

RED LAND HIGH SCHOOL

RE-CERT
PHYSICAL
PACKET

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2023-2024

Dear Parent or Guardian:

Activity Fee

Your child has expressed an interest in participating in an athletic program at Red Land High School. These are programs for those students desiring a level of competition beyond that provided in the physical education program.

An activity fee is required for participation in athletics and student activities. On May 23, 2023, TITAN Family Portal changed its name to LINQ Connect. Important things to know about the change:

- The new website you will use is <https://linqconnect.com>
- Parent usernames and passwords did not change (This payment system is also utilized for the school lunch program).

All Activity Fees have been adjusted to absorb the additional convenience fees that may be charged by paying online. Please click on the link provided for updated fees, [Activity Fee Forms](#). The fee will be assessed per sport and activity. There is a student cap of \$190.00 and a family cap of \$380.00. Fees **must be paid** and submitted within a minimum of one (1) week of the start of practice for the athlete's season.

Pay Online

Families who would like to pay student activity fees online, must create a LINQ Connect account to do so (if you have not already done so). To begin using LINQ, please follow these steps.

Step One:

Visit <https://linqconnect.com> and click on "Register" to begin the process of making a new account. (Google Chrome is the browser LINQ Connect recommends).

You will be asked to provide your name and email address and select a password. You will also have the opportunity to select your primary language from the following options: Armenian, Burmese, Chinese, English, French, Korean, Russian, Spanish, and Vietnamese. You will be asked to select a time zone as well. West Shore is located in the Eastern Time (US & Canada).

Step Two:

Check your email for a welcome message from LINQ Connect and follow the link provided in that message to verify your account.

Step Three:

Follow the prompts on the screen to link your child(ren) to your LINQ Connect account.

- You will need to select West Shore School District from the drop down as your District.
- Your child's ten-digit Student ID can be found on past report cards or by logging into [PowerSchool](#) online (the number is not available in the mobile app). The number appears in the upper right corner of the Grades and Attendance screen.
- Once you have your LINQ Connect account set up for your child(ren), to pay student activity fees click on the three bars in the upper right hand corner of your screen to access the "Store" drop down. From there you can select the fee you wish to pay for you child(ren) and checkout. Please note, you will not be able to use money deposited into your child's meal account to pay activity fees.

Prefer to Pay by Check

- Parents, who prefer **not to utilize** the online system, should submit a check made payable to West Shore School District as follows:

West Shore School District
Attention: Athletic/Student Activity Fee
507 Fishing Creek Road
PO Box 803
New Cumberland, PA 17070

Waiver Option

- Families who wish to apply for an Activity Fee Waiver should contact their High School Athletic Department. Activity Fee Waiver Forms can be found at this link: [Activity Fee Waiver Form](#)
The High School Athletic Director will process activity Fee Waivers.
If you have any questions regarding the assigned payment, please email Kim McDermitt at kmcdermitt@wssd.k12.pa.us

The spring sports season begins Monday, March 4, 2024. Individual coaches will let their players know at what time and place to pick up any required equipment. The individual coaches will let the athletes know where practice is and when it starts.

ALL RE-CERTIFICATION PAPERWORK IS DUE TO RED LAND HIGH SCHOOL ONE (1) WEEK BEFORE THE OFFICIAL PIAA PRACTICE FOR THE SEASON BEGINS. ANY PAPERWORK TURNED IN AFTER THIS DATE WILL RESULT IN STUDENT MISSING AT MINIMUM THE FIRST DAY OF PRACTICE/TRYOUTS.

Spring Sports Offered at Red Land High School

Spring Sports:

| | | | | |
|-----------------------|------------|------------------|---------------|--|
| Baseball | Head Coach | Nate Ebbert | (Grades 9-12) | nebbert@wssd.k12.pa.us |
| Softball | Head Coach | Madelyn Yannetti | (Grades 9-12) | myannetti@wssd.k12.pa.us |
| Boys Tennis | Head Coach | Randy Bixler | (Grades 9-12) | bbixler@wssd.k12.pa.us |
| Boys Track and Field | Head Coach | Larry Kell | (Grades 9-12) | lkell@wssd.k12.pa.us |
| Girls Track and Field | Head Coach | Tyson Rohrs | (Grades 9-12) | trohrs@wssd.k12.pa.us |
| Boys Lacrosse | Head Coach | Dave Heisey | (Grades 9-12) | coachheiso@gmail.com |
| Girls Lacrosse | Head Coach | TBD | (Grades 9-12) | |
| Boys Volleyball | Head Coach | Nolan McArdle | (Grades 9-12) | nmcardle@wssd.k12.pa.us |

Junior High/Freshman Sports

| | | | | |
|--------------------------------|------------|----------------|--------------|--|
| Boys Soccer (Junior High) | Head Coach | Jared Miller | (Grades 7-8) | jamiller@wssd.k12.pa.us |
| Girls Soccer (Junior High) | Head Coach | Jamie Miller | (Grades 7-8) | jmiller@wssd.k12.pa.us |
| Boys/Girls Track (Junior High) | Head Coach | Brad Shaffer | (Grades 7-8) | bshaffer@wssd.k12.pa.us |
| Girls Volleyball (Junior High) | Head Coach | Nicole Wishard | (Grades 7-8) | nwishard@outlook.com |

Athletic Trainer

| | | | |
|------------------|---------------|-----------------|--|
| Athletic Trainer | Head Trainer | Lynn Brumbach | lbrumbach@wssd.k12.pa.us |
| Athletic Trainer | Asst. Trainer | Nicole Singiser | nsingiser@wssd.k12.pa.us |

*****All physical paperwork must be turned into the athletic trainer a minimum of one (1) week before the official PIAA practice for the season begins.**

**WEST SHORE SCHOOL DISTRICT
HIGH SCHOOL AND MIDDLE SCHOOL
Re-Certification Checklist**



Submit checklist with completed packet materials. Please print information.

Student Name: _____

School: _____

Sport: _____

Follow checklist per criteria listed below.

Re-Certification Packet

(For those who have already competed in a school sport during the current school year or previously turned in a completed Physical Packet (Full).

- Completed PIAA Re-Certification Packet
 - Section 7 – Re-Certification by Parent/Guardian (Supplemental Health History Questions)
 - **If answer YES to a/any Supplemental Health History Question(s) on Section 7, then Section 8 is also required.**
 - Section 8– Re-Certification by **Licensed Physician of Medicine or Osteopathic Medicine**
- Medical Release/Insurance Form
- Submit Completed Packet to High School Athletic Trainer**
- Submit Activity Fee Payment
(due by first competition date for your activity).
- FOR HOMESCHOOL, CYBER SCHOOL AND CHARTER SCHOOL STUDENTS ONLY**
Submit Intent to Participate Form
Available on the District website www.wssd.k12.pa.us on the Cedar Cliff and Red Land High School Athletics Department Web-pages

SECTION 7: RE-CERTIFICATION BY PARENT/GUARDIAN

This form must be completed not earlier than six weeks prior to the first Practice day of the sport(s) in the sports season(s) identified herein by the parent/guardian of any student who is seeking to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in all subsequent sport seasons in the same school year. The Principal, or the Principal's designee, of the herein named student's school must review the SUPPLEMENTAL HEALTH HISTORY.

If any SUPPLEMENTAL HEALTH HISTORY questions are either checked yes or circled, the herein named student shall submit a completed Section 8, Re-Certification by Licensed Physician of Medicine or Osteopathic Medicine, to the Principal, or Principal's designee, of the student's school.

SUPPLEMENTAL HEALTH HISTORY

Student's Name _____ Male/Female (circle one)

Date of Student's Birth: ____/____/____ Age of Student on Last Birthday: ____ Grade for Current School Year: ____

Winter Sport(s): _____ Spring Sport(s): _____

CHANGES TO PERSONAL INFORMATION (In the spaces below, identify any changes to the Personal Information set forth in the original Section 1: PERSONAL AND EMERGENCY INFORMATION):

Current Home Address _____

Current Home Telephone # () _____ Parent/Guardian Current Cellular Phone # () _____

CHANGES TO EMERGENCY INFORMATION (In the spaces below, identify any changes to the Emergency Information set forth in the original Section 1: PERSONAL AND EMERGENCY INFORMATION):

Parent's/Guardian's Name _____ Relationship _____

Parent/Guardian E-mail Address: _____

Address _____ Emergency Contact Telephone # () _____

Secondary Emergency Contact Person's Name _____ Relationship _____

Address _____ Emergency Contact Telephone # () _____

Medical Insurance Carrier _____ Policy Number _____

Address _____ Telephone # () _____

Family Physician's Name _____, MD or DO (circle one)

Address _____ Telephone # () _____

If any SUPPLEMENTAL HEALTH HISTORY questions below are either checked yes or circled, the herein named student shall submit a completed Section 8, Re-Certification by Licensed Physician of Medicine or Osteopathic Medicine, to the Principal, or Principal's designee, of the student's school.

Explain "Yes" answers at the bottom of this form. Circle questions you don't know the answers to.

- | | Yes | No | | Yes | No |
|---|-----|----|--|-----|----|
| 1. Since completion of the CIPPE, have you sustained a serious illness and/or serious injury that required medical treatment from a licensed physician of medicine or osteopathic medicine? <input type="checkbox"/> <input type="checkbox"/> | | | 3. Since completion of the CIPPE, have you experienced dizzy spells, blackouts, and/or unconsciousness? <input type="checkbox"/> <input type="checkbox"/> | | |
| An additional note to item #1. if serious illness or serious injury was marked "Yes", please provide additional information below. | | | 4. Since completion of the CIPPE, have you experienced any episodes of unexplained shortness of breath, wheezing, and/or chest pain? <input type="checkbox"/> <input type="checkbox"/> | | |
| 2. Since completion of the CIPPE, have you had a concussion (i.e. bell rung, ding, head rush) or traumatic brain injury? <input type="checkbox"/> <input type="checkbox"/> | | | 5. Since completion of the CIPPE, are you taking any NEW prescription medicines or pills? <input type="checkbox"/> <input type="checkbox"/> | | |
| | | | 6. Do you have any concerns that you would like to discuss with a physician? <input type="checkbox"/> <input type="checkbox"/> | | |

| #s | Explain yes answers; include injury, type of treatment & the name of the medical professional seen by student |
|----|---|
| | |
| | |
| | |
| | |

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Student's Signature _____ Date ____/____/____

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Parent's/Guardian's Signature _____ Date ____/____/____

Section 8: Re-CERTIFICATION BY LICENSED PHYSICIAN OF MEDICINE OR OSTEOPATHIC MEDICINE

This Form must be completed for any student who, subsequent to completion of Sections 1 through 5 of this CIPPE Form, required medical treatment from a licensed physician of medicine or osteopathic medicine. This Section 8 may be completed at any time following completion of such medical treatment. Upon completion, the Form must be turned in to the Principal, or the Principal's designee, of the student's school, who, pursuant to ARTICLE X, LOCAL MANAGEMENT AND CONTROL, Section 2, Powers and Duties of Principal, subsection C, of the PIAA Constitution, shall "exclude any contestant who has suffered serious illness or injury until that contestant is pronounced physically fit by the school's licensed physician of medicine or osteopathic medicine, or if none is employed, by another licensed physician of medicine or osteopathic medicine."

NOTE: The physician completing this Form must first review Sections 5 and 6 of the herein named student's previously completed CIPPE Form. Section 7 must also be reviewed if both (1) this Form is being used by the herein named student to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in a subsequent sport season in the same school year AND (2) the herein named student either checked yes or circled any Supplemental Health History questions in Section 7.

If the physician completing this Form is clearing the herein named student subsequent to that student sustaining a concussion or traumatic brain injury, that physician must be sufficiently familiar with current concussion management such that the physician can certify that all aspects of evaluation, treatment, and risk of that injury have been thoroughly covered by that physician.

Student's Name: _____ Age _____ Grade _____

Enrolled in _____ School _____

Condition(s) Treated Since Completion of the Herein Named Student's CIPPE Form: _____

A. GENERAL CLEARANCE: Absent any illness and/or injury, which requires medical treatment, subsequent to the date set forth below, I hereby authorize the above-identified student to participate for the remainder of the current school year in additional interscholastic athletics with no restrictions, except those, if any, set forth in Section 6 of that student's CIPPE Form.

Physician's Name (print/type) _____ License # _____

Address _____ Phone () _____

Physician's Signature _____ MD or DO (circle one) Date _____

B. LIMITED CLEARANCE: Absent any illness and/or injury, which requires medical treatment, subsequent to the date set forth below, I hereby authorize the above-identified student to participate for the remainder of the current school year in additional interscholastic athletics with, in addition to the restrictions, if any, set forth in Section 6 of that student's CIPPE Form, the following limitations/restrictions:

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Physician's Name (print/type) _____ License # _____

Address _____ Phone () _____

Physician's Signature _____ MD or DO (circle one) Date _____

Medical Release/Insurance Form

Please Print: To be completed and signed by student's parent or guardian.

School _____ School Year _____ Current Grade _____

Student's Name _____ Date of Birth _____

Student Address _____

Parent/Guardian's Name(s) _____

Address (if different from student) _____

Parent/Guardian's Phone #s 1. (_____) _____ 3. (_____) _____

Please list in order of preference for calls.

2. (_____) _____ 4. (_____) _____

Person to contact in an emergency if unable to reach parent/guardian:

Contact Name _____ Phone # (_____) _____

Family Physician _____ Phone # (_____) _____

Medical Insurance

Name of Company _____ Policy # _____

Name of Employing Company _____

Company Address _____

Medical Record

Complete all lines even if only with the words "None" or "Not Applicable"

Allergies to Medication _____

Other Allergies _____

Serious Illnesses _____

Current Medication(s) _____

Other Health Problems _____

Date of Last Tetanus Shot _____

Parental Consent

I hereby give consent for my child, _____ to participate in _____ and declare that we have either school insurance or family insurance to cover any accidents, and in consideration of my child's participation in said school activity. I hereby release the West Shore School District, its directors, agents, and employees of all responsibility and liability, for loss or injury to his/her person or property.

Parent/Guardian's Signature _____ Date _____

I consent for a qualified physician to perform any medical or surgical procedures he deems advisable to the welfare of this applicant while he/she is participating in school-supervised events. Further, this authorization permits said physician to hospitalize, secure appropriate consultation, to order injections, anesthesia (local, general, or both) or surgery for this applicant. The undersigned does hereby assume and agree to pay any indebtedness or physician's and surgeon's fees and hospital charges for such services.

Parent/Guardian's Signature _____ Date _____

Relationship to Student _____