Murphy High School Band

Student/Parent Handbook
2026-2027

Murphy High School
100 S Carlen St.
Mobile, AL 36606

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1. Contact Information

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Band Website: murphyhsband.com
Band Office Phone: (251) 221-3203

2. Forward

The purpose of this handbook is to provide valuable information about the band program. To consistently achieve and maintain the high standard of excellence desired by this organization, members should familiarize themselves with the regulations, procedures and traditions of the band. Band is considered a full year course and students are required to participate in band both semesters. The only exceptions are academic conflict for a course needed for graduation. Students dropping out of band will not be eligible to participate the following year.

It is hoped that some of the questions always prevalent with a band will be answered in this handbook. If a problem or question not covered in this handbook should arise, the director should be consulted for an explanation.

3. Policies and Procedures

a. Standards of Behavior
   i. Students must abide by the Mobile County Public School System Code of Conduct, Murphy High School rules, and this handbook.
   ii. The use or possession of tobacco products, vaping products, alcoholic beverages, or drug products of any kind will not be tolerated. Failure to comply with this rule may result in expulsion from the band program as well as disciplinary action by the school's administration.
   iii. State-mandated academic standards must be maintained for participation in band activities. You must meet the "Academics First" requirements set by the State Department of Education; your GPA must be a 2.0; you must maintain a 70 average or higher in core subjects in order to participate in band activities.
   iv. Profanity and conversations involving inappropriate content are strictly prohibited.
   v. There are to be no public displays of affection. All students will conduct themselves in a professional manner at all times. Remember that you are representing not only yourself, but your family, community, band, staff, and director as well.

b. Rehearsals, Performances, and Football Games
   i. Follow all uniform and attire guidelines at all times.
   ii. No cell phone possession during rehearsals or performances (cell phones in use will be taken up and given back at the end of the rehearsal or performance).
   iii. Have all necessary equipment on a continuous basis (instrument/equipment, drill charts, music, accessories, etc.).
   iv. No talking at inappropriate times.
   v. No touching other people's instruments.
   vi. Horseplay, throwing ice or water, and other such activities will not be permitted.
   vii. Band members should file from the stadium stands in an orderly manner according to the seating arrangement.
   viii. Running up and down stadium steps is prohibited.

ix. Please note that only students, staff, and chaperones helping at the game are allowed free admission to games. Any parents/family/friends wishing to attend the game must purchase tickets. All attendees (including students, staff, and chaperones) may be asked to go through metal-detectors and security checkpoints, per Mobile County Public Schools rules.
x. Students must be in full uniform upon arrival at the stadium.
xi. Students are required to stand and cheer during the game; in addition, they should be ready to play at any point.
xii. No individual playing is allowed.
xiii. Non-band members are not allowed within the band section except for visiting band students or special guests.
xiv. There will be no eating in uniform, other than the snack provided by the band. A snack and water will be passed out by the chaperones during the 3rd quarter.
xv. No more than four students may go to the bathroom at one time. Students are not allowed to leave the band unless accompanied by a chaperone.
xvi. Following the game, the band will march out of the stadium back to the buses. If you are leaving the game with a parent, they MUST pick you up at your bus, provided you have turned in your "Student Riding Home with Parent Form" 24 hours before the game.

c. School Facilities and Property
   i. School Facilities
      1. NO FOOD, GUM, OR DRINK IS PERMITTED IN THE BAND BUILDING; however, students are encouraged to always bring water.
      2. Instruments and cases should remain in their proper storage location; do not leave instruments out of the cases on the ground.
      3. Chairs should not leave the building without permission.
      4. All doors are to remain closed and not propped open, with the exception of when moving equipment.
      5. No horseplay is allowed in or around the band building. Do not throw balls or anything else inside. There are too many valuable instruments that could be damaged.
      6. Sheet music is not to be left on music stands. Make sure all music is in your music binder and store properly.
      7. The equipment and uniform rooms should never be used as a dressing area or hangout.
      8. Band members must make every effort to return the band facilities back to the state they were in at the beginning of rehearsal.
   ii. Instruments and Equipment
      1. The band will provide instruments and equipment for those students who play large instruments and are a member of the Colorguard, depending on availability.
      2. An "Instrument Rental and Care Agreement" (found at murphyhsband.com) should be filled out and signed by the student and their parents/guardians at the beginning of the school year.
      3. Each band member is responsible for the proper care, condition, and repair costs of this instrument for the length of the agreement.
      4. Any damages or serious malfunctions should be reported to the director at once.
      5. Damages due to the negligence of the student will be charged to the student.

6. If the instrument is lost or stolen, the student must reimburse the band for the cost of the instrument.
7. If a student needs to bring their instrument to a music store to get it serviced or repaired, you MUST show the instrument to the director before taking it, and bring a receipt proving it has been taken in for repairs.
8. All equipment should be kept in excellent playing condition and should be cleaned and polished before every performance.
9. Never play another students' instrument without permission.
10. Instruments should always be stored in the assigned locker/storage area or taken home after rehearsals and performances.

iii. Lockers
1. The band will provide lockers for students to use for storing instruments and personal belongings.
2. Directors and staff may access the lockers at any point.
3. The band is not responsible for any items stored in the lockers.
4. It is suggested to not leave valuables in the lockers.
5. Each locker will come with an assigned combination lock; no other locks are permitted on lockers.
6. Students must reimburse the band for lost or broken locks.

d. Travel Guidelines
i. A travel itinerary will be published before each trip. It is important that these instructions be followed so the band can move quickly and efficiently.
ii. Each student is responsible for their own uniform once the band arrives at a location to perform.
iii. Bus Captains will be responsible for calling roll and handling conduct problems, along with chaperones. No bus should be permitted to leave a stop until the roll is checked.
iv. Proper behavior is expected when on a school sponsored trip. Undignified conduct or reckless behavior may result in disciplinary suspension from school and dismissal from the band.
v. Buses are loaded in an orderly fashion. No pushing or running will be tolerated.
vi. Remain in your seat while the bus is moving. Do not kneel in seats or sit facing backwards.
vii. No loud talking, profanity, yelling out of the window, or horseplay.
viii. No playing of instruments going to the bus, coming from the bus or on the bus. This includes drumming on the seats, hats, etc.
ix. No switching buses.
x. Hands, arms, and other body parts inside the bus at all times.
xi. Do not eat or drink on the bus.
xii. Do not throw ANYTHING out of the bus windows.
xiii. Bus windows must go up at the end of the trip.
xiv. Leave no trash on the bus at the end of the trip.
xv. Chaperones are in charge during the bus trip; students refusing to listen to chaperone instruction will be punished accordingly.
xvi. Non-band students are NOT permitted to ride the bus; this includes band student siblings and children of chaperones.
xvii. Chaperones driving to events must not drive between buses and/or trailer; the buses and trailer must remain together in transit.
xviii. Procedure to riding home with a parent/guardian after a performance:
1. Parents must complete the online form 24 hours prior to the performance.

2. Students must ask for a garment bag BEFORE call time at Murphy and bring a change of clothes, if necessary.
3. Students may bring their backpacks/personal items to leave on the bus (or trailer if buses are leaving).
4. Students must change out of uniform and send their uniform back in their garment bag with a section leader or other section member.
5. Students must make sure their instrument/equipment is accounted for once the band returns.
6. Students must check out with the chaperone who is assigned to their bus - YOU CANNOT LEAVE WITHOUT DOING THIS.

4. Performance Opportunities

a. Symphonic Band
   i. Open to all students, regardless of ability level.
   ii. Membership is by audition and approval by the director.
   iii. Chair placement auditions are generally held in October; placement will be determined by a point total.
   iv. Performs at concerts, civic events, attends District and State Festivals, and participates in Graduation.
   v. Membership in marching band is required.

b. Marching Band
   i. Open to all students, regardless of ability level.
   ii. Membership is by audition and approval by the director.
   iii. Performs at pep rallies, football games, parades, civic functions, special events, marching contests, and festivals.
   iv. Membership in the symphonic band is required.
   v. Students in the marching band must be present for any and all performances associated with marching for the entire year.
   vi. Students must have a current AHSAA physical on file.

c. Jazz Band
   i. Open to all students, regardless of ability level or instrument.
   ii. No audition is required as long as the student is in good standing in marching band and symphonic band.
   iii. Performs at concerts and civic events.
   iv. Membership in marching band and symphonic band is required.

d. Jazz Combo
   i. Open to all students who play saxophone, trumpet, trombone, guitar, piano, bass guitar, and/or percussion.
   ii. Membership is by audition and approval by the director.
   iii. Performs at concerts and civic events.
   iv. Membership in marching band and symphonic band is required.

e. Colorguard
   i. Open to all students, regardless of ability level.
   ii. Membership is by audition and approval by the director, pending positive teacher recommendations.

iii. Performs at pep rallies, football games, parades, civic functions, special events, marching contests, and festivals.
iv. Students in the marching band must be present for any and all performances associated with marching for the entire year.
v. Students must have a current AHSAA physical on file.
vi. Students may be required to purchase additional equipment and attire throughout the season.

5. Uniforms and Attire

a. Marching Band
   i. Students should dress appropriately for hot weather at marching band rehearsals while following all Mobile County guidelines; this includes:
      1. Cool, comfortable clothing
      2. Tennis shoes only - no sandals, high-tops, boots, or other shoes that will hinder marching and cause blisters; all students must wear shoes at rehearsal, no barefoot marching.
   ii. Students must follow all marching band uniform guidelines for marching band performances. Band t-shirts and school pants may be substituted in place of traditional uniforms depending on the weather.
      1. Uniforms are provided to students and must be maintained and properly cared for by the student, including ensuring the uniform on stored correctly between performances.
      2. Uniforms should be transported in garment bags; shoes should NOT be stored in garment bags.
      3. Shoes should be cleaned; crew-length or higher black socks must be worn.
      4. Long hair must be worn up inside the hat (shako) during marching performances; hair should not touch the coat collar; no other headbands, do-rags, etc. are to be worn.
      5. Do not wear makeup.
      6. Gym shorts should be worn under the uniform.
      7. Current band t-shirts should be worn under the uniform.
      8. All buttons should be buttoned, all zippers zipped, and all hooks hooked.
      9. Trouser bottoms should be worn no higher or lower than about two to three inches from the ground.
      10. Suspenders should be adjusted properly so the trouser length is correct.
      11. Piercings must have small studs or clear rings in them.
      12. Rings should be small and not interfere with instrument performance.
      13. Sunglasses, bracelets, baseball caps and other accessories may not be worn.
      14. **Never wear an incomplete uniform in public.**
   iii. A formal uniform inspection will be conducted by student leaders and/or chaperones prior to every performance. Band members are expected to always wear uniforms properly. When the uniform is worn, a band member's personal appearance is to be impeccable. If a band member is missing an accessory, then they will be directed to the uniform room to collect the missing article (at cost). Band members will be expected to observe the following points to present a neat personal appearance.
   iv. The director and staff have final discretion of whether a student meets uniform criteria or not.

b. Symphonic Band, Jazz Band, and Honor Bands

i. Students must wear concert black to all symphonic band, jazz band, and honor band performances.
    1. Please see appendix – "Concert Black Guidelines".
ii. Additional accessories may be allowed on a case to case basis but must be approved by the director before the performance (ex. Santa hats for the winter concert).
iii. Students wearing costumes for the Halloween concert must follow other rules of appropriateness.
iv. Students must wear the Murphy High School uniforms for all rehearsals, including honor band rehearsals, unless otherwise instructed by the director or honor band host.

c. Non-Performance Attire
    i. When students are representing the band and school in a non-performance capacity, students must wear Murphy High School-approved uniform pants/shoes/accessories with their band t-shirt.
        1. Shirts must fit properly (no oversized or overly tight tops).
        2. Pants must be worn at natural waistline (no sagging, oversized, or extremely tight pants/shorts)

6. Attendance Requirements

a. Rehearsals and Performances
    i. Band members are expected to attend and be on time for all rehearsals and performances.. A calendar of all upcoming events is at murphyhsband.com/calendar. If you cannot commit to doing rehearsals and performances you must be removed from the class; there is not a possible way for you to pass unless you were a contributing
    ii. It is mandatory for each band member to attend these rehearsals. Band Camp is held for around two weeks during summer.
    iii. Students must be picked up from the band room within 15 minutes of the conclusion of rehearsals and performances; any student left at school longer may be taken to the police station to wait on parents to ensure they are safe.
    iv. The marching band rehearses Monday through Friday during band class.
    v. Mandatory after school rehearsals are as follows:
        1. Tuesday from 3:00pm to 5:30pm
        2. Thursday from 3:00pm to 5:30pm
    vi. Rehearsal schedules are subject to change at any time and additional rehearsals may be added as needed.
    vii. Any absence requests must be submitted 24 hours prior to a rehearsal/performance to the appropriate online form on the band website. Last-minute absences due to emergencies must still be documented through the online form, even if the "request" is processed after the rehearsal/performance; phone calls and emails do not count - **this form is the only way to have an absence be officially documented**.
    viii. Students with unexcused absences will not be permitted to attend the upcoming performance(s).
    ix. Students with excused absences will be permitted to attend the upcoming performance(s), but will not be allowed to perform.
b. Absences
    i. The director has final discretion on what dictates an excused or unexcused absence.
    ii. Excused absences include (but are not limited to):

1. Health-related circumstances involving the student that require a doctor's visit
    a. Directors will need a doctor's note to deem the absence "excused"
    b. Routine doctor's appointments/check-ups do NOT qualify as excused absences
2. Death in the family
3. Scheduling conflict with another Murphy High School-affiliated organization, depending on the situation and the frequency of absences
    a. Directors must receive notice at least **one week** in advance of the scheduling conflict, otherwise it will be classified as "unexcused".
    b. Students may be required to miss an event with another Murphy High School organization depending on the needs of the band program.
4. Immediate family weddings (i.e. mother, father, brother, sister)
5. Religious observances
6. Murphy High School-sponsored tutoring
    a. Directors must receive notice at least **one week** in advance of the scheduling conflict, otherwise it will be classified as "unexcused".

iii. Unexcused absences include (but are not limited to):
1. Family vacations (regardless of how long they have been planned)
2. Birthday parties
3. Haircuts
4. No transportation
5. Being more than 15 minutes late

iv. Routine doctor's appointments/check-ups
v. Dentist/orthodontist appointments
vi. Suspension from school

c. Tardiness
i. Missing more than 15 minutes will be counted as an absence. Unexcused or excused status will depend on the reason for missing. To be considered an excused absence, the student must contact the director at the time of the occurrence. Attendance will be taken by section leaders and submitted to the band captain daily. Students MUST call/text their section leaders if they are running late so we can plan accordingly.
ii. Students needing to attend club meetings or tutoring must do so from 2:30pm-3:00pm, before rehearsal begins. Any student who misses 30 minutes or less of rehearsal can potentially make up the time and still participate in that week's performance including students sitting out during rehearsal, depending on their standing with the band.

7. Fees and Fundraisers

a. Fees
i. The band fees are non-refundable for all components of the band including colorguard. These funds pay for the day-to-day operations of the Murphy Band program including: t-shirts, uniform cleaning, staffing, music, drill, transportation, equipment, and more. The annual budget is based on the needs of the band program divided equally among the program enrollments. Failure to participate in the band program will not relieve the student of their responsibility. Failure to maintain academic or discipline eligibility will not relieve the student of his/her responsibility. It is important that all families pay their band fee assessment of $300.00. Band fees must be paid in full in order to participate with the Murphy Band

on any trips, band banquet, All- State trip, honor bands, and other activities that are based on band fee and assessment collection. Students with unpaid fees will not be allowed to participate.

ii. Please note: all students must have band shoes to participate. Any student needing to purchase shoes may do so on their own, or send $40 cash or check (made out to "Murphy High School Band") to take part in the group order to save on shipping.

iii. Payment Methods/Schedule:

1. Please make checks payable to "Murphy High School Band" (Write the student's name and purpose of the check in the memo section of the check) or have exact cash payments (no change will be given). **Please keep a receipt of your payment to prevent discrepancies.**

Due Date	Winds and Percussion	Colorguard
June 25	N/A	$100 (equipment and uniform fee)
July 30	$75	$75
	$40 (only those needing new shoes)	$40 (all members need new shoes)
August 28	$75	$75
September 25	$75	$75
October 30	$75	$75
TOTAL	$300 ($340 if purchasing shoes)	$440

b. Fundraisers

i. Fundraisers are held by the band and the booster organization to raise funds in support of the band. All members of the band, including percussion and colorguard are expected to participate in these fundraisers. Profits from designated fundraisers may be offered to students at times to offset the cost of fees and trips. These profit percentages will be specific and noted in details of fundraisers and posted to student accounts.

ii. Please note: Instructors and equipment for all groups are paid for by these fundraisers.

8. Student Leaders

a. Leadership Overview

i. Student leadership is an entity designed to help the band run as smoothly as possible.

ii. By delegating responsibilities, more things can be accomplished at a faster rate, making the success of the band even greater.

iii. Student leaders do not have power over other students. Instead, they have added responsibilities and expectations by the staff, and have been taught the tools that they need to fulfil those expectations.

iv. Consistent failure to perform additional duties that are required to be in a leadership position will result in a demotion from the position. A replacement will be at the discretion of the band director if a replacement is necessary. All leaders must complete the leadership agreement to remain a leader in the band.

b. Leadership Selection
   i. Leadership must apply for all positions.
   ii. Students will interview with the director and/or staff with students receiving a score out of 10 for each question answered. The student with the highest score will be given the position.
   iii. Drum majors will have additional requirements including playing all 12 major scales, conducting, marching, and teacher recommendations. Each component will be scored and the student with the highest score will be given the position in question. Due to the complexity of drum major auditions, judges may be brought in to give additional feedback and scores.

9. Band Boosters and Chaperones

a. By definition, the role of the booster organization is to "boost" the band program in a positive manner. The purpose of the Murphy Band Boosters is to advance the best interests of the Murphy Band Program by providing support, as requested by the band director. All parents or guardians of students enrolled in the band program are eligible members of the organization. Maintaining a thriving band program requires support and funding beyond that of the school system. The band booster's association, a non-profit corporation, was formed to provide this support. Specific objectives include:
   i. Purchase and maintenance of uniforms.
   ii. Provision of funds for purchase/repair of instruments, equipment, music, etc. requested by director
   iii. Furnishing chaperones/volunteers for band events.
   iv. Organization and implementation of fundraising activities.
   v. Encouragement of new parent involvement.
   vi. Stimulate and maintain an enthusiastic interest and support for all phases of the band program.
   vii. Support and advocate for music programs in the public schools.

10. Appendix

a. Concert Black Guidelines
b. Suggested Equipment
c. AHSAA Physical Form

Murphy High School Band

Concert Black Guidelines – Examples of Attire Allowed

Shirts and Pants

- Black long-sleeve button down dress shirt with collar (tucked in)
- Black dress pants

Dresses

- Black floor-length black dress OR past the knee dress with non-see-through black tights

Shoes and Socks

- Black dress shoes (or marching band shoes)
- Black dress socks

Belts and Accessories

- Black belt
- Black ties are optional
- Students may wear band medals from Honor Bands
- Jewelry should be kept to a minimum

updated: 2024.12.10

Murphy High School Band

Concert Black Guidelines – Examples of Attire NOT Allowed

Shirts and Pants

- White shirts
- Short-sleeve button down
- Non-solid black shirts
- Polo
- Navy blue or brown pants
- Jeans or leggings

Dresses

- Not long enough

Shoes and Socks

- Tennis shoes
- Open-toe shoes
- White socks

Belts and Accessories

- Brown belt
- Red tie
- Any hats

updated: 2024.12.10

Recommended Instruments & Accessories Guide

The following instruments and accessories are of high quality and can be repaired if students have any issues with them. Many other brands like those found on Amazon are more likely to break and will not be able to be repaired as they are made of cheaper materials. Metal instruments could be silver and/or gold. Please consult Mr. White before buying instruments and accessories NOT listed below or if you have any questions.

All students should have a music stand and metronome/tuner (or metronome/tuner app) for home use.

Instrument	Suggested Brands	Accessories
Flute	Gemeinhardt, Yamaha, Armstrong, Emerson	Cleaning rod, silk swab
Oboe	Fox, Selmer Signet, Bundy, Yamaha	3 reeds – medium soft strength, no plastic reeds, cork grease, reed well, silk swab
Bassoon	Fox/Renard, Shreiber, Amati	3 reeds, medium soft strength, reeds holder, reed well, cork grease, silk swab, seat strap
Clarinet (preferably wood)	Buffet, Leblanc, Noblet, Selmer Signet, Yamaha	Vandoren B-45 or M30 Mouthpiece, cork grease, silk swab, box of Vandoren reeds (3 strength), 4 reed holder
Saxophone	Yamaha, Jupiter, Selmer	Selmer CS 80 C* Mouthpiece, Box of Vandoren reeds (3 strength), silk swab, cork grease, 4 reed holder
Trumpet	Bach, Yamaha, Besson, Bundy, Holton	Bach 5C or 3C mouthpiece, valve oil, tuning slide grease, mouthpiece brush, cleaning snake
French Horn (preferably double horn)	Holton, Conn	Holton Farkas DC or MDC mouthpiece, rotary valve oil, tuning slide grease, mouthpiece brush, cleaning snake
Trombone	Holton, King, Conn, Bundy, Selmer, Bach, Yamaha	Bach 5G or 6 ½ AL mouthpiece (small or large bore), slide cream, tuning slide grease, mouthpiece brush, cleaning snake
Euphonium	Besson, Conn Willson, Yamaha	Bach 5G or 6 ½ AL mouthpiece (small or large bore), valve oil, tuning slide grease, mouthpiece brush, cleaning snake
Tuba	Yamaha, Conn	Bach 18 or Conn Helleberg Mouthpiece, valve oil, tuning slide grease, mouthpiece brush, cleaning snake
Percussion	• Concert snare sticks – Vic Firth SD1 General • Drum set sticks – Vic Firth 5A or 5B • Xylophone/Bell Mallets – Vic Firth M140 • Marimba/Vibraphone Mallets – Vic Firth M240 (2 pairs needed) • Timpani – Vic Firth T3 • Drum pad – Evans Realfeel (any version) • Stick bag – any	

updated: 2023.06.28

ALABAMA HIGH SCHOOL ATHLETIC ASSOCIATION

Preparticipation Physical Evaluation Form

Revised 2018

Revised 2018

History

Date_____

Name_____ Sex _____ Age_____ Date of birth _____

Address _____ Phone_____

School _____Grade _____ Sport _____

Explain "Yes" answers below:	Yes	No
1. Has a doctor ever restricted/denied your participation in sports?	☐	☐
2. Have you ever been hospitalized or spent a night in a hospital?	☐	☐
Have ever had surgery?	☐	☐
3. Do you have any ongoing medical conditions (like Diabetes or Asthma)?	☐	☐
4. Are you presently taking any medications or pills (prescription or over-the-counter?	☐	☐
5. Do you have any allergies (medicine, pollens, foods, bees or other stinging insects)?	☐	☐
6. Have you ever passed out during or after exercise?	☐	☐
Have you ever been dizzy during or after exercise?	☐	☐
Have you ever had chest pain or discomfort in your chest during or after exercise?	☐	☐
Do you tire more quickly than your friends during exercise?	☐	☐
Have you ever had high blood pressure?	☐	☐
Have you ever been told that you have a heart murmur, high cholesterol, or heart infection?	☐	☐
Have you ever had racing of your heart or skipped heartbeats?	☐	☐
Has anyone in your family died of heart problems or a sudden death before age 50?	☐	☐
Does anyone in your family have a heart condition?	☐	☐
Has a doctor ever ordered a test on your heart (EKG, echocardiogram)?	☐	☐
7. Do you have any skin problems (itching, rashes, staph, MRSA, acne)?	☐	☐
8. Have you ever had a head injury or concussion?	☐	☐
Have you ever been knocked out or unconscious?	☐	☐
Have you ever had a seizure?	☐	☐
Have you ever had a stinger, burner, pinched nerve, or loss of feeling or weakness in your arms or legs?	☐	☐
9. Have you ever had heat or muscle cramps?	☐	☐
Have you ever been dizzy or passed out in the heat?	☐	☐
10. Do you have trouble breathing or do you cough during or after activity?	☐	☐
Do you take any medications for asthma (for instance, inhalers)?	☐	☐
11. Do you use any special equipment (pads, braces, neck rolls, mouth guard, eye guards, etc.)?	☐	☐
12. Have you had any problems with your eyes or vision?	☐	☐
Do you wear glasses or contacts or protective eye wear?	☐	☐
13. Have you had any other medical problems (infectious mononucleosis, diabetes, infectious diseases, etc.)?	☐	☐
14. Have you had a medical problem or injury since your last evaluation?	☐	☐
15. Have you ever been told you have sickle cell trait?	☐	☐
Has anyone in your family had sickle cell disease or sickle cell trait?	☐	☐
16. Have you ever sprained/strained, dislocated, fractured, broken or had repeated swelling or other injuries of any bones or joints? ☐ Head ☐ Back ☐ Shoulder ☐ Forearm ☐ Hand ☐ Hip ☐ Knee ☐ Ankle ☐ Neck ☐ Chest ☐ Elbow ☐ Wrist ☐ Finger ☐ Thigh ☐ Shin ☐ Foot	☐	☐
17. When was your first menstrual period?_____ When was your last menstrual period?_____ What was the longest time between your periods last year?_____		
Explain "Yes" answers: _____ _____ _____ _____ _____		

I hereby state that, to the best of my knowledge, my answers to the above questions are correct.

Signature of athlete _____ Date _____

Signature of parent/guardian _____

DUPLICATE AS NEEDED

FORM 5

Rev. 2018 (*The revised 2018 form is the official form accepted by the AHSAA.)*

Preparticipation Physical Evaluation

_____

Student's name

Rule 1, Sec. 14 — In order for a student to be eligible for interscholastic athletics, there must be on file in the Superintendent's or Principal's office a current physician's statement certifying that the student has passed a physical exam, and that in the opinion of the examining physician (M.D. or D.O.) the student is fully able to participate in interscholastic athletics (Grade s 7-12). The AHSAA Physicians Certificate (Form 5 Rev. 2018) must be used. **A physical exam will satisfy the requirement for one calendar year through the end of the month from the date of the exam. For example, a physical given on May 5, 2020, will satisfy the requirement through May 31, 2021.**

Physical Examination

Height _____ Weight _____ BP _____ / _____ Pulse _____

Vision R 20 / ____ L 20 / ____ Corrected: Y N

Revised 2018

			Normal	Abnormal Findings
COMPLETE	LIMITED	Cardiovascular		
		Pulses		
		Heart		
		Lungs		
		Skin		
		E.N.T.		
		Abdominal		
		Genitalia (males)		
		Musculoskeletal		
		Neck		
		Shoulder		
		Elbow		
		Wrist		
		Hand		
		Back		
		Knee		
		Ankle		
		Foot		
		Other		

Clearance:

A. Cleared

B. Cleared after completing evaluation/rehabilitation for: _____

C. Not cleared for: ☐ Collision

☐ Contact

☐ Noncontact ____ Strenuous ____ Moderately strenuous ____ Nonstrenuous

Due to: _____

Recommendation: _____

_____

_____

Name of physician _____ Date _____

Address _____ Phone_____

Signature of physician _____, M.D. or D.O.

(Form must be signed and dated by the attending physician.)

Rev. 2018 (*The revised 2018 form is the official form accepted by the AHSAA.)*