

Don Bosco Sports Required Health Forms

The following must be done by all athletes trying out for a winter sport.

1. A current physical on file. (if parents need to know when a physical expires they can email me directly at MSzorc@donboscoprep.org and I can let them know)

This includes the completion of the **CARDIAC ASSESSMENT** portion of the physical. If that is not signed on the physical, I cannot and will not accept it.

2. Online sports packet - found under the link below:

<http://donboscoprep.powermediallc.org/>

3. Baseline concussion test. **IMPACT**. If a student participated in a fall sport and they did the test then, they do not have to redo it. Directions are below. Deadline for Hockey is November 10th.

1. Got to www.impacttest.com
2. Click **CUSTOMER CENTER** on top right hand corner
3. Username: mszorc@donboscoprep.com
4. Password: **winter2016**
5. Click on **START NEW TEST**
6. In the "Please select option" window, click **Don Bosco Prep**
7. Click on "Launch baseline test".

Password Expires at 11:59 pm November 10th, 2016. You have until then to complete this 20-minute test.

After you complete the test:

1. Print confirmation and keep it for your records
2. **YOU MUST** Email the confirmation to mszorc@donboscoprep.org
3. **YOU MUST** tell me which sport you participate in.

If you or parents have any questions, please have them email me directly.

Thank You
Marcin Szorc

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