



MARRIOTTS RIDGE HIGH SCHOOL SPORTS PHYSICALS

Thursday, June 17

6:00 PM – 9:00 PM

COST: \$25

In partnership with **HOWARD COUNTY GENERAL HOSPITAL**, Marriotts Ridge High School Boosters are offering Sports Physicals on June 17, 2010.

Howard County Athletic policy requires every athlete submit a physical dated after April 1, 2010 in order to participate in any high school athletics tryouts for the 2010-2011 school year. All athletic participation forms can be found on the school website at <http://www.marriottsridge.net/documentRepository.php> scroll down to the Sports section. All paperwork must be turned in prior to the start of tryouts. **Paperwork turn in day is tentatively scheduled for Friday, August 13, 2010.**

Booster Physicals are conducted by area physicians and nurses and are open to current students and incoming freshman of any county high school. **Concussion baseline testing will be available at no charge on June 17.** It will require approximately an additional 30 minutes to your time at the Sports Physicals.

Please indicate a first and second choice for your appointments below and you will receive an email to confirm your scheduled time. Please complete one registration form per athlete - however one check may be used for payment. Scheduling email Sandy Mathias at Tmathias6@comcast.net. If you have any questions, please contact Suzanne Katsman at katsman_bruce@yahoo.com or Kathy Martin at nitramke@verizon.net

Space is limited, so register right away! To register, please send this form along with a check for **\$25** payable to *Marriotts Ridge Boosters* mailed to **Marriotts Ridge High School, 12100 Woodford Drive, Marriottsville, MD 21144**. Or go to the Boosters web page at <http://www.mrhs-boosters.com/> and make your payment by credit card. Your form still needs to be mailed in ASAP.

Please remember this is a sports physical **ONLY** and any medical questions or issues should be addressed with your physician.

Name: _____ Male ___ Female ___

Phone: Home _____ Cell _____

Email for Appointment confirmation: _____

- First Choice
- 6:00 PM
 - 6:30 PM
 - 7:00 PM
 - 7:30 PM
 - 8:00 PM
 - 8:30 PM

- Second Choice:
- 6:00 PM
 - 6:30 PM
 - 7:00 PM
 - 7:30 PM
 - 8:00 PM
 - 8:30 PM

Check here if you would like your student to have baseline concussion testing done during this Sports Physical program.

Before the first practice, the Concussion Information Sheet form and the Sports Concussion Testing Program and Release of Information form must be on file at the school. Baseline testing will be completed prior to the first practice for selected sports: (Fall) Cheerleading, Field Hockey, Football, Boys and Girls Soccer and Girls Volleyball; (Winter) Boys and Girls Basketball, Wrestling and Pole Vault; (Spring) Baseball, Boys and Girls Lacrosse and Softball. Students in other sports, such as Cross Country, Golf, Indoor and Outdoor Track (with the exception of Pole Vault) and Tennis, may voluntarily participate in the testing program.