



Immaculate Conception Catholic School

Celebrating 70 Years

Dear Parents,

All students who will be entering grades 3rd-8th for the 2024-2025 academic school year and are interested in participating in our sports program must complete and return the attached Archdiocese of Miami Medical Release and Physical forms.

Please complete the attached Athletic Consent and Release from Liability Certificate (Athletic Consent Form) and pages 1-2 of the Pre-Participation Physical Evaluations (Physical Form). Your child's pediatrician is to complete pages 3-4 of the Pre-Participation Physical Evaluation.

If your child is planning on participating in any of our school sports this 2024-2025 school year, please have these forms turned in to your child's teacher **ONLY** by the 1st week of school. Without these forms they will **NOT** be able to try out.

Please make sure to also complete and **PRINT (DO NOT EMAIL AS EMAILS ARE NOT ACCEPTED)** the three certificates for Concussion in Sports, Sudden Cardiac Arrest and Heat Illness courses. We want to reiterate to you that the completion of these forms is for the safety of your children. Sports at this age level have become quite competitive and we want to insure the safety of all our children at Immaculate Conception Catholic School.

Please plan accordingly and have these forms completed during the summer break. We have sent these forms to you now to allow ample time to make your child's appointment with the pediatrician. Physicals that expire during the school year will not be accepted, in order to try out for sports teams at Immaculate Conception; the forms must be dated July 1st or later. There will be no exceptions to this Archdiocesan policy.

Thank you for your cooperation with this matter,
ICS Athletics



Parent Required Courses

Below you will find the links for the Heat Illness Prevention, Concussion in Sports, and Sudden Cardiac Arrest courses on the National Federation of State High School Association (NFHS) Learning Center website.

The links will direct you to the online courses that are required to take for your child to participate on an Immaculate Conception Athletic Team. If you have not previously registered on the NFHS website, you will be prompted to do so before taking the courses.

The certificates are only good for one year; therefore, you must complete the courses for the 2024-2025 school year. Only one parent is required to take the courses.

Once you have completed all THREE courses and successfully passed the tests, you are required to PRINT the completed certificates and return them to your student's homeroom teacher, along with the other sports medical forms required.

Heat Illness Prevention:

<https://nfhslearn.com/courses/heat-illness-prevention-2>

Concussion in Sports:

<https://nfhslearn.com/courses/concussion-in-sports-2>

Sudden Cardiac Arrest:

<https://nfhslearn.com/courses/sudden-cardiac-arrest>



Checklist for ICS Athletics

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Athletic Consent Form

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Athletic Physical Form

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3 Parent/Guardian Courses

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**Play Like a Champion
Parent/Guardian Course**

**All ICS Student Athletes must have these forms
prior to joining any athletic team**