



FRANCIS HOWELL CENTRAL HIGH SCHOOL

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SPORTS PAPERWORK REQUIREMENTS – PLEASE READ CAREFULLY

ELIGIBILITY REQUIREMENTS FOR MSHSAA SPORTS/CHEER/DANCE/CHOIR/BAND:

- PASSED 6 CLASSES AND EARNED 3 CREDITS PREVIOUS SEMESTER
- 1.5 OR HIGHER GPA PREVIOUS SEMESTER
- CURRENT SEMESTER – ENROLLED IN SIX CREDIT BEARING CLASSES
- 10TH, 11TH, 12TH GRADE - ENROLLED AT FHC FOR PREVIOUS 365 DAYS. FRESHMAN MUST BE ENROLLED IN THE FIRST 10 DAYS OF THE CURRENT SCHOOL YEAR. IF NOT, PLEASE SEE MR. HARRIS IN THE ACTIVITIES OFFICE REGARDING TRANSFER PAPERS.
- MUST NOT HAVE ANY OUTSTANDING FEES/FINES.

OPTIONS FOR SUBMITTING MSHSAA REQUIRED PAPERWORK:

*Download forms from the [https://fhc.fhdschools.org/activities/mshsaa information](https://fhc.fhdschools.org/activities/mshsaa%20information) website. Once completed, the forms can be emailed to annette.herdt@fhdschools.org, faxed to 636/851-4112 or mailed to the school (Attention: of Annette Herdt). **PLEASE DO NOT SEND PICTURES OF FORMS**. Paperwork can also be turned in at Schedule Pick-Up. The 3-page Sports Physical (if over 2 years), 3-Page Pre-Participation Annual Requirement, as well as a completed impact test (if sport specific required) must be completed, signed and turned into the activities office prior to the Monday of tryouts regardless. **DO NOT GIVE ELIGIBILITY PAPERWORK TO COACHES OR ANYONE ELSE.**

In addition, all information and paperwork may be obtained outside the Activities Office at any time. Please use forms from the website or directly from the school to insure you are not using outdated forms. Outdated forms will not be accepted. Do not wait until the last day to submit your paperwork for tryouts. If you wish to attend the first day of practice on time, it is imperative that all paperwork is approved. There is a possibility of a long line to verify your information the first two days of tryouts.

For continuous updates, please check the following options: <https://fhc.fhdschools.org/activities>, FHC Hotline, E-News, and/or follow Mr. Harris on Twitter @fhcad.

1. **SPORTS PHYSICAL –MSHSAA PHYSICAL EXAMINATION FORM – MUST BE COMPLETED BY A MEDICAL PROFESSIONAL** (ie. MD/DO/ARNP/PA/Chiropractor) and is valid for a duration of two years (730 days) from date of issue (unless a physician specifically notes on the form that the physical is only valid for one year). YOU MUST USE THE NEW 3-PAGE MSHSAA PRE-PARTICIPATION PHYSICAL EVALUATION 2 YEAR FORM. Scouting, middle school, or other general physicals are not accepted. Forms with whited out or scratched out dates are not acceptable. It is recommended that students get their physical after June 15 or in July before their freshman and junior years. Students will be required to obtain a new physical prior to the start of a season if their current physical expires during that season. If you need to check on the expiration date of your students' physical, contact annette.herdt@fhdschools.org
2. **MSHSAA PRE-PARTICIPATION DOCUMENTAION – ANNUAL REQUIREMENTS - ANNUAL REQUIREMENTS: PAGE 1 – INTERIM MEDICAL HISTORY/HEALTH QUESTIONAIRE** – Fill out name, date of birth, and date of your last physical exam. Answer all questions. **PAGE 2 – PARENT PERMISSION** – This page gives consent for a student to participate in high school athletics. Student MUST have health insurance to participate. You must include the name of the insurance company, policy number, and parent

signature. If you do not have valid health insurance, it can be purchased yearly through Markel (information and instructions located at the Activities Office. **PAGE 3 – STUDENT AGREEMENT** – Must be signed by student agreeing to MSHSAA rules and regulations. Both parent and student must sign stating they received the concussion material and agree to its requirements. Please include at least one emergency contact information. ALL THREE PAGES MUST BE COMPLETED

3. **CONSENT FOR COGNITIVE TESTING** – **This test is mandatory for the following sports: football, cheerleading, color and winter guard, soccer, softball, volleyball, basketball, wrestling, baseball, lacrosse, track (pole vaulters and high jumpers) and suggested for dance sensations.** Test is valid for 2 years and is required for freshman, juniors and any new FHC athlete or first time playing sports. Consent for Cognitive Testing must be signed and turned into the Athletic Trainer the day of the test or it can be completed online at <https://fhc.fhdschools.org/activities> or <https://fhchsathletics.com/2023/12/11/impact-testing-online-form/>
4. **PRIVATE TRANSPORTATION AGREEMENT** – **MUST BE COMPLETED FOR EACH SPORT.** Transportation is offered to students for all away contests and events either to/from the venue (if over 15 miles one-way) or to the venue as a drop only (if the venue is less than 15 miles). The Private Transportation forms gives permission to students to drive themselves, ride with another adult (other than a parent), or student or ride in a rental vehicle driven by a coach or sponsor.
5. **PRE-ARRANGED ABSENCES FOR EXTRA-CURRICULAR PARTICIPATION** – Students must attend school the entire day and be present in all classes in order to participate in that day's contests or events. Students must attend school on Friday in order to participate in any weekend contests or events. Absences may be approved by the Activities Director, if the absence is for appointments (doctor, dentist, funeral, therapy, etc.). A note must accompany the student when they return from the appointment and be turned into the activities office. Absences for practice days should also be approved by the activities office. Excessive absences, tardies, etc. while in season may result in being ineligible for future competitions.

FHSD ACTIVITY FEE – Students participating in a sport, activity, or club in which a sponsor or coach is paid a stipend by the district, will be required to pay a yearly FHSD activity fee of \$40. Students will be assessed a one time fee per school year regardless of how many sports/activities/clubs they participate in throughout the year. Once a roster is received, the fee will be assigned to that student in Infinite Campus. Notification will be mailed home once the fee is assigned and it can be paid either online through Infinite Campus or through the Activities Office (by cash or check). Failure to pay any fines or fees could result in the inability to purchase a parking pass, purchase dance tickets or participating in any future activities. These fees will carry over from year to year if they have not been paid. The revenue will help to prevent further reductions in the number of extra-curricular activities, or the number of contests during an activity or sport season. The FHSD fee is in addition to any fees that may be charged by the individual sport, activity or club.

IF YOU HAVE ANY QUESTION REGARDING WHICH PAPERWORK YOUR STUDENT HAS/DOES NOT HAVE,
PLEASE CONTACT THE ACTIVITIES OFFICE AT 636-851-4612 OR E-MAIL annette.herdt@fhdschools.org

FORMS AVAILABLE IN THE ACTIVITIES OFFICE, MAIN OFFICE AND ON-LINE AT:
<https://fhc.fhdschools.org/activities>

GENERAL INFORMATION

SPORTS PHYSICALS – can be obtained, other than a physician, at the following:

LOGAN CHIROPRACTIC
6131 Mid Rivers Mall Drive
636-947-4770

STEVEN HEILAND,
7347 Mexico Rd; Suite 200
St. Peters, MO 63376

DR. RYAN SWIER
CHIROPRACTIC PHYSICIAN
701 Mid Rivers Mall Drive
636-939-5500

TROSS SPINE & SPORTS PERF.
5055 Highway N.; Suite 108
Cottleville, MO 63304
636-706-6171
(portion of price is donated back to FHC)

PREMIER CHIROPRACTOR
1120 Wolfrum Road; Suite 101
Weldon Springs, MO 63304

BACK PAIN CENTER
2530 State Hwy K.
O'Fallon, MO 63368
314-667-8300

CROSBY CHIROPRACTOR CARE
331 Jungermann Road
St. Peters, MO 63376
636-928-5588

MERCY URGENT CARES

WALGREENS URGENT CARES

TOTAL ACCESS URGENT CARES

Athletic Trainer

Our school athletic trainer is here from 2:00 pm until the end of practices and/or games every day. The trainer's room is located by the large gym and boys' locker rooms. The phone number for the trainer's room is 636-851-4606. Athletes should see the trainer for any injuries sustained during athletic events sponsored by FHC or questions they may have first before going to a doctor or urgent care. Students must notify their coach before going to the training room, sign in when arriving at the trainer's room and must have a valid reason for being there. Students are not allowed in the trainer's room without a coach or the trainer present. The trainer does carry a walkie-talkie at all time when he leaves the training room in case of emergency. All coaches have his contact information.

Lockers

Lockers are available for athletes. Locks are distributed to athletes via their coach. Items should not be left on benches or in an unlocked locker. The locker rooms are not supervised during after school events. The school does not assume liability for any damage to or loss of belongings stored in lockers. Do not leave valuables of any kind in your locker.

Stay in Touch with the Latest Information and News:

FHC General Website: <https://fhc.fhdschools.org/>

FHC Activities Website: <https://fhc.fhdschools.org/activities>

Summer Camps: https://fhc.fhdschools.org/activities/spartan_summer_camps

Peachjar: <https://www.peachjar.com> Posting of flyers and info. regarding school and outside events.

FHSD E-News: <http://fhds.eneews@fhdschools.org> Daily school announcements

Mr. Harris (AD) Twitter: @Fhcad Keep you up-to-date on current events, rainouts, game scores, etc.