



2024 Sports Preliminaries and Physicals

February 2024

Dear Parent/Guardian,

In the coming weeks, we will begin conducting “preliminaries” for Sports Physicals for the **2024-2025** school year for those students who wish to receive a sports physical completed by the school physician.

If your child will see their private physician to obtain a physical for the upcoming sports seasons and you do not wish to have one performed by the school physician, no further action is required.

Preliminaries are performed by the school nurses and are completed BEFORE the formal physical examination.

Preliminaries include the following:

1. **Blood pressure**
2. **Pulse**
3. **Height/Weight**

The next step in the process is the Sports Physical. The exams will occur in March, April, May, and June. Physicals are conducted in the nurse’s office by the school physician during the school day.

Please use the link below to sign up your child for a sports physical to be completed at school.

- [Sports Physical Sign-Up](#)

Questions regarding preliminaries and required medical paperwork to participate in sports can be directed to your building nurse during regular school hours.

- Middle School Nurse's Office: 845-987-3100 ext 16700
- High School Nurse’s Office: 845-987-3050 ext 12700

Sincerely,

Warwick Valley Central School District Health Department