



Immaculate Conception Catholic School

Celebrating 70 Years

Dear Parents,

We're excited to welcome our student-athletes back for another great year of sports at ICS! All students entering grades 3–8 who are interested in participating in any school sport must complete and submit the required Archdiocese of Miami medical and safety forms before trying out.

What You Need to Submit:

1. Athletic Consent and Release from Liability Certificate
2. Pre-Participation Physical Evaluation Form:
 - Pages 1–2: Completed by parent/guardian
 - Pages 3–4: Completed and signed by your child's pediatrician
3. Three Online Safety Certificates (printed copies only):
 - Concussion in Sports
 - Sudden Cardiac Arrest
 - Heat Illness Prevention
4. Printed Checklist as the Cover Page to all of your documents (Found Below).

Deadline:

Please return all completed and printed forms to your child's homeroom teacher during the first week of school.

Forms will NOT be accepted by email, and without them, students will not be allowed to try out for any sports team.

Important Notes:

- All physical forms must be dated July 1st or later to be valid for the new school year.
- No exceptions will be made.
- We recommend completing these requirements during summer break to avoid delays.

We appreciate your support in helping us keep all of our student-athletes safe and ready for a fantastic school sports season!

Warm regards,
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 annually. 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

Student Name: _____

Student Grade: _____

To be completed by School Personnel

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Athletic Consent Form

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Athletic Physical Form

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**3 Parent/Guardian Online Courses
Certificates**

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

Checked by: Staff Member (Printed): _____

Signature: _____

Date: _____

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