

Dear Parents of Incoming 7th graders:

Fredericktown High School and Middle School Athletics is pleased to continue our partnership with "Final Forms". Final Forms allows us to do all of our paperwork online and make the paperwork process more convenient for parents & student-athletes.

Please read the material closely on our athletic website. This initial process of completing the information could take between 30 and 90 minutes depending how much time you spend watching/looking through the information.

Once you've completed Final Forms, you'll want to print off the physical paperwork to take with you to the doctor's office. Click on the link "OHSAA PPE Physical (for Physicians)" and then "Click to Print-OHSAA PPE Physical Form". Print that off. There will be 5 pages. You and your son/daughter will need to sign page 3. Take all 5 pages with you to the doctor's office to get your physical. They will complete pages 4 & 5 (you will need to fill out the top of both pages 4 & 5 on your own prior to getting the physical).

The only paperwork that needs turned into the FLS Athletic Department is your physical. Mr. Bellman will be at both physical dates at Dr. Wilson's to collect your physicals once you're finished. Outside of those two dates you may turn your physical into your coach on the 1st day of practice and they will get those to me. (*NOTE: We are NOT doing our two mass physical dates at Dr. Wilson's this year due to the pandemic.) Physicals can be turned in the first day of practice to your coach (make sure you bring with you first day). All of your Final Forms along with turning in your physical must be done in order to practice on the first day of official practice.

Should you have further questions on Final Forms please contact me directly at nbellman@fredschools.com or by phone 740-694-2726 x3300.

Thanks!

Nate Bellman
Athletic Director
Fredericktown Middle/High School