

MAINE SCHOOL ADMINISTRATIVE DISTRICT NO. 1
Castle Hill - Chapman - Mapleton - Presque Isle - Westfield

Health Office

16 Griffin Street	Presque Isle, Maine 04769	Phone: 764-8105	Fax: 768-3085
<i>Deb Raymond, BSN, RN Director of Health Services</i>	<i>Shelby Miller, RN School Nurse</i>	<i>Lisa McKenna, BSN, RN, NCSN School Nurse</i>	<i>Jen Tompkins, RN School Nurse</i>

February 2018

Dear Parents/Guardians,

At this time the Health Services Office is preparing for the 2018-2019 interscholastic sports seasons. MSAD #1 requires the following for participation on an interscholastic sports team:

- The “B” and “C” forms are required **yearly (enclosed for you to complete and return to the Health Office).**
- A pre-participation sports physical examination **every other year** between grades six and high school graduation.
- A pre-participation sports physical must be performed **prior to tryouts** for grade 6 sports. This may be obtained during the spring of a student’s fifth grade school year. **(All fifth grade students will need a physical prior to try outs for sports at Presque Isle Middle School in June 2018.)**
- Please note that if there has been a serious incident or accident the student would need a new physical or letter of clearance from his or her medical provider.

The Aroostook Pediatrics Team is willing to help MSAD#1 students with a physical to clear them for sports, even if your child is NOT a member of their practice.

- ***Please plan ahead*** as you schedule a physical for your child with Aroostook Pediatrics. Calling ahead of time to schedule a physical will allow Aroostook Pediatrics to accommodate and provide for your child.
- Aroostook Pediatrics has asked that you provide an immunization or shot record at the time of the physical (the Health Office can help you with this).
- Please call Aroostook Pediatrics at 764-KIDS, to schedule an appointment at their office on North Street.
- Once the physical is completed, Aroostook Pediatrics will fax the information to the Health Services Office at 768-3085.

Should your child’s current **private health care provider** perform the sports physical, please ask that they fax a statement clearing the student for athletic participation to the Health Services Office at 768-3085.

Insurance companies frequently have their own requirements concerning coverage for physicals. If this is so for your child, please contact the Health Services Office. If you are not sure if your child needs a physical, please call the Health Services Office and we will be able to tell you when your child is due for a new sports physical.

Please call 764-8105 if you have any questions.

Sincerely,

Deb Raymond, RN BSN
Director of MSAD #1 Health Services