



DEUBROOK AREA SCHOOL DISTRICT NO. 5-6

deubrook

Home of the Dolphins

PO Box 346 - White, South Dakota 57276

RE: Athletic/Activity Physicals and Required Paperwork for 2017-18

Dear Parents/Students:

This letter is being sent as a reminder and to inform you of the need for an athletic physical to be completed and/or medical information provided to the school in the event your child will be participating in athletics during the 2017-18 school year. Included in this packet are the following forms that need to be returned to the school by August 4, 2017 or before the athlete's first practice:

1. Athletic Physical Form – students entering 7th, 9th, or 11th grades in the Fall of 2017 will need a new physical. If you are in a different grade but did not play sports or attend Deubrook last year, you will also need a physical. ON the back, there is a Pre-Physical Exam form to be filled out prior to having the physical done.
2. Interim Pre-Participation History form – students entering 8th, 10th, or 12th grade in the Fall of 2017 will need to use this form.
3. Activity Permission and Medical Consent form – each student must fill this out so that they have permission to participate in any activity that Deubrook offers. This is not exclusive to athletics, but DOES include fine arts, FFA, field trips, etc.
4. Concussion Fact Sheet – BOTH parents and students must sign this – there are two sides to the form.

We will be doing our Concussion Testing again through South Dakota State. The dates for this are August 3rd and 4th from 8:00-2:00 each day. While this test is not mandatory, it is highly encouraged/recommended that your child be tested. The athletic trainers like to have a baseline for each athlete that gives them better information in the event a concussion does happen. Please mark down one of those 2 dates to have your child attend – the test takes about 45 minutes to complete everything.

Deubrook Elementary PS-6
PO Box 399, Toronto, SD 57268
(605) 794-1151 – Fax 794-2492

Deubrook Jr/Sr Hi – Grades 7-12
PO Box 346, White, SD 57276
(605) 629-1101 -- Fax 629-3701

Kevin Keenaghan
Superintendent
(605) 629-1100

Paul Nepodal
7-12 Principal/Activities Director
(605) 629-1114

Kristi Andrews
Business Manager
(605) 629-1102

Cristy Olsen
K-6 Principal
(605) 794-1152

It is strongly recommended that physicals be done in June or July. If there is an abnormality found during an exam, there needs to be enough time to get any condition further evaluated and addressed before practice begins August 7, 2017 (FB) or August 10th (VB/CC/JH sports).

Those activities that would require a physical would be the following to include Junior High and High School programs:

- *Football, Volleyball, Cross Country, Competitive Cheer – Fall sports
- *Girls and Boys Basketball – Winter Sports
- *Cheerleading – Football and Boys Basketball
- *Track and Golf – Spring Sports

While you are certainly free to use any family doctor or clinic you normally attend, we would like to let you know that the White Medical Clinic will be offering physical examinations for the cost of \$25. If any health care conditions are addressed other than what is required for completion of activities/athletic physical exam, there will be a regular office visit fee which will include the physical examination. All clinic fees can be submitted to the student's health insurance plan.

Clinic hours in White are Monday (8:00 AM to 5:00 PM), Wednesday (11:00 AM to 7:00 PM), and Friday (8:00 AM to 12:00 PM). An appointment is necessary for the exam – to schedule an appointment, the clinic number is 629-3333.

*for efficiency in completing exams, boys and girls should wear shorts and sleeveless shirts

If you have further questions, please feel free to contact my office at 629-1114. If you feel your child has a physical already on file at the school, please contact me as and I will be glad to look it up and double check.

Thank you and have a great summer!

Paul Nepodal, CAA
7-12 Principal
Activities Director
Deubrook Area Schools