORTANT INFORMATION REGARDING THE FORMAT FOR ALL ATHLETIC PHYSICALS, DRUG TESTING, AND IMPACT TESTING As of May 29, 2019

Please note the following information regarding athletic physicals:

- 1. MOST IMPORTANTLY...physicals will ONLY be given DURING THE SUMMER for ALL sports (fall, winter and spring) the school district offers the entire school year. This includes cheerleading. These physicals will be offered twice during the summer months.*
- 2. For this school year, physicals are free to all student-athletes.*
- 3. Students who do not receive a physical on any of the dates provided by the school district, must obtain a physical at the expense of the student. Failing to receive a physical prior to the beginning of a sport season, will prohibit a student's opportunity for participation. No student may participate in athletics until all paperwork is properly completed. St. Luke's also provides the opportunity for physicals at their locations inexpensively (Andreas location). You can seek this information from the athletic trainers.*
- 4. A student-athlete injured during a season who requires medical attention outside of the athletic trainer, must be cleared by a doctor before returning (a written release must be provided to the district). Additionally, this athlete may need to obtain a "Re-certification" form filled out by the doctor seen for the injury prior to participating in another sport. This will be determined by the athletic trainer and the school district administration. This is a PIAA requirement.*
- 5. The parent re-certification form - is part of the physical form that needs to be filled out by the parent/guardian of a student-athlete who: A. Did not participate in a sport prior to the season your are entering (for example - a spring sport athlete who only plays a spring sport - needs a physical offered in the summer AND the parent re-certification form filled out prior to being able to participate). Or B. Participated in a sport prior to the season you are entering AND was not injured. Fall sport athletes do not need this part filled out.*
- 6. Physical forms are available in the high school main office. The forms are also available on the school district athletic department website (see letterhead). Both the Physical Form and the Emergency Form must be filled out! Here is the link: www.tamaqua.k12.pa.us/Page/106*
- 7. The physical form must be accurately completed and signed by a parent/guardian AND the student-athlete prior to the physical being given. ALL student-athletes MUST obtain a pre-participation physical prior to participating in our athletic programs.*

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The following will be the dates and times for athletic physicals:

Tuesday, June 25 and Tuesday, July 16, 2019
All Sports
in MIDDLE SCHOOL Nurse's Office

5:00-6:30 PM: Grades 7th, 8th, 9th
6:30-8:00 PM: Grades 10th, 11th, 12th

Physicals will conclude NO LATER than 8:00.

Physical dates are segregated by grade only to prevent over crowding. Any student-athlete MAY come on any date/time. It is encouraged, however, to come during the scheduled time if you can. Due to some of the testing being done physically, students should wear sneakers. Additionally, if students wear glasses or contacts, they need to be worn during the physical as an eye exam is given.

8. The Tamaqua Area School District is not a medical provider, thus personal insurance questions should be directed to your insurance provider and not the school district. The school no longer provides insurance for athletics.

9. If you have any questions, contact the head coach of the sport of interest; the school nurse (during the school year) or the athletic director at 668-1901 xt 2040. See the athletic department section of the school district website for the coach's contact information.

The following sports are offered at the Tamaqua Area School District:

Fall
B/G Cross Country (7-12)
B/G Golf (9-12)
Football (7-12)
B/G Soccer (9-12)
Girls Tennis (9-12)
Volleyball (9-12)
Cheerleading (7-12)

Winter
Boys Basketball (7-12)
Girls Basketball (7-12)
Wrestling (7-12)
B/G Swimming (9-12)

Spring
Baseball (9-12)
Softball (9-12)
B/G Track and Field
(7-12)

10. ImPACT Testing : In order to offer additional protection for some of our student-athletes, St. Luke's Sports Medicine has offered FREE ImPACT testing for many of our student-athletes. Student athletes will only need to be ImPACT tested every other year. This means if they were tested last year, you will not need to be retested this year.

Any athlete in grades 7-12 planning to participate in Fall 2019 Football (Junior High, JV, Varsity), Girls Soccer, Boys Soccer, Cheerleading, Golf, or Volleyball, and did not have a test at any time last year, must come to the following date/time for testing.

2019 ImPACT Testing schedule is as follows:

July 22, July 23 and July 29 in the High School Computer Labs

5:00-6:30 PM each date - Any student that needs it.

If a student cannot attend the date, arrangements will need to be made with the athletic trainers by contacting James or Maria at: jhunsicker@tamaqua.k12.ps.us or mtonati@tamaqua.k12.pa.us

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What is ImPACT Testing: *It is a computer based program that will be administered by our athletic trainers. It is a 20-30 minute computer test to determine your child's regular brain function. In the event of a concussion, this test will allow a comparison of the post-concussion brain function of your athlete. Essentially, the baseline test is used to objectively evaluate the concussed athlete's post-injury condition and track recovery for a safe return to play, thus preventing the cumulative effects of the concussion. Prior to the athlete's post-concussion release to participate in sports, the athlete's neuro-cognitive function would need to return to these baseline scores.*

“Pay to Participate Fee”

The Tamaqua Area School District's Board of Education passed a “Pay to Participate” fee beginning with the 2008-09 school year with the amount to be approved on an annual basis. The anticipated P2P fee for the 2019-20 school year will be the following:

2019-20 P2P Fee (pending the annual donation - if received would reduce the fee by \$10 per sport):

1st Sport - \$40 OR \$30

2nd Sport - \$30 OR \$20

3rd Sport - \$20 OR \$10

*The fee must be paid prior to participating in any competition. The fee will be collected by the Athletic Director on the date of the physical. The full amount of the fee will be waived for any student that has qualified for and has been approved by the school district for Free or Reduced Lunch in the current year or the previous year for all sports. **The student-athlete or his/her parent/guardian is responsible for letting the athletic director know of this information.***

There will be no refunds of the fee regardless of the level or length of student participation except for students who do not pass the required physical examination, students who are pre-seasonally cut from the sports program by coaches or students that decide not to participate prior to the first day of practice. Checks may be made payable to the Tamaqua Area School District. A receipt will be provided upon request only.

Drug Testing information:

All participating students must attend a drug testing date for the initial registration to become part of the random testing pool. Testing will occur randomly on the testing dates. Students need to provide a signed parent consent form before participating which can be found on the school district website.

Testing will take place in the Athletic Center locker rooms of the middle school as follows for all students needing the test as follows:

June 26 and July 17

8:00-9:30 for 7th, 8th, 9th

9:30-11:00 for 10th, 11th, 12th

These break-downs are only suggested to prevent over-crowding. Any student MAY ATTEND any time on any of the dates.

Any student who cannot attend any of the dates provided for DT should contact Mike Hromyak, Athletic Director at mhromyak@tamaqua.k12.pa.us or Tom McCabe, principal at tmccabe@tamaqua.12.pa.us for other arrangements. Becoming part of the random selection process is necessary before participating in any activities. More information is provided on the school district website under athletics.