


DATE: October 28, 2019
TO: Elementary Physical Education Teachers
Elementary School Principals
FROM:  Lynn Williamson, Director of Student Activities
SUBJECT: 2020 Elementary Fitness Meet

The 2020 Elementary Fitness Meet is scheduled for Wednesday, March 25, 2020, at Broadmoor High School. Attached is a copy of the rules and regulations that govern the meet. Please read the rules and regulations carefully.

I would like to encourage all elementary schools to participate in this fun and worthwhile endeavor. If there are any questions concerning the meet, please call Lynn Williamson at 335-9431. A schedule of assignments, schedules and general information will be sent at a later date.

REMINDER

ENTRY FORMS, PHYSICALS, AND SCHOOL ENTRY CHECKS ARE DUE in my office before 4:00 PM Thursday, February 27, 2020. All original documentation must be in my office before the deadline.

DO NOT WAIT UNTIL JANUARY 2020, TO BEGIN THE SELECTION OF YOUR SCHOOL'S FITNESS TEAM. YOU SHOULD BEGIN TODAY.

Please, begin choosing your team ASAP so that you will have enough time for each student to get his/her physical that is due Thursday, February 27, 2020 (only use the LHSA Medical Exam Form attached on page 23 of the booklet).

APPROVED:



Benjamin Necaice, Associate Superintendent

ONE TEAM, ONE MISSION

The East Baton Rouge Parish School System and all of its entities (including Career and Technical Education Programs) does not discriminate on the basis of age, race, religion, national origin, disability or gender in its educational programs and activities (including employment and application for employment), and it is prohibited from discriminating on the basis of gender by Title IX (20 USC 1681) and on the basis of disability by Section 504 (42 USC 794). The Title IX Coordinator is Andrew Davis, Director of Risk Management (ADavis@ebrschools.org) - phone (225) 929-8705. The Section 504 Coordinator is Elizabeth Taylor Chapman, Director of Exceptional Student Services (ETaylor@ebrschools.org) - phone (225) 929-8600.

2019-2020 EAST BATON ROUGE PARISH SCHOOL SYSTEM ELEMENTARY SCHOOL FITNESS MEET

I. ELIGIBILITY AND AGE REQUIREMENTS

- A. The program shall be open to all students in the elementary school grades in the East Baton Rouge Parish School System.
 - 1. Age Requirements
 - a. Only students who are eleven (11) years old or younger shall be eligible for the competition.
 - b. A student, if eleven (11) years old, must have reached eleven (11) on or after September 1 of the current school year (born after September 1, 2008).

II. FITNESS MEET EVENTS

- A. The following events will be contested by the participants in the meet:
 - 50-yard Dash (page 4)
 - Shuttle Run (page 5)
 - Pull-ups (page 6)
 - Standing Long Jump (page 7)
 - Curl-ups (page 8)
 - Sit and Reach (page 9)
 - 600-yard Run (page 10)
- B. Rules, regulations, and general information about each event are attached (see pages 4-10).

III. SCORING AND AWARDS

- A. Individual Scoring
 - 1. Each student can score a maximum of 125 points in each event depending on his/her performance.
 - 2. A scoring table of performance (norms) and points is included in the “rules, regulations” at the end of the packet.
 - 3. Each participant will be timed or measured in all seven (7) events.
- B. Team Scoring
 - 1. A combination of the four (4) individual scores from each school will comprise the team score.
 - 2. If a contestant cannot complete all seven (7) events, an alternate may take up where he/she left off, but the scores of the original contestant and those of the alternate MAY NOT BE COMBINED FOR ANY AWARDS. Once a contestant withdraws, he/she may not re-enter the competition for any event.
- C. Awards
 - 1. Individual and team awards will be presented to the top contestants and schools at the conclusion of the competition.

IV. TEAM UNIFORMS

- A. Each student must be attired in shorts or warm-up pants, T-shirt, and shoes. Team uniforms are encouraged.
 - 1. The students must compete in tennis shoes - Spikes cannot be used.
- B. Cut-offs, dungarees, or halter-tops are not allowed. Boys must wear shirts.

V. PARENTS' AND DOCTORS' PERMISSION

- A. Each student must have a permission slip in writing from his/her parents in order to compete. A copy of the Field Trip Permission Form is attached (Page 24).
- B. Each competitor must have a completed LHSA medical examination form from the doctor stating his/her fitness to compete. A copy is attached on page 23.

VI. RESPONSIBILITY OF ELIGIBLE STUDENTS

- A. The physical education instructors and the principals of the respective schools are responsible for the eligibility of the participants.
 - 1. Birth certificates will not be required at this time.
 - a) A copy of the participant's birth certificate must be submitted if your student represents EBR Parish in the state meet **TBD**.

VII. DEADLINE FOR ENTRY

- A. Physical education instructors and principals must present their four (4) entries [two (2) boys and two (2) girls] plus one (1) boy and one (1) girl alternate to me no later than 4:00 PM on Thursday, February 27, 2020. Please bring or send to Lynn Williamson at the Goodwood Administrative Center before the deadline of Thursday, February 27, 2020. Please allow two (2) or three (2) days for PONY delivery.
- B. Entry fee of **\$50.00** per school is required and must accompany school's entry form. Each regular participant and one coach from each school will receive a T-shirt. Additional T-shirts for alternates or additional coaches may be purchased at **\$10.00** per shirt (must be a school check - no personal checks will be accepted).

Please make checks payable to: **EAST BATON ROUGE ELEMENTARY FITNESS MEET**

VIII. APPEALS PROCEDURES

- 1. An alleged violation or grievance by a coach or participant shall be in written form and presented by the coach to the Appeals Committee before the completion of the meet. All allegations will be thoroughly investigated and acted upon immediately. The Appeals Committee will consist of the meet coordinator and three committee members. The action taken by the Appeals Committee will be **FINAL**.

IX. RECOMMENDATIONS TO PHYSICAL EDUCATION INSTRUCTORS

- 1. Encourage all students to participate. This program is not set up for just athletes at your school.
- 2. For best results, have a fitness program at your own school. Select two boys and two girls from your program. You may have one boy and one girl to serve as an alternate.
- 3. Begin to train students for these events now. Do not wait until January to begin training.

X. RULES FOR PERSONS ACCOMPANYING PARTICIPANTS

- A. No physical education instructor or any other school personnel will be permitted to be on the track/field during fitness events except those who are officiating.
- B. Persons accompanying participants will be expected to sit in the stands—this includes non-participating alternates.

XI. SELECTION PROCESS FOR STATE MEET

- A. If we have coaches available to attend and coach during the training sessions and for the state meet, a team will be selected. Students can't participate unattached.
- B. The top three (3) contestants with the highest individual points, in both boys and girls, will be selected to represent EBR Parish School System in the State Meet to be held at a place and date to be determined.
- C. There will be approximately four weeks between our parish meet and the state meet. See that your participant will continue to practice and improve on his/her scores. **HARD WORK AND DETERMINATION CAN GREATLY IMPROVE SCORES WITHIN A FOUR-WEEK PERIOD.**
- D. The top 3 contestants will be required to practice at a central location (TBA) at least twice per week during the period between the EBR Fitness meet and state meet registration deadline. This practice will begin around 4:30 PM and end at 5:30 PM. At these training sessions, all seven events will be practiced and scores will be kept to determine the rank and order of our six (6) participants to the state meet.

FITNESS EVENT #1

50-YARD DASH (Boys and Girls)

EQUIPMENT:	Stopwatch; 50-yard straight away
DESCRIPTION:	Four to eight competitors will race at one time. They will take their positions behind the starting line (no spiked shoes or starting blocks will be used). The official starter will use the commands "On Your Marks", "Get Set", and "Go". As he/she says, "Go" he/she will fire a starting pistol. The timers will start their stopwatches at the visible sign of the gun's smoke. The competitors will sprint the 50 yards, in their own lane, to the designated finish line where the timers will be standing.
RULES:	The score is amount of time between the sound and smoke of the gun and the instant the competitor crosses the finish line. Importance is not in coming in first, second, or third, but how fast the competitor sprints the 50 yards. Competitors cannot run out of their assigned lane.
SCORING:	The official timers will record in seconds to the nearest tenth of a second.
Example:	Boys
Round Down*	*7.44 Rounds to 7.4 = 64 points *7.45 Rounds to 7.4 = 64 points 7.46 Rounds to 7.5 = 61 points

FITNESS EVENT #2

SHUTTLE RUN (Boys and Girls)

EQUIPMENT:	2 blocks of wood (2 x 2 x 4 inches); stopwatch.
DESCRIPTION:	Two parallel lines will be marked on the ground 30 feet apart. The blocks of wood will be placed behind one of the lines. The competitor starts from behind the other line. On the signal "Ready – Go!" the competitor runs to the blocks, picks up one, runs back to the starting line, and <u>places the block behind the line</u> ; he/she then runs back and picks up the second block, which he/she carries back across the starting line. The stopwatch is started on the word "Go" and stopped as competitor crosses the last line.
RULES:	Each contestant will have two trials in the shuttle run.
SCORING:	The official timer will record the time to the nearest 1/100 th of a second. Best score of the two trials will be recorded.
Example:	Boys
Round Down*	*9.74 Rounds to 9.7 = 67 points *9.75 Rounds to 9.7 = 67 points 9.76 Rounds to 9.8 = 64 points

FITNESS EVENT #3

PULL-UPS (Boys and Girls)

- EQUIPMENT:** A metal or wooden bar approximately 1 ½ inches in diameter is preferred. A doorway gym bar can be used and, if no regular equipment is available, a piece of pipe or even the rungs of a ladder can also serve the purpose.
- DESCRIPTION:** The bar should be high enough so that the pupil can hang with his/her arms and legs fully extended and his/her feet free of the floor. He/she must use the overhand grip. After assuming the hanging position, the pupil raises his/her body by his/her arms until his/her chin can be placed over the bar and then lowers his/her body to a full hang as in the starting position. The exercise is repeated as many times as possible.
- RULES:**
1. Allow one trial unless it is obvious that the pupil has not had a fair chance.
 2. The body must not swing during the execution of the movement. The pull must in no way be a snap movement. If the pupil starts swinging, check this by holding your extended arm across the front of the thighs.
 3. The knees must not be raised and kicking of the legs is not permitted.
- SCORING:** Record the number of completed pull-ups to the nearest whole number.
- Example:** Girls
- 4 Pull-ups = 65 points
5 Pull-ups = 75 points
6 Pull-ups = 85 points

FITNESS EVENT #4

STANDING LONG JUMP (Boys and Girls)

EQUIPMENT: Mat and measuring tape.

DESCRIPTION: Competitor stands with the feet several inches apart and the toes just behind the take-off line. Preparatory to jumping, the competitor swings the arms backward and bends the knees. The jump is accomplished by simultaneously extending the knees and swinging forward the arms.

RULES: Three trials will be allowed. Measurements will be from the take-off line to the heel or other part of the body that touches the floor nearest the take-off line.

SCORING: The official scorer will record the best of the three trials in feet and inches to the nearest $\frac{1}{4}$ inch.

KEEP OFFICIAL SCORE FOR RECORD PURPOSES: ROUND RAW SCORE FOR POINTS ONLY

Example: Boys

Round Up* 6'1 $\frac{1}{4}$ " Rounds to 6'1" = 46 points
 *6'1 $\frac{1}{2}$ " Rounds to 6'2" = 48 points
 *6'1 $\frac{3}{4}$ " Rounds to 6'2" = 48 points

FITNESS EVENT #5

CURL-UPS (Boys and Girls)

OBJECTIVE:	Number of curl-ups performed in one minute.
EQUIPMENT:	Stopwatch; a mat or other clean surface, if preferred.
STARTING POSITION:	Student lies on back with knees flexed at 45 degrees; partner holds feet. Heels should not be more than 6 inches from the buttocks and the back flat on the floor. Arms are crossed with hands placed on opposite shoulders, and elbows held close to chest. The arms are held in contact with the chest at all times.
ACTION:	Student raises the trunk curling up to touch elbows to thighs and then lowers the back to the floor so that the scapula (upper back) touches the counter's hand for one curl-up. This constitutes one curl-up.
THE TEST:	The timer calls out the signal "Go" and begins timing one minute. The counter will begin counting aloud for each correct curl-up and will repeat the last correct number when a curl-up is done incorrectly. The counter will continue that number until the next correct curl-up is done. Student stops on the word "Stop". The number of correctly executed curl-ups completed in 60 seconds is the student's score.
RULES:	<ol style="list-style-type: none">1. "Bouncing" off the floor/mat is not allowed.2. The curl-ups will be counted only if the student (a) keeps fingers touching shoulders; (b) touches elbows to thighs; and (c) returns to position with scapula touching the counter's hand before curling up again.
Example:	Girls 56 Curl-ups = 100 points 58 Curl-ups = 102 points 61 Curl-ups = 105 points

FITNESS EVENT #6

SIT AND REACH (Boys and Girls)

OBJECTIVE:	Farthest distance reached.
EQUIPMENT:	Flexibility Tester – Durable steel construction with footrest plate. Accurately measures in inches and centimeters (Sit and Reach Box).
STARTING POSITION:	Student removes shoes and sits on floor. Student's heels and soles of feet should be placed against the back of the box. Student's knees will be held down.
ACTION:	A measuring line is on top of the box with 23 centimeters marked at the level of the feet. Student removes shoes and sits on floor with knees fully extended, feet shoulder width apart and soles of the feet held flat against the end of the box. With hand on top of each other, palms down (middle fingers align) and legs held flat, the student reaches along the measuring line as far as possible. One practice attempt will be allowed and the second attempt will be recorded (DO NOT GIVE THE BEST SCORE OF THE TWO ATTEMPTS).
RULES:	<ol style="list-style-type: none">1. Legs must remain straight, soles of feet perpendicular to floor.2. Students should not "bounce."3. Mark scores at point where fingertips touch the box (yardstick).
Example:	Boys
Round Up*	30.4 cm. Rounds to 30 cm. = 85 points *30.5 cm. Rounds to 31 cm. = 88 points *30.6 cm. Rounds to 31 cm. = 88 points

FITNESS EVENT #7

600-YARD RUN (Boys and Girls)

EQUIPMENT: ¼ mile track and stopwatch.

DESCRIPTION: Competitors will use a standing start. The official starter will give the command "On Your Marks", "Get Set", and "Go". As he/she says, "Go", he/she fires the gun. At the sound of the gun, the competitors (6 or 8 at one time) will commence running the nearly 1 ½ lap distance. The running may be interspersed with walking. The official timers will be at the finish line to time and record each competitor's performance.

RULES: Walking is permitted, but the object is to cover the distance in the shortest possible time. Track spikes are not allowed. Competitors must run with tennis shoes. Competitors may pass other runners and cut inside if they have a two-stride advantage.

SCORING: The official timers will time and record in minutes and seconds to the nearest tenth of a second.

Example: (Boys)

Round Down* *2:09.49 Rounds to 2:09 = 79 points
 *2:09.50 Rounds to 2:09 = 79 points
 2:09.51 Rounds to 2:10 = 78 points

ELEMENTARY FITNESS MEET – MEET RECORDS (updated 2/27/2019)

<u>EVENTS</u>	<u>ESTABLISHED</u> 5-01-1990	<u>BOYS</u> Duran Wells LaBelle Aire 6.17	<u>GIRLS</u> Lamicka Wells LaBelle Aire 6.16
50-Yard Dash			
Standing Long Jump	4-24-2001	Dezmion Barrow Claiborne 7'8-1/2"	Tabitha Brown Greenbrier 7'9-1/4"
Shuttle Run	3-11-2018	Cayden Randall Brownsfield 8.68	Valencia Chatman Villa del Rey 8.84
Sit & Reach	5-03-1994 / 3-26-2010	Joshua Posey / Micha Picou Greenbrier / Shenandoah 44 Centimeters / 44 Centimeters	Kelly Odom Brownfields 53.2 Centimeters
Pull-ups	5-05-1993	Michael Marr Tanglewood 23	Erin Wax Northwestern 23
600-Yard Run	5-05-1993	Derrick Perkins Cedarcrest 1:38.2	Dynasty Wilfred Magnolia Woods 1:41.1
Curl-ups	3-29-2011	Malik Kelly Shenandoah 118/1 minute	Daisia Rixter LaSalle 102/1 minute
Individual Point Total (100 point scale)	5-03-1994	Robert Sanders Mayfair 597 Points	Jacqueline Scott Sharon Hills 648 Points
Team Point Total (100 point scale)	4-30-1996	Wedgewood – 2,291 Points Kyle Burns Henry Rivers Karlee Bluth Paige McDaniel	
Individual Point Total (125 point scale)	3-29-2006	Eric Pitts Westdale (WHAM) 650 Points	Valencia Chatman Villa del Rey 741 Points
Team Point Total (125 point scale)	4-27-1999	Wedgewood – 2,450 Points Tim Coryell Chris Richardson Rachel Jones Ashleigh Brown	

2019-2020 PARTICIPANT ENTRY FORM

School: _____

Boys

<u>Name</u>	<u>Date-of-Birth</u> <u>Month/Day/Year</u>	<u>*T-Shirt</u> <u>Size</u>
1. _____	_____	_____
2. _____	_____	_____
Alternate: _____	_____	_____

Girls

<u>Name</u>	<u>Date-of-Birth</u> <u>Month/Day/Year</u>	<u>*T-Shirt</u> <u>Size</u>
1. _____	_____	_____
2. _____	_____	_____
Alternate: _____	_____	_____

Coach T-shirt Size _____

OPTIONAL: If you wish to purchase T-shirts for alternates, enclose **\$10.00** for each alternate.
MAKE THE SCHOOL'S CHECK PAYABLE TO E.B.R.P.S.S. ELEMENTARY FITNESS MEET.

I hereby certify the validity of the dates-of-birth for the above-named students.

Principal _____ School Phone _____

Coach _____ Cell Phone _____

****A copy of the LHSAA medical examination form (updated June 2018 – see attached) for each participant must be attached to this entry form.**

T-Shirt Sizes:	<u>Youth</u>	<u>Adult</u>	<u>Adult</u>
	Youth Medium	Small (34-36)	X-Large
	Youth Large	Medium (38-40)	2 X-Large (\$3 extra)
	Youth X-Large	Large	

Allow 3 days for Pony delivery.

!!! DEADLINE!!! Thursday, February 27, 2020
NO ENTRIES WILL BE ACCEPTED AFTER 4:00 PM ON THIS DATE.

EAST BATON ROUGE PARISH ELEMENTARY FITNESS MEET - GIRL'S SCORE SHEET

POINTS	50 YD DASH	SHUTTLE RUN	PULL UPS	STANDING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
25				5'4"		3:09		25
24	8.7	11.2				3:10		24
23						3:11	13	23
22				5'3"	20	3:12		22
21						3:13		21
20			1			3:14	12	20
19	8.8	11.3		5'2"		3:15		19
18						3:16		18
17					19	3:17	11	17
16				5'1"		3:18		16
15						3:19		15
14	8.9	11.4				3:20	10	14
13				5'0"		3:21		13
12					18	3:22		12
11						3:23	9	11
10				4'11"		3:24		10
9	9.0	11.5				3:25		9
8						3:26	8	8
7				4'10"	17	3:27		7
6						3:28		6
5						3:29	7	5
4	9.1	11.6		4'9"		3:30		4
3						3:31		3
2					16	3:32	6	2
1				4'8"		3:33		1

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EAST BATON ROUGE PARISH ELEMENTARY FITNESS MEET - GIRL'S SCORE SHEET

POINTS	50 YD DASH	SHUTTLE RUN	PULL UPS	STANDING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
50	8.1	10.6	3		31	2:44	22	50
49				6'0"		2:45		49
48					30	2:46		48
47	8.2	10.7				2:47	21	47
46				5'11"	29	2:48		46
45						2:49		45
44					28	2:50	20	44
43	8.3	10.8		5'10"		2:51		43
42					27	2:52		42
41						2:53	19	41
40				5'9"	26	2:54		40
39	8.4	10.9				2:55		39
38					25	2:56	18	38
37				5'8"		2:57		37
36					24	2:58		36
35			2			2:59	17	35
34	8.5	11.0		5'7"	23	3:00		34
33						3:01		33
32					22	3:02	16	32
31				5'6"		3:03		31
30						3:04		30
29	8.6	11.1				3:05	15	29
28				5'5"		3:06		28
27					21	3:07		27
26						3:08	14	26

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EAST BATON ROUGE PARISH ELEMENTARY FITNESS MEET - GIRL'S SCORE SHEET

POINTS	50 YD DASH	SHUTTLE RUN	PULL UPS	STANDING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
75			5			2:19		75
74					43	2:20		74
73	7.4	9.9		6'8"		2:21	30	73
72					42	2:22		72
71						2:23		71
70	7.5	10.0		6'7"	41	2:24	29	70
69						2:25		69
68					40	2:26		68
67	7.6	10.1		6'6"		2:27	28	67
66					39	2:28		66
65			4			2:29		65
64	7.7	10.2		6'5"	38	2:30	27	64
63						2:31		63
62					37	2:32		62
61	7.8	10.3		6'4"		2:33	26	61
60					36	2:34		60
59						2:35		59
58	7.9	10.4		6'3"	35	2:36	25	58
57						2:37		57
56					34	2:38		56
55				6'2"		2:39	24	55
54	8.0	10.5			33	2:40		54
53						2:41		53
52				6'1"	32	2:42	23	52
51						2:43		51

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EAST BATON ROUGE PARISH ELEMENTARY FITNESS MEET - GIRL'S SCORE SHEET

POINTS	50 YD DASH	SHUTTLE RUN	PULL UPS	STANDING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
100	6.5	9.0	9	7'5"	56	1:54	41	100
99						1:55	40	99
98					55	1:56	39	98
97	6.6	9.1		7'4"		1:57	38	97
96					54	1:58		96
95			8			1:59		95
94	6.7	9.2		7'3"	53	2:00	37	94
93						2:01		93
92					52	2:02		92
91	6.8	9.3		7'2"		2:03	36	91
90			7		51	2:04		90
89						2:05		89
88	6.9	9.4		7'1"	50	2:06	35	88
87						2:07		87
86					49	2:08		86
85	7.0	9.5	6	7'0"		2:09	34	85
84					48	2:10		84
83						2:11		83
82	7.1	9.6		6'11"	47	2:12	33	82
81						2:13		81
80					46	2:14		80
79	7.2	9.7		6'10"		2:15	32	79
78					45	2:16		78
77						2:17		77
76	7.3	9.8		6'9"	44	2:18	31	76

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EAST BATON ROUGE PARISH ELEMENTARY FITNESS MEET - GIRL'S SCORE SHEET

POINTS	50 YD DASH	SHUTTLE RUN	PULL UPS	STANDING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
125	5.7	8.5	18	8'2"	81	1:29	66	125
124			17		80	1:30	65	124
123				8'1"	79	1:31	64	123
122					78	1:32	63	122
121	5.8		16	8'0"	77	1:33	62	121
120		8.6			76	1:34	61	120
119					75	1:35	60	119
118	5.9		15	7'11"	74	1:36	59	118
117					73	1:37	58	117
116					72	1:38	57	116
115	6.0	8.7	14	7'10"	71	1:39	56	115
114					70	1:40	55	114
113					69	1:41	54	113
112	6.1		13	7'9"	68	1:42	53	112
111					67	1:43	52	111
110		8.8			66	1:44	51	110
109	6.2		12	7'8"	65	1:45	50	109
108					64	1:46	49	108
107					63	1:47	48	107
106	6.3		11	7'7"	62	1:48	47	106
105		8.9			61	1:49	46	105
104					60	1:50	45	104
103	6.4		10	7'6"	59	1:51	44	103
102					58	1:52	43	102
101					57	1:53	42	101

EAST BATON ROUGE PARISH ELEMENTARY FITNESS MEET - BOY'S SCORE SHEET

POINTS	50 YD DASH	SHUTTLE RUN	PULL UPS	STANDING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
25				5'3"	12	3:03		25
24	8.4	10.8			11	3:04		24
23					10	3:05	9	23
22				5'2"	9	3:06		22
21					8	3:07		21
20					7	3:08	8	20
19	8.5	10.9		5'1"	6	3:09		19
18					5	3:10		18
17			1		4	3:11	7	17
16				5'0"	3	3:12		16
15					2	3:13		15
14	8.6	11.0			1	3:14	6	14
13				4'11"		3:15		13
12						3:16		12
11						3:17	5	11
10						3:18		10
9	8.7	11.1				3:19		9
8						3:20	4	8
7						3:21		7
6						3:22		6
5						3:23	3	5
4	8.8	11.2				3:24		4
3						3:25		3
2						3:26	2	2
1						3:27		1

EAST BATON ROUGE PARISH ELEMENTARY FITNESS MEET - BOY'S SCORE SHEET

POINTS	50 YD DASH	SHUTTLE RUN	PULL UPS	STANDING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
50	7.8	10.2		6'3"	37	2:38	18	50
49					36	2:39		49
48				6'2"	35	2:40		48
47	7.9	10.3			34	2:41	17	47
46				6'1"	33	2:42		46
45					32	2:43		45
44			4	6'0"	31	2:44	16	44
43	8.0	10.4			30	2:45		43
42				5'11"	29	2:46		42
41					28	2:47	15	41
40				5'10"	27	2:48		40
39	8.1	10.5			26	2:49		39
38				5'9"	25	2:50	14	38
37					24	2:51		37
36				5'8"	23	2:52		36
35			3		22	2:53	13	35
34	8.2	10.6		5'7"	21	2:54		34
33					20	2:55		33
32				5'6"	19	2:56	12	32
31					18	2:57		31
30				5'5"	17	2:58		30
29	8.3	10.7			16	2:59	11	29
28				5'4"	15	3:00		28
27					14	3:01		27
26			2		13	3:02	10	26

EAST BATON ROUGE PARISH ELEMENTARY FITNESS MEET - BOY'S SCORE SHEET

POINTS	50 YD DASH	SHUTTLE RUN	PULL UPS	STANDING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
75			9			2:13		75
74				7'3"	48	2:14		74
73	7.1	9.5				2:15	26	73
72				7'2"		2:16		72
71			8		47	2:17		71
70	7.2	9.6		7'1"		2:18	25	70
69						2:19		69
68				7'0"	46	2:20		68
67	7.3	9.7	7			2:21	24	67
66				6'11"	45	2:22		66
65						2:23		65
64	7.4	9.8		6'10"	44	2:24	23	64
63						2:25		63
62				6'9"	43	2:26		62
61	7.5	9.9				2:27	22	61
60			6	6'8"	42	2:28		60
59						2:29		59
58	7.6	10.0		6'7"	41	2:30	21	58
57						2:31		57
56				6'6"	40	2:32		56
55						2:33	20	55
54	7.7	10.1		6'5"	39	2:34		54
53						2:35		53
52			5	6'4"	38	2:36	19	52
51						2:37		51

EAST BATON ROUGE PARISH ELEMENTARY FITNESS MEET - BOY'S SCORE SHEET

POINTS	50 YD DASH	SHUTTLE RUN	PULL UPS	STANDING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
100	6.2	8.6	16	8'0"	57	1:48	37	100
99						1:49	36	99
98					56	1:50	35	98
97	6.3	8.7	15	7'11"		1:51	34	97
96						1:52		96
95					55	1:53		95
94	6.4	8.8	14	7'10"		1:54	33	94
93						1:55		93
92					54	1:56		92
91	6.5	8.9	13	7'9"		1:57	32	91
90						1:58		90
89					53	1:59		89
88	6.6	9.0		7'8"		2:00	31	88
87			12			2:01		87
86					52	2:02		86
85	6.7	9.1		7'7"		2:03	30	85
84						2:04		84
83			11		51	2:05		83
82	6.8	9.2		7'6"		2:06	29	82
81						2:07		81
80					50	2:08		80
79	6.9	9.3	10	7'5"		2:09	28	79
78						2:10		78
77					49	2:11		77
76	7.0	9.4		7'4"		2:12	27	76

EAST BATON ROUGE PARISH ELEMENTARY FITNESS MEET - BOY'S SCORE SHEET

POINTS	50 YD DASH	SHUTTLE RUN	PULL UPS	STANDING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
125	5.7	8.1	23	8'10"	82	1:23	62	125
124					81	1:24	61	124
123				8'9"	80	1:25	60	123
122			22		79	1:26	59	122
121				8'8"	78	1:27	58	121
120	5.8	8.2			77	1:28	57	120
119				8'7"	76	1:29	56	119
118			21		75	1:30	55	118
117				8'6"	74	1:31	54	117
116					73	1:32	53	116
115	5.9	8.3		8'5"	72	1:33	52	115
114			20		71	1:34	51	114
113					70	1:35	50	113
112				8'4"	69	1:36	49	112
111					68	1:37	48	111
110	6.0	8.4	19		67	1:38	47	110
109				8'3"	66	1:39	46	109
108					65	1:40	45	108
107					64	1:41	44	107
106			18	8'2"	63	1:42	43	106
105	6.1	8.5			62	1:43	42	105
104					61	1:44	41	104
103			17	8'1"	60	1:45	40	103
102					59	1:46	39	102
101					58	1:47	38	101

LHSAA MEDICAL HISTORY EVALUATION

IMPORTANT: This form must be completed annually, kept on file with the school, & is subject to inspection by the Rules Compliance Team.

Please Print

Name: _____ School: _____ Grade: _____ Date: _____
 Sport(s): _____ Sex: M / F Date of Birth: _____ Age: _____ Cell Phone: _____
 Home Address: _____ City: _____ State: _____ Zip Code: _____ Home Phone: _____
 Parent / Guardian: _____ Employer: _____ Work Phone: _____

FAMILY MEDICAL HISTORY: Has any member of your family under age 50 had these conditions?

Yes	No	Condition	Whom	Yes	No	Condition	Whom	Yes	No	Condition	Whom
<input type="checkbox"/>	<input type="checkbox"/>	Heart Attack/Disease	_____	<input type="checkbox"/>	<input type="checkbox"/>	Sudden Death	_____	<input type="checkbox"/>	<input type="checkbox"/>	Arthritis	_____
<input type="checkbox"/>	<input type="checkbox"/>	Stroke	_____	<input type="checkbox"/>	<input type="checkbox"/>	High Blood Pressure	_____	<input type="checkbox"/>	<input type="checkbox"/>	Kidney Disease	_____
<input type="checkbox"/>	<input type="checkbox"/>	Diabetes	_____	<input type="checkbox"/>	<input type="checkbox"/>	Sickle Cell Trait/Anemia	_____	<input type="checkbox"/>	<input type="checkbox"/>	Epilepsy	_____

ATHLETE'S ORTHOPAEDIC HISTORY: Has the athlete had any of the following injuries?

Yes	No	Condition	Date	Yes	No	Condition	Date	Yes	No	Condition	Date
<input type="checkbox"/>	<input type="checkbox"/>	Head Injury / Concussion	_____	<input type="checkbox"/>	<input type="checkbox"/>	Neck Injury / Stinger	_____	<input type="checkbox"/>	<input type="checkbox"/>	Shoulder L / R	_____
<input type="checkbox"/>	<input type="checkbox"/>	Elbow L / R	_____	<input type="checkbox"/>	<input type="checkbox"/>	Arm / Wrist / Hand L / R	_____	<input type="checkbox"/>	<input type="checkbox"/>	Back	_____
<input type="checkbox"/>	<input type="checkbox"/>	Hip L / R	_____	<input type="checkbox"/>	<input type="checkbox"/>	Thigh L / R	_____	<input type="checkbox"/>	<input type="checkbox"/>	Knee L / R	_____
<input type="checkbox"/>	<input type="checkbox"/>	Lower Leg L / R	_____	<input type="checkbox"/>	<input type="checkbox"/>	Chronic Shin Splints	_____	<input type="checkbox"/>	<input type="checkbox"/>	Ankle L / R	_____
<input type="checkbox"/>	<input type="checkbox"/>	Foot L / R	_____	<input type="checkbox"/>	<input type="checkbox"/>	Severe Muscle Strain	_____	<input type="checkbox"/>	<input type="checkbox"/>	Pinched Nerve	_____
<input type="checkbox"/>	<input type="checkbox"/>	Chest	_____	Previous Surgeries: _____							

ATHLETE MEDICAL HISTORY: Has the athlete had any of these conditions?

Yes	No	Condition	Yes	No	Condition	Yes	No	Condition
<input type="checkbox"/>	<input type="checkbox"/>	Heart Murmur / Chest Pain / Tightness	<input type="checkbox"/>	<input type="checkbox"/>	Asthma / Prescribed Inhaler	<input type="checkbox"/>	<input type="checkbox"/>	Menstrual irregularities: Last Cycle: _____
<input type="checkbox"/>	<input type="checkbox"/>	Seizures	<input type="checkbox"/>	<input type="checkbox"/>	Shortness of breath / Coughing	<input type="checkbox"/>	<input type="checkbox"/>	Rapid weight loss / gain
<input type="checkbox"/>	<input type="checkbox"/>	Kidney Disease	<input type="checkbox"/>	<input type="checkbox"/>	Hernia	<input type="checkbox"/>	<input type="checkbox"/>	Take supplements/vitamins
<input type="checkbox"/>	<input type="checkbox"/>	Irregular Heartbeat	<input type="checkbox"/>	<input type="checkbox"/>	Knocked out / Concussion	<input type="checkbox"/>	<input type="checkbox"/>	Heat related problems
<input type="checkbox"/>	<input type="checkbox"/>	Single Testicle	<input type="checkbox"/>	<input type="checkbox"/>	Heart Disease	<input type="checkbox"/>	<input type="checkbox"/>	Recent Mononucleosis
<input type="checkbox"/>	<input type="checkbox"/>	High Blood Pressure	<input type="checkbox"/>	<input type="checkbox"/>	Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	Enlarged Spleen
<input type="checkbox"/>	<input type="checkbox"/>	Dizzy / Fainting	<input type="checkbox"/>	<input type="checkbox"/>	Liver Disease	<input type="checkbox"/>	<input type="checkbox"/>	Sickle Cell Trait/Anemia
<input type="checkbox"/>	<input type="checkbox"/>	Organ Loss (kidney, spleen, etc)	<input type="checkbox"/>	<input type="checkbox"/>	Tuberculosis	<input type="checkbox"/>	<input type="checkbox"/>	Overnight in hospital
<input type="checkbox"/>	<input type="checkbox"/>	Surgery	<input type="checkbox"/>	<input type="checkbox"/>	Prescribed EPI PEN	<input type="checkbox"/>	<input type="checkbox"/>	Allergies (Food, Drugs) _____
<input type="checkbox"/>	<input type="checkbox"/>	Medications _____						

List Dates for: Last Tetanus Shot: _____ Measles Immunization: _____ Meningitis Vaccine: _____

PARENTS' WAIVER FORM

To the best of our knowledge, we have given true & accurate information & hereby grant permission for the physical screening evaluation. We understand the evaluation involves a limited examination and the screening is not intended to nor will it prevent injury or sudden death. We further understand that if the examination is provided without expectation of payment, there shall be no cause of action pursuant to Louisiana R.S. 9:2798 against the team volunteer health-care provider and/or employer under Louisiana law.

This waiver, executed on the date below by the undersigned medical doctor, osteopathic doctor, nurse practitioner or physician's assistant and parent of the student athlete named above, is done so in compliance with Louisiana law with the full understanding that there shall be no cause of action for any loss or damage caused by any act or omission related to the health care services if rendered voluntarily and without expectation of payment herein unless such loss or damage was caused by gross negligence. Additionally,

- If, in the judgment of a school representative, the named student-athlete needs care or treatment as a result of an injury or sickness, I do hereby request, consent and authorize for such care as may be deemed necessary. Yes No
- I understand that if the medical status of my child changes in any significant manner after his/her physical examination, I will notify his/her principal of the change immediately. Yes No
- I give my permission for the athletic trainer to release information concerning my child's injuries to the head coach/athletic director/principal of his/her school. Yes No
- By my signature below, I am agreeing to allow my child's medical history/exam form and all eligibility forms to be reviewed by the LHSAA or its Representative(s). Yes No

Date Signed by Parent _____

Signature of Parent _____

Typed or Printed Name of Parent _____

II. COMPLETED ANNUALLY BY MEDICAL DOCTOR (MD), OSTEOPATHIC DR. (DO), NURSE PRACTITIONER (APRN) or PHYSICIAN'S ASSISTANT (PA)

Height _____ Weight _____ Blood Pressure _____ Pulse _____

GENERAL MEDICAL EXAM :

	Norm	Abnl
ENT	<input type="checkbox"/>	<input type="checkbox"/>
Lungs	<input type="checkbox"/>	<input type="checkbox"/>
Heart	<input type="checkbox"/>	<input type="checkbox"/>
Abdomen	<input type="checkbox"/>	<input type="checkbox"/>
Skin	<input type="checkbox"/>	<input type="checkbox"/>
Hernia	<input type="checkbox"/>	<input type="checkbox"/>
(if Needed)		

COMMENTS: _____

OPTIONAL EXAMS:

VISION: _____
 L: _____ R: _____ Corrected: _____
 DENTAL: _____
 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16
 31 30 29 28 27 26 25 24 23 22 21 20 19 18 17

ORTHOPAEDIC EXAM :

	Norm	Abnl
I. Spine / Neck		
Cervical	<input type="checkbox"/>	<input type="checkbox"/>
Thoracic	<input type="checkbox"/>	<input type="checkbox"/>
Lumbar	<input type="checkbox"/>	<input type="checkbox"/>
II. Upper Extremity		
Shoulder	<input type="checkbox"/>	<input type="checkbox"/>
Elbow	<input type="checkbox"/>	<input type="checkbox"/>
Wrist	<input type="checkbox"/>	<input type="checkbox"/>
Hand / Fingers		
III. Lower Extremity		
Hip	<input type="checkbox"/>	<input type="checkbox"/>
Knee	<input type="checkbox"/>	<input type="checkbox"/>
Ankle	<input type="checkbox"/>	<input type="checkbox"/>

From this limited screening I see no reason why this student cannot participate in athletics.

- ☐ Student is cleared
☐ Cleared after further evaluation and treatment for: _____
☐ Not cleared for: __contact __non-contact

Printed Name of MD, DO, APRN or PA _____

Signature of MD, DO, APRN or PA _____

Date of Medical Examination _____

This physical is good from July 1, 2019 to June 30, 2020 and must be signed and dated by the MD, DO, APRN or PA.



FIELD TRIP REQUEST FORM

1. Activities and Approximate Dates: (To be completed by the School)			
2. I do hereby grant permission for the following student to attend and participate in the described activities.			
<u>Student Name (Please Print)</u> <hr/>	<u>Student ID Number</u> <hr/>	<u>School Name</u> <hr/>	
<u>Parent or Legal Guardian Name</u> (Please Print) <hr/>	<u>Legal Relationship</u> <input type="checkbox"/> Parent <input type="checkbox"/> Foster Parent <input type="checkbox"/> Legal Guardian	<u>Signature</u> <hr/>	<u>Date</u> <hr/>
3. AUTHORIZATION TO PROVIDE MEDICAL TREATMENT In the event of any injury sustained in the course of the above activity, school system representatives are authorized to render necessary medical treatment to the student listed above. Signature of Parent or Legal Guardian: _____			
4. RELEASE OF MEDICAL RECORDS AND REPORTS You or any physician, hospital, clinic or medical care provider are authorized to furnish to the East Baton Rouge Parish School Board, all medical records, information, facts, and particulars which may be requested and to furnish them copies of such. This information is to be used for the purposes of evaluating and handling this student's claim of injury as a result of the accident on the date indicated in Section 5. A photocopy of this form may be accepted with the same authority as the original. Signature of Parent or Legal Guardian: _____			
5. TO BE COMPLETED BY PHYSICIAN <i>ONLY</i> IN THE EVENT OF INJURY			
Date of Injury _____ Initial Diagnosis _____			
_____ Signature of Physician or Authorized Representative		_____ Date	
_____ Name, Address, and Phone Number of Medical Facility		_____ Date	