

Hello sixth grade families –

Central York Athletics offers two sports physical dates for 2018-19. If your student is interested in playing the following sports in middle school they are going to be required to complete the PIAA paperwork.

FALL

Football
Boys Cross Country
Girls Cross Country
Field Hockey

WINTER

Girls Basketball
Boys Basketball
Wrestling

SPRING

Boys Track and field
Girls Track and field
Boys Soccer
Girls Soccer
Girls Volleyball

This year we are hosting sports physicals on Saturday, June 2, 2018 8am-12pm and on Monday, June 11, 2018 6pm-830pm. The link to sign up for sports physicals is:

<https://access.centralyork.org/physicals/>

The cost is \$10 cash or check written to CYSD.

In order to obtain the appropriate paperwork prior to the athletics physical dates, please see the following link for instruction on how to obtain a sportsware account:

http://www.cysd.k12.pa.us/our_district/departments/athletics_department/athletic_training_sports_medicine/athletic_physical_information/

You are also able to utilize your own physician for physicals, however the PIAA requires specific paperwork to be completed. The paperwork for 2018-19 will be in each student-athletes sportsware account sometime in mid-May. They will be labelled 2018-19. Please make sure to use the appropriate paperwork. Additionally, all sports paperwork for 2018-19 must be dated AFTER June 1, 2018 per PIAA rule.

Central York also uses ImPact testing for our athletes. Here is more information about ImPact:

http://www.cysd.k12.pa.us/our_district/departments/athletics_department/athletic_training_sports_medicine/im_pact_testing_concussion_information/

The athletic trainers will be in contact in June regarding ImPact requirements and testing sign ups.

If you have any further questions please do not hesitate to reach out to either Athletic Trainer.

Rick Guinan rguinan@cysd.k12.pa.us

Krysta Sensbach-Gassert ksensbach@cysd.k12.pa.us