



2026-2027 ATHLETIC TRY-OUT INFORMATION

FOR ALL TEAM and try-out date questions...Please E-MAIL the Head Coach of your sport, find info in the Sports Tabs Above...

STEPS 1-3 ARE MANDATORY BEFORE TRYING OUT

There are a total of 5 steps

Step 1

TURN IN PHYSICAL PACKET

Step 2

ECG/EKG COMPLIANCE

Step 3

PAY SUPPLEMENTAL
INSURANCE

You must have a FULLY completed and clear M-DCPS Athletic Physical Packet turned in ONLY to Athletic Department staff. (Ms. Laura and Mr. Couzo)

Form is at link below... you may also pick up a printed packet at the main office.

Click Below (Must use this packet)

<https://api.dadeschools.net/wmsfiles/61/pdfs/3439.pdf>

DATE OF PHYSICAL EXAM on EL2 page 4 MUST BE AFTER JUNE 1, 2026! NO EXCEPTIONS

Complete an ECG/EKG and submit the **clearance interpreted by a doctor. Parents Fill out page EL1 of physical packet: choose a section and sign and date.** Submit its entirety to the athletics office (One clear ECG is good for 4 years).

If you successfully submitted a PASSED EKG/ECG to us last year, please check with us during office hours so we can clear that requirement for your student athlete. The EL1 page from physical MUST still be filled out with who performed exam. EX: Nicklaus, Baptist, or Pediatrician etc...along with parent signature and date and then submitted to us once we confirm we have documentation from last year.

Who needs to complete a ECG/EKG?

- Any new student athlete in grades 6–12 who have never participated in an FHSAA–sanctioned sports
- Returning student athletes that do not have record of completing an ECG/EKG last school year
- Student athletes who turned in an opt-out

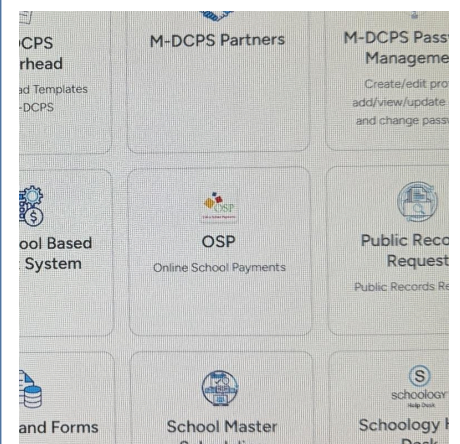
Everything in steps 1, and 2 must be turned in and approved BEFORE purchasing Insurance.

This is **MANDATORY**, before conditioning or tryouts, and is **NON-REFUNDABLE**.

Insurance only needs to be purchased once per year; it is valid for every sport in the school year.

Only purchase ONCE, if the website is slow... wait for website to load and process. Ask us first if the payment went through, do NOT purchase twice. We recommend to purchase insurance on the desktop website instead of the mobile app.

You must pay on-line through your student or parent portal icon called OSP



form last year must
also complete an
option on the EL1 page
of the physical

Heart Screening/ECG FAQ's - Please see the ECG/EKG Tab for all FAQs

Free Physical at MAST June 18th 4:30 pm

(PLEASE SEE SOCIAL MEDIA ACCOUNTS FOR DETAILS ON WHAT IS NEEDED TO ATTEND)

Instagram: @mastmakosathletics

Other Sites to complete an athletic physical if you cannot attend our free physical

MAKE SURE YOU BRING A PACKET WITH YOU TO YOUR APPOINTMENT!

Exam MUST be done on M-DCPS Packet

- Baptist - \$25 (Add \$50 for EKG)
- Jackson U-Health - \$25 (Includes EKG)
 - MD Now - \$35+ (No EKG)
- CVS Minute Clinic - \$76+ (No EKG)

Step 4

SUBMIT 4 NFHS VIDEOS

Step 5

BIRTH CERTIFICATE COMPLIANCE

Watch 4 videos of courses on Sudden Cardiac Arrest, Heat Illness Prevention, Sportsmanship and Concussion for Students.

Complete each test after the videos and submit a certificate of completion of the course.

These courses must be completed EACH school year. You can save each certificate to your phone and show them for proof of completion to Ms. Laura.

(not submitting these items on time will remove you from the roster until conditions are met)

DIRECTIONS FOR THE MANDATORY NFHS

CLASSES:

Click on a link to a course and follow these instructions:

1. Select State - Florida
2. Order Free Course
3. Register as new or previous user.
4. View video
5. Take Quiz
6. Print Certificate or Save to your phone.

- **Sudden Cardiac Arrest:**

<http://nfhslearn.com/courses/sudden-cardiac-arrest>

- **Heat Illness Prevention:**

<https://nfhslearn.com/courses/heat-illness-prevention-2>

- **Sportsmanship**

<https://nfhslearn.com/courses/sportsmanship-2>

- **Concussion for Students**

Submit a copy of athletes Birth Certificate to the athletic department.

Only if you have not played for a team at MAST before!

If it is in a different language, the paperwork must be translated.

Please write the students ID on the back of the document.

(not submitting these items on time will remove you from the roster until conditions are met)

<https://nfhslearn.com/courses/concussion-for-students>