



Dear Mount St. Mary Academy Families,

As we prepare for another exciting year of Thunder athletics, the Health Office and Athletic Department wants to ensure our student-athletes are fully cleared and ready for day one of tryouts and practices.

According to the New York State Public High School Athletic Association (NYSPHSAA) regulations, a sports physical is valid for **12 continuous months, through the last day of the month in which the exam was conducted**. If a student's physical expires during an active sports season, they are permitted to complete that specific season, provided an updated interval health history form was submitted before the season began.

To help you plan ahead with your primary care physicians, here are the **earliest acceptable physical exam dates** required for each high school sports season:

- **Fall Sports: August 1 of the previous year; (08/01/2025) or later**
- **Winter Sports: November 1 of the previous year; (11/01/2025) or later**
- **Spring: March 1 of the previous year; (03/01/2026) or later**

All physicals must be documented on the official **NYS Required School Health Examination Form**. Private provider forms or alternative health scripts cannot be accepted. **Please make sure the FAMILY CARDIAC HISTORY REVIEW has been completed.**

We highly recommend scheduling your student's annual physical during the summer months (June or July). A summer physical ensures your daughter is fully covered for the Fall, Winter, and Spring sports seasons without any mid-year expiration dates.

All forms can be handed in to the health office/ faxed/emailed to the school by your Primary Care Provider.

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