

MAS 6-12 @ Zelda Glazer
Athletics
2025-2026 High School Forms

Please complete the following requirements to participate in our high school sports. Return all completed forms to the Athletic Director (Coach Mestre).

1. Completion of the current 2025-2026 Physical Packet (PDF file below). Please follow the directions carefully. The form requires a signature AND stamp from the doctor on the corresponding page. Additionally, parent signatures must be notarized in the proper location.

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

2. Complete the Following NFHS Courses and download certificates:

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

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

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

3. Have a cumulative 2.0 GPA as verified by the Athletics Department.

4. All athletes must provide a Birth Certificate or Passport.

5. Purchase school insurance from OSP (see Coach Mestre for questions)

6. Most do EKG or opt-out form (Nicklaus Children or Jackson to get free)

Two documents are required for EKG clearance:

M-DCPS Cardiology Report (mandatory for all students).

ECG-EKG Screening ABNORMAL Document (required only if results are abnormal).

The intent is clear: No student will be deemed eligible for athletic participation without proper medical clearance. The AD is not responsible for interpreting results; their role is solely to ensure that clearance documentation is on file.

[M-DCPS EKG/ECG Clearance Form](#)

[M-DCPS Abnormal Clearance Form](#)

ECG/EKG Opt-Out Form

Recognizing the rights of parents/guardians, this Opt-Out Form provides families the opportunity to formally decline participation in the EKG screening program.

Please note:

Parents who elect this option must complete and sign the attached form.

This form will be kept as part of the student's eligibility file, serving as proof and documentation of the family's decision to opt out.

[ECG/EKG Opt-Out Form](#)

For any further questions, please reach out to:

Esteban Mestre - Athletic Director

tchpe99@dadeschools.net

305-485-2323