

Monmouth Beach School  
Health Office  
Mrs. Gillick RN CSN  
Tel. (732) 222-6139 x 256  
Fax (732) 222-2395  
gillick@mbschool.org

TO: Parent(s) and Guardian(s)  
FROM: Mrs. Gillick- School Nurse  
RE: Spring Sports Physicals  
Date: February 22, 2016

**Sport Physical Requirements:**

- The "History Form" must be completed and signed by the athlete and a parent/guardian.
- The "Physical Examination Form" and "Clearance Form" must be signed by a physician.
- The "Health History Update Questionnaire" is an interim form to be filled out by the parent/guardian for each sport if your child plays more than one sport and their physical is viable.
- The "Sports Related Concussion factsheet and Parent/Athlete Acknowledgement Form" are to be read and signed by parents/guardians and athletes.
- The "Sudden Cardiac Death in Young Athletes" fact sheets are to be read by the athlete and parent/guardian.
- The "Sports-Related Eye Injuries" are to be read and signed by parents/guardians and athletes.
- Any medication needed for the athlete must have a "Medication Form" completed by the doctor and medication provided to the nurse prior to clearance.
- Sports physicals are good for one year. The day that tryouts start is considered to be the day that the sport starts.
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Dr. Morgan is scheduled to provide sports physicals on Monday February 29, 2016 at 8:30 am. Any student who would like to have Dr. Morgan provide the physical must have the required forms and permission slip to Mrs. Gillick by February 26, 2016. Your own physicians/pediatricians can fill out the sports physical form. All sports physicals are good for one year. Please call or email if you have any questions. Thank you for your cooperation. Sue Gillick RN CSN