



**HAPPY**  
 4<sup>th</sup> of  
 July

WILMOT UHS NEWSLETTER

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**BOARD OF EDUCATION MEETINGS:**

**WORKING SESSION:**  
 JULY 8TH - 4:30 PM

**REGULAR BOARD MEETING:**  
 JULY 17TH - 6:00 PM

**LOCATION:**  
 WUHS LIBRARY

**CLICK HERE FOR THE 24-25 BOARD OF EDUCATION CALENDAR**

**CLICK HERE**  
**TO**  
**JOIN OUR EMAIL LIST**

# A MESSAGE FROM THE DISTRICT



Dr. Michael Plourde  
District Administrator

We hope this message finds you well and you're enjoying a productive and enriching summer. As we reach the midpoint of our Summer School Program, We wanted to take a moment to acknowledge the hard work and dedication of our students, parents, and staff.

## **Achievements and Highlights:**

**Academic Progress:** Our students have been making remarkable strides in their academic pursuits. It is inspiring to see the effort and enthusiasm they bring to each class. Keep up the excellent work!



Rob Kreil  
Principal

**Engagement and Participation:** The level of engagement and participation has been outstanding. From thought-provoking discussions to creative projects, our students are truly making the most of this opportunity.

**Supportive Community:** Our teachers and staff have been exceptional in providing support and encouragement. They are committed to ensuring that every student has the resources and guidance needed to succeed.

We wanted to share a few notes from some of our Summer School Teachers.

### **Ms. Robbins (Math)**

For students who need support for 1 or 2 standards from their Algebra 1 class, Ms. Robbins is working with them over the summer for standards based recovery of those standards. She meets with the students a few times a week via google meet, assigns them practice to work on and videos to watch, and then checks in with them again at her next google meet. This process continues until the student can show proficiency on that standard. Assessments are conducted as interviews throughout the course until the student has shown they understand the content.

### **Ms. Kerman (English)**

Summer School Credit Recovery provides an opportunity for students to catch up on essential skills and knowledge that they may have struggled with during the regular school year. By working one-on-one with a teacher and completing assignments that align with the original standards, students can demonstrate their understanding at their own pace. This specialized course is a great way for students to get back on track academically!

Bridge to High School Reading is designed to equip students with the strategies needed to succeed using high school-level reading. This class focuses on familiarizing students with high school texts in varied formats and genres. Students leave the class with an understanding of what will be expected of them as readers in their high school courses and tools to help them navigate different types of texts. The discussions and group work also helps students gain the confidence to be an active participant in their learning.

## **Ms. Reich & Ms. Barranco (English & Credit Recovery)**

Students are working independently through the programs Edgenuity and Apex. Students are required to check in via Google Meet or Google Form once a week and can also email with any questions that they may have. Teachers monitor student progress and send check-ins at least once per week. Parents are able to monitor their student's Edgenuity progress through weekly progress reports and by logging in to the Edgenuity Parent Portal.

## **Reminders:**

**Attendance:** Consistent attendance is key to maintaining progress. Please continue to ensure your child attends all classes regularly.

**Health and Well-Being:** With the warm weather, staying hydrated and taking breaks as needed is important. If your child is feeling unwell, please let us know so we can provide appropriate support.

We are incredibly proud of the commitment and resilience shown by our students during this summer session. Your hard work is paving the way for future success, and I am confident that you will continue to excel in the coming weeks.

Thank you to our parents for your unwavering support and to our teachers for their dedication and passion. Together, we are creating a vibrant and nurturing learning environment.

Let's continue to make the most of this summer!

*Michael Plourde*

Michael Plourde  
District Administrator



**WILMOT UNION**  
HIGH SCHOOL

*Rob Kreil*

Robert Kreil  
Principal



# AWARD OF HONORABLE MENTION

## PUBLICATIONS & DIGITAL MEDIA AWARDS

presented to

Wilmot Union High School

**for distinguished achievement  
in the category of**

Newsletter

WUHS Today - District Newsletter

*Barbara M. Hunter, APR*

EXECUTIVE DIRECTOR

06/21/2024

DATE





## Direct Admit Wisconsin Program

**Wilmot Union High School is participating in a new state program called Direct Admit Wisconsin.**

Currently, there are 10 Universities involved in the program, which provides a simple, seamless admission experience for students beginning with the Class of 2025.

NO ADMISSION APPLICATION  
NO COST TO PARTICIPATE  
NO APPLICATION FEE  
HASSLE FREE!!!

Direct Admit Wisconsin is designed to provide a place for all Wisconsin high school students to access a world-class public education by proactively offering them admission to the Universities of Wisconsin.

**To facilitate the administration of this program, the following information will be shared by the school with the Universities of Wisconsin:**

Name, WISEid, Local Student District ID, contact information, legal sex, race/ethnicity, GPA and high school transcripts.

There are 10 UWs participating in Direct Admit Wisconsin for Fall 2025. They are UW-Green Bay, UW-Milwaukee, UW-Oshkosh, UW-Parkside, UW-Platteville, UW-River Falls, UW-Stevens Point, UW-Stout, UW-Superior and UW-Whitewater.

For more information check your school email and go to:

**[Direct Admit Wisconsin](#)**

To Compare Direct Admit to Traditional Registration:

**[Click Here](#)**

**If you need assistance or have questions, contact Cindy Duecker at [dueckerc@wilmothis.k12.wi.us](mailto:dueckerc@wilmothis.k12.wi.us) or (262) 862-2351 Ext 324.**

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# UNIVERSITIES OF WISCONSIN

## DIRECT ADMIT WISCONSIN

The Universities of Wisconsin provide a place for all Wisconsin high school students to access a world-class public education. We have a place waiting for you. Start your path to your UW with Direct Admit Wisconsin.

**No admission application!**  
**No application fee!**  
**No cost to participate!**  
**No hassle!**

### Direct Admit Wisconsin Next Steps

- Connect with your school counselor and agree to participate during your junior year.
- Register for senior year classes and make sure you are on track to graduate.
- Look for your Direct Admit letter in July before your senior year!
- Explore and connect with the university or universities offering you direct admission.
- Explore financial aid options and complete the FAFSA, if eligible.
- Make your final decision and say "Yes!" to a UW university.

**Check out the Direct Admit Wisconsin Participating Universities and FAQs on page 2.**



# DIRECT ADMIT WISCONSIN

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## Participating Universities

You could be directly admitted to one or all of these participating Universities and/or branch campuses:

UW-Green Bay  
UW-Milwaukee  
UW-Oshkosh  
UW-Parkside  
UW-Platteville  
UW-River Falls  
UW-Stevens Point  
UW-Stout  
UW-Superior  
UW-Whitewater



## Frequently Asked Questions

### How do I get directly admitted?

You must be enrolled in a participating high school and agree to participate in the program. If you are on track to complete the credits required for admission, you will receive an admission offer through Direct Admit Wisconsin based on your unweighted GPA at the end of your junior year.

### What is the deadline to opt in/opt out?

Students and families in the Class of 2025 must agree to participate by June 3, 2024. Ask your high school counselor how to participate.

### Do I need to submit my ACT or SAT scores to participate in Direct Admit Wisconsin?

No, test scores are not part of the Direct Admit Wisconsin admission criteria. However, a student may need to submit test scores to their selected university for scholarships or course placement.

### What happens if I am not direct admitted to my UW university of interest, or I want to apply to a non-participating university?

Students can and should apply through the traditional online application process for any UW university they want to attend that is not listed in the Direct Admit letter. The application allows students to provide more information about their academic potential, participation in activities, and life circumstances. Some UW universities accept the Common App.

### When will students receive their Direct Admit Wisconsin offer of admission?

Direct Admit Wisconsin offer letters will be sent out in July 2024.

### Is there a deadline to accept my offer?

Yes. You must complete the Direct Admit form by May 1, 2025.

Learn more about Direct Admit Wisconsin and how you can participate at [wisconsin.edu/direct-admissions](https://wisconsin.edu/direct-admissions).





COLLEGE



CAREER

F A I R



SEPTEMBER 25, 2024

5:00-6:30 pm

Would you like to set up a display table at our 2024 College & Career Fair? We'd love to have you join us!

Contact Melissa Sweatman or Karl Richter at the emails below to register.

[sweatmanm@wilmoths.k12.wi.us](mailto:sweatmanm@wilmoths.k12.wi.us)

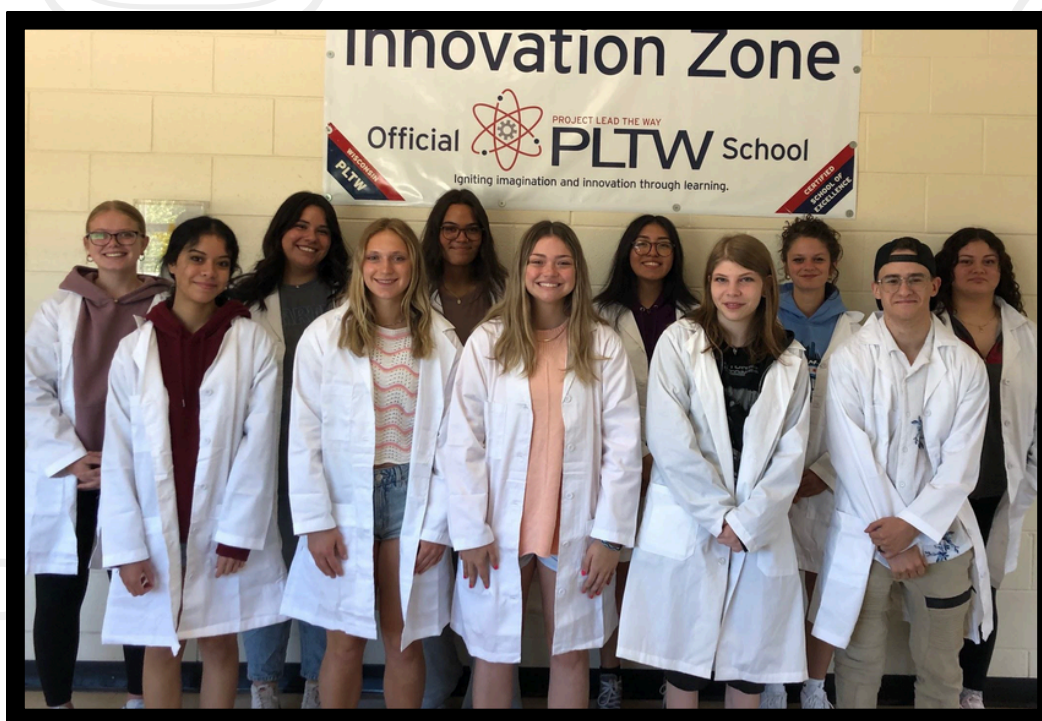
[richter@wilmoths.k12.wi.us](mailto:richter@wilmoths.k12.wi.us)



## PLTW Medical Students Don White Coats, Marking Milestone in Biomedical Journey!

On June 6, the PLTW Medical Interventions students received their white coats during the annual White Coat Ceremony.

The white coat is a symbol of hard work, dedication and commitment to the medical field and to the sciences. This ceremony is a celebration of our students' accomplishments in the PLTW Biomedical Sciences program and the next steps that they will be taking.



# SUMMER FITNESS



**During Summer Fitness students ranging from our incoming freshman to our seniors have the opportunity to work side by side in the weight room to increase strength, speed and overall fitness. The workout plans are created to get our student athletes prepared for their sports next school year, but is open to all students. We have students that participate in basketball, volleyball, football, baseball, softball, track, wrestling, golf, and soccer and students that are not in athletics that just want to lift.**

**105 of our students have the unique opportunity to workout with athletes from other sports. This builds an overall positive and respectful environment for all our students by encouraging and pushing each other each day to finish a set or sprint, regardless of sport. During class, students learn the proper lifting techniques, spotting, running form and stretching/yoga/meditation and most importantly, teamwork and communication skills that will help them into the future.**

**A MESSAGE FROM  
STUDENT SERVICES & CTE**

**For the 2024-2025 School Year:**

The counselors' caseloads are being adjusted due to the staffing adjustments.

This will impact any discussion surrounding the 2024-2025 school year and beyond.

The caseload breakdown will be as follows, based on last names:

Mrs. Runte: A-F

Mrs. Pye: G-Ma

Mr. Richter: Mb-So

\*\*Mrs. Sweatman: Sp-Z

\*\*Mrs. Sweatman will be working part-time next year. Her scheduled work days will be Tuesdays, Wednesdays, and Fridays. If her students need to speak to someone on Mondays or Thursdays, other Student Services staff will be available.



Jessica Runte  
School Counselor



Karl Richter  
School Counselor



Melissa Sweatman  
School Counselor



Kristen Pye  
School Counselor

## FEATURED RESOURCES

**Click on the WUHS logo below to visit our website!**



**Share a moment when a Wilmot staff member made a positive impact in your life by clicking on the photo below.**



**Don't miss out!  
Click the logo and  
follow our page  
for daily updates!**



# COMMUNITY OUTREACH

**BECOME A FITNESS  
CENTER MEMBER  
TODAY!**



**SCAN ME**



<u>Membership Pricing</u>	<u>Resident</u>	<u>Non-Resident</u>
Family Membership	\$180	\$280
Individual Membership	\$100	\$200
Individual 6 month Membership	\$60	\$120
Individual Quarterly Membership	\$35	\$70
College Student Membership	\$35	\$35
Wilmot UHS & Feeder School Retiree Membership	\$35	\$35
45 minute classes- 8 classes	\$45	\$45
60 minute classes- 8 classes	\$55	\$55
Drop in fee	\$8	\$8

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Register for all of our summer offerings by following the link below or drop in for \$8 per class!

[Community Outreach Summer Fitness Classes](#)



# SUMMER FITNESS CLASSES ARE IN FULL SWING

Enter through Entrance T and check in at the Fitness Center front desk.

Classes offered:

- Monday AM Balance Strength and Stability 5:30 AM – 6:30 AM
- Monday PM Spin: 6:00 PM – 7:00 PM
- Tuesday PM Balance Strength and Stability: 5:30 PM – 6:30 PM
- Wednesday PM Yoga Flow: 6:15 PM – 7:15 PM
- Thursday AM Total Body: 5:30 AM – 6:30 AM
- Saturday AM Total Body: 7:00 AM – 8:00 AM

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**WILMOT UNION HIGH SCHOOL  
COMMUNITY OUTREACH**

# Outdoor Pickleball!

*Wilmot UHS Sports Complex*

**MONDAY - FRIDAY:**

**6:00 AM - 2:30 PM & 5:30 PM - SUNSET**

**WEEKENDS: 6:00 - SUNSET**

**Free!** ✨ ✨ ✨

**OPEN TO ALL AGES!**

**BRING YOUR OWN PADDLE  
AND BALL!**

✨ ✨ ✨ **See You There!**

## Upcoming Sports Camps at WUHS for Youth & High School Students:

### **Volleyball Boys Skills Summer Camp**

Dates: July 9, 11, 16, 18, 23, 25, 30 (Tues & Thurs)

Time: 5:00PM-7:30PM

### **Boys Basketball - Individual Fundamentals Camp**

Dates: July 1, 2, 8, 9

Time: 1:00PM-2:30PM

### **Mighty Mites Summer Basketball Camp**

Dates: July 8, 11

Time: 2:45 PM - 3:45PM

### **Girls Basketball Speed & Agility Summer Camp**

Dates: July 2, 9, 11, 16, 18, 23, 25, 30 (Tues & Thurs)

Time: 1:00PM-2:45PM

**Camps will be open for registration on the [Community Outreach Class Registration Webpage.](#)**



**The Parent Co-Curricular  
Mandatory Meeting will be  
held on Aug. 7, 2024 at 6:30  
PM in the Auditorium.**





## WUHS ATHLETICS

[www.wilmothighschool.com/athleticsactivities/activities.cfm](http://www.wilmothighschool.com/athleticsactivities/activities.cfm)

### **Fall Sports Start Dates:**

Football – Tuesday, August 6, 2024

Girls Golf – Monday, August 12, 2024

Girls Tennis – Tuesday, August 13, 2024

Cross Country (Boys & Girls) – Monday, August 19, 2024

Girls Volleyball – Monday, August 19, 2024

Boys Volleyball – Monday, August 19, 2024

Girls Swimming & Diving (Co-Op with Lake Geneva Badger High School) – Monday, August 12, 2024

Boys Soccer – Monday, August 19, 2024

Sideline Cheer – Tuesday, August 6, 2024

### **Winter Sports Start Dates:**

Boys Basketball – Monday, November 18, 2024

Girls Basketball – Monday, November 11, 2024

Wrestling (Boys & Girls) – Monday, November 18, 2024

Boys Swimming & Diving (Co-Op with Lake Geneva Badger High School) – Monday, November 18, 2024

Gymnastics – Monday, November 11, 2024

Ice Hockey (Co-Op with Kenosha Thunder) – Monday, November 11, 2024

Competition Cheer – TBD

### **Spring Sports Start Dates:**

Track & Field (Boys & Girls) – Monday, March 10, 2025

Softball – Monday, March 17, 2025

Girls Soccer – Monday, March 24, 2025

Baseball – Monday, March 24, 2025

Boys Tennis – Monday, March 31, 2025

Boys Golf – Monday, March 31, 2025

# ATHLETICS & ACTIVITIES

## **Fall Sports Contacts:**

Football – Keiya Square; [squarek@wilmoths.k12.wi.us](mailto:squarek@wilmoths.k12.wi.us)

Girls Golf – Jerry Christiansen; [christiansenj@wilmoths.k12.wi.us](mailto:christiansenj@wilmoths.k12.wi.us)

Girls Tennis – Lisa Obertin; [obertinl@wilmoths.k12.wi.us](mailto:obertinl@wilmoths.k12.wi.us)

Cross Country (Boys & Girls) – Tara Smith; [smithta@wilmoths.k12.us](mailto:smithta@wilmoths.k12.us)

Girls Volleyball – Meaghan Biba; [bibam@wilmoths.k12.wi.us](mailto:bibam@wilmoths.k12.wi.us)

Boys Volleyball – David Riedl; [davidariedl@hotmail.com](mailto:davidariedl@hotmail.com)

Girls Swimming & Diving (Co-Op with Lake Geneva Badger High School) – Alison Whowell; [Alison@gordysboats.com](mailto:Alison@gordysboats.com)

Boys Soccer – Jeremy Betz; [jeremy@betz.mx](mailto:jeremy@betz.mx)

Sideline Cheer – Nina Scott & Bella Schlosser; [wilmotunioncheerleading@gmail.com](mailto:wilmotunioncheerleading@gmail.com)

## **Winter Sports Contacts:**

Boys Basketball – Jake Erbenraut; [erbenrautj@wilmoths.k12.wi.us](mailto:erbenrautj@wilmoths.k12.wi.us)

Girls Basketball – Keith Skrzynecki; [skrzyneckik@wilmoths.k12.wi.us](mailto:skrzyneckik@wilmoths.k12.wi.us)

Wrestling – Ryan Gartner; [gartnerr@wilmoths.k12.wi.us](mailto:gartnerr@wilmoths.k12.wi.us)

Boys Swimming & Diving (Co-Op with Lake Geneva Badger High School) – Glen Biller; [glen.biller@badger.k12.wi.us](mailto:glen.biller@badger.k12.wi.us)

Gymnastics – Jordin Miller; [millerj@wilmoths.k12.wi.us](mailto:millerj@wilmoths.k12.wi.us)

Ice Hockey (Co-Op with Kenosha Thunder) – Joseph Trifone; [joetri63@gmail.com](mailto:joetri63@gmail.com)

Competitive Cheer – Nina Scott & Bella Schlosser;  
[wilmotunioncheerleading@gmail.com](mailto:wilmotunioncheerleading@gmail.com)

## **Spring Sports Contacts:**

Track & Field (Boys & Girls) – Sara Knapp; [knapps@wilmoths.k12.wi.us](mailto:knapps@wilmoths.k12.wi.us)

Softball – Jacob Mudge; [mudgej@wilmoths.k12.wi.us](mailto:mudgej@wilmoths.k12.wi.us)

Girls Soccer – Jeremy Betz; [jeremy@betz.mx](mailto:jeremy@betz.mx)

Baseball – Karl Richter; [richter@wilmoths.k12.wi.us](mailto:richter@wilmoths.k12.wi.us)

Boys Tennis – Lisa Obertin; [obertinl@wilmoths.k12.wi.us](mailto:obertinl@wilmoths.k12.wi.us)

Boys Golf – Dan Burch; [burchd@wilmoths.k12.wi.us](mailto:burchd@wilmoths.k12.wi.us)



(262) 862-2351 xt. 311  
www.wilmouthighschool.com

# WUHS ATHLETIC REGISTRATION

**ATHLETIC REGISTRATION MUST BE COMPLETED ONLINE THROUGH THE  
WILMOT UNION HIGH SCHOOL WEBSITE.**

## Steps for Online Registration

***Registration for the 2024-2025 School Year opens July 1st, 2024!***

1. Click on the Menu tab located at the top of the homepage.
2. Choose Athletic/Activity on the toolbar then click on Athletic Registration.
3. Select New Users-Create an Account or Returning Users-Login Here.
4. Once you have logged into your account you may start the registration form by selecting Register (highlighted blue) then register a new student or select your student's name.
5. The physical clearance form can be uploaded during the registration process or a hard copy can be handed into the athletic office.
6. Complete the online registration process and pay the \$60.00 athletic registration fee per sport. (Family maximum of \$180.00 per year)
7. Once you complete these steps, you are registered and may participate in Wilmot Union High School Athletics.

## Physical Examination

The physical exam form (clearance form) needs to be taken to your physician for signature and date. This is the only form that will be handed into the athletic office. This form is available in the athletic office or under the "Other Forms" tab on the Athletic Registration.

***PHYSICAL EXAMINATIONS TAKEN AFTER APRIL 1 AND THEREAFTER ARE VALID FOR THE FOLLOWING TWO SCHOOL YEARS; PHYSICAL EXAMINATIONS TAKEN BEFORE APRIL 1 ARE VALID ONLY FOR THE REMAINDER OF THAT SCHOOL YEAR AND FOLLOWING SCHOOL YEAR."***

## **Alternative locations other than your primary physician:**

**Kenosha Urgicare - <https://kenoshaurgicare.com/>**

Appointments or walk-ins welcome; \$40.00

**CVS Minute Clinic - <https://www.cvs.com/minuteclinic/>**

- Appointments are highly recommended or walk-ins are welcome on a first come first serve basis
- Insurance is not accepted for physicals, payment is due at the time of visit; \$69.00

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**For questions about your child's physical status or assistance with registration, please contact the Athletics & Activities Office.**

**IMPORTANT:**

**If you can't remember your username/password, contact the Athletics & Activities Office for account information or a password reset.**

**ATHLETIC REGISTRATION FOR THE 2024-25 SCHOOL YEAR  
WILL OPEN ON JULY 1, 2024.**



**SCAN ME**

**Athletic Registration**

# ATHLETICS & ACTIVITIES PHYSICAL FORM

## PREPARTICIPATION PHYSICAL EVALUATION

### HISTORY FORM

Note: Complete and sign this form (with your parents if younger than 18) before your appointment.  
 Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_  
 Date of examination: \_\_\_\_\_ Sport(s): \_\_\_\_\_  
 Sex assigned at birth (F, M, or intersex): \_\_\_\_\_ How do you identify your gender? (F, M, or other): \_\_\_\_\_

List past and current medical conditions. \_\_\_\_\_  
 Have you ever had surgery? If yes, list all past surgical procedures. \_\_\_\_\_  
 Medicines and supplements: List all current prescriptions, over-the-counter medicines, and supplements (herbal and nutritional). \_\_\_\_\_  
 Do you have any allergies? If yes, please list all your allergies (ie, medicines, pollens, food, stinging insects). \_\_\_\_\_

Patient Health Questionnaire Version 4 (PHQ-4)  
 Over the last 2 weeks, how often have you been bothered by any of the following problems? (Circle response.)

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

(A sum of ≥3 is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes.)

GENERAL QUESTIONS	Yes	No
1. Do you have any concerns that you would like to discuss with your provider?		
2. Has a provider ever denied or restricted your participation in sports for any reason?		
3. Do you have any ongoing medical issues or recent illness?		
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No
4. Have you ever passed out or nearly passed out during or after exercise?		
5. Have you ever had discomfort, pain, lightheadness, or pressure in your chest during exercise?		
6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?		
7. Has a doctor ever told you that you have any heart problems?		
8. Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography.		

HEART HEALTH QUESTIONS ABOUT YOU (CONTINUED)	Yes	No
9. Do you get light-headed or feel shorter of breath than your friends during exercise?		
10. Have you ever had a seizure?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No
11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)?		
12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?		
13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?		

## PREPARTICIPATION PHYSICAL EVALUATION

### MEDICAL ELIGIBILITY FORM

WISCONSIN INTERSCHOLASTIC ATHLETIC ASSOCIATION – ATHLETIC PERMIT CARD  
 (Print or Type)

ALL STUDENTS PARTICIPATING IN INTERSCHOLASTIC ATHLETICS MUST HAVE THIS CARD ON FILE AT THEIR SCHOOL PRIOR TO PRACTICE OR PARTICIPATION  
 Physical examination taken April 1 and thereafter is valid for the following two school years; physical examination taken before April 1 is valid only for the remainder of that school year and the following school year.

NAME (Last) \_\_\_\_\_ (First) \_\_\_\_\_ (Middle Initial) \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Age \_\_\_\_\_ Sex assigned at birth (F, M or intersex) \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_ City \_\_\_\_\_  
 Present Address \_\_\_\_\_ Telephone \_\_\_\_\_

Medically eligible for all sports without restriction  
 Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of \_\_\_\_\_  
 Medically eligible for certain sports \_\_\_\_\_  
 Not medically eligible pending further evaluation  
 Not medically eligible for any sports  
 Recommendations: \_\_\_\_\_

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical exam findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of health care professional (Print/Type) \_\_\_\_\_  
 SIGNATURE OF HEALTH CARE PROFESSIONAL (MD OR DO)/PA/NP/PT: \_\_\_\_\_  
 Clinic Name \_\_\_\_\_  
 Address/Clinic \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Telephone \_\_\_\_\_ Date of Examination \_\_\_\_\_  
 \* PHYSICIANS may authorize Nurse Practitioners to stamp this card with the physician's signature or the name of the clinic in which the physician is affiliated.

Parents' Place of Employment \_\_\_\_\_  
 Family Physician \_\_\_\_\_ Family Dentist \_\_\_\_\_  
 Name of Private Insurance Carrier \_\_\_\_\_ Telephone \_\_\_\_\_  
 Subscriber Member Name (Primary Insured) \_\_\_\_\_  
 Emergency Information  
 Allergies \_\_\_\_\_  
 Medications \_\_\_\_\_  
 Other Information \_\_\_\_\_

Recommendations  Up to date (see attached documentation)  Not up to date - specify \_\_\_\_\_  
 (e.g., tetanus/diphtheria, measles, mumps, rubella; hepatitis A, B; influenza; polio/meningitis; pneumococcal; varicella)

1. I hereby give my permission for the above named student to practice and compete and represent the school in WIAA approved interscholastic sports except those restricted on this card.  
 2. Pursuant to the requirements of the Health Insurance Portability and Accountability Act of 1996 and the regulations promulgated thereunder (collectively known as "HIPAA"), I authorize health care providers of the student named above, including emergency medical personnel and other similarly trained professionals that may be attending an interscholastic event or practice, to disclose/obtain essential medical information regarding the injury and treatment of this student to appropriate school district personnel such as but not limited to: Principal, Athletic Director, Athletic Trainer, Team Physician, Team Coach, Administrative Assistant to the Athletic Director and/or other professional health care providers, for purposes of treatment, emergency care and injury record-keeping.

SIGNATURE OF PARENT/GUARDIAN \_\_\_\_\_ DATE \_\_\_\_\_

BONE AND JOINT QUESTIONS	Yes	No
14. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?		
15. Do you have a bone, muscle, ligament, or joint injury that bothers you?		
MEDICAL QUESTIONS	Yes	No
16. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
17. Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
18. Do you have groin or testicle pain or a painful bulge or hernia in the groin area?		
19. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant Staphylococcus aureus (MRSA)?		
20. Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?		
21. Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?		
22. Have you ever become ill while exercising in the heat?		
23. Do you or does someone in your family have sickle cell trait or disease?		
24. Have you ever had or do you have any problems with your eyes or vision?		

MEDICAL QUESTIONS (CONTINUED)	Yes	No
25. Do you worry about your weight?		
26. Are you trying to lose or has anyone recommended that you gain or lose weight?		
27. Are you on a special diet or do you avoid certain types of foods or food groups?		
28. Have you ever had an eating disorder?		
FEMALES ONLY	Yes	No
29. Have you ever had a menstrual period?		
30. How old were you when you had your first menstrual period?		
31. When was your most recent menstrual period?		
32. How many periods have you had in the past 12 months?		

Explain "Yes" answers here.  
 \_\_\_\_\_  
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 \_\_\_\_\_

I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.  
 Signature of athlete: \_\_\_\_\_  
 Signature of parent or guardian: \_\_\_\_\_  
 Date: \_\_\_\_\_

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## PREPARTICIPATION PHYSICAL EVALUATION

### PHYSICAL EXAMINATION FORM

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

#### PHYSICIAN REMINDERS

- Consider additional questions on more-sensitive issues.
  - Do you feel stressed out or under a lot of pressure?
  - Do you ever feel sad, hopeless, depressed, or anxious?
  - Do you feel safe at your home or residence?
  - Have you ever tried cigarettes, e-cigarettes, chewing tobacco, snuff, or dip?
  - During the past 30 days, did you use chewing tobacco, snuff, or dip?
  - Do you drink alcohol or use any other drugs?
  - Have you ever taken anabolic steroids or used any other performance-enhancing supplement?
  - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
  - Do you wear a seat belt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms (Q4-Q13 of History Form).

EXAMINATION		Weight:	BP:	Pulse:	Vision: R 20/	L 20/	Corrected: <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL	NORMAL	ABNORMAL FINDINGS					
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, myopia, mitral valve prolapse [MVP], and aortic insufficiency)							
Eyes, ears, nose, and throat • Pupils equal • Hearing							
Lymph nodes							
Heart* • Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver)							
Lungs							
Abdomen							
Skin • Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant Staphylococcus aureus (MRSA), or tinea corporis							
Neurological							
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS					
Neck							
Back							
Shoulder and arm							
Elbow and forearm							
Wrist, hand, and fingers							
Hip and thigh							
Knee							
Leg and ankle							
Foot and toes							
Functional • Double-leg squat test, single-leg squat test, and box drop or step drop test							

\* Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or examination findings, or a combination of those.  
 Name of health care professional (print or type): \_\_\_\_\_ Date: \_\_\_\_\_  
 Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Signature of health care professional: \_\_\_\_\_, MD, DO, NP, or PA

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# WILMOT UNION HIGH SCHOOL

## Board of Education - Calendar:

<https://www.wilmothighschool.com/BOE%20Calendar%202024%202025.pdf>

## Newsletter Email List:

<https://docs.google.com/forms/d/e/1FAIpQLSfP6W4NQCzyg4OdRT60MXWjPrSOXiCwcxyrt8CT2MNI4mgU0A/viewform>

## Direct Admit:

<https://www.wisconsin.edu/direct-admissions/>

## Direct Admit Wisconsin vs. Traditional Applications:

<https://www.wisconsin.edu/wisconsin-guarantee/>

## Wilmot:

<https://www.wilmothighschool.com/>

## Staff Appreciation:

[https://docs.google.com/forms/d/e/1FAIpQLSf45d5rVaDgSnHOp4Py\\_tFfTWXhbpNk2yOtJO2nteK46TKQdw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSf45d5rVaDgSnHOp4Py_tFfTWXhbpNk2yOtJO2nteK46TKQdw/viewform)

## Facebook:

<https://www.facebook.com/wilmotuh>

## Instagram:

<https://www.instagram.com/wilmotuh/>

## X (Twitter):

<https://twitter.com/wilmotuh>

## Fitness Center Membership:

[https://www.wilmothighschool.com/about/fitness\\_center.cfm](https://www.wilmothighschool.com/about/fitness_center.cfm)

## Summer Fitness Registration:

[https://wilmothighschool.cr3.rschooltoday.com/public/getclass/category\\_id/-1/program\\_id/6](https://wilmothighschool.cr3.rschooltoday.com/public/getclass/category_id/-1/program_id/6)

## Community Outreach - Class Registration:

<https://wilmothighschool.cr3.rschooltoday.com/public/home/>

## Athletic Registration Website:

<https://wilmotunion-ar.rschooltoday.com/>

## ADDITIONAL LINKS:

### Athletics Calendar:

<https://southernlakesconference.org/public/genie/86/school/1/>

### School Calendar:

<https://www.wilmothighschool.com/about/calendars.cfm>

### WUHS Newsletter:

<https://www.wilmothighschool.com/wilmot-updates.cfm>