

Dear Parent of Student-Athlete,

The enclosed packet includes the required paperwork that your child needs to have completed and on file with the athletic department prior to athletic participation for the 2017-18 school year. U.I.L. requires all student-athletes enrolled in grades 7, 9, and 11 to have a physical completed for that year. The other forms include emergency information/contacts, oral medication release, U.I.L. rules acknowledgement, steroid and concussion forms. Because students of this age are growing and going through many developmental changes, Bandera I.S.D. believes that it is in the best interest of **ALL** student athlete to obtain a physical prior to each year's athletic participation. In order to make it more convenient for your child to receive a pre-participation physical, Sports Medicine Associates of San Antonio will offer physicals after school on Monday May 22nd from 4:00-6:00 p.m. at the high school gym. The cost is \$25.00. A release form required by SMASA is included in this packet, and must also be signed before the physical is performed. You may have your personal physician perform the physical; however the U.I.L. physical form must be completed. Please note that when filling out the medical history form, any yes responses to questions relating to history of cardiac issues and concussions will require that the student's primary care physician complete the physical or possible referral to a specialist. Please review the instructions on the back of this letter if your child is planning on getting his/her physical done at school. If you have any questions, please feel free to contact me at 796-6308 (office) , or e-mail : arogers@banderaisd2.net.

****IF NOT PLANNING ON HAVING THE PHYSICAL PERFORMED AT SCHOOL ON MONDAY, MAY 22ND, IT WILL NOT BE NECESSARY TO TURN IN THE PACKET UNTIL THAT HAS BEEN COMPLETED BY THE ATHLETE'S PERSONAL PHYSICIAN. IF THE ATHLETE IS IN HIGH SCHOOL AND PLANNING ON PARTICIPATING IN FOOTBALL, CROSS COUNTRY, OR VOLLEYBALL, THIS MUST BE COMPLETED AND SUBMITTED TO THE ATHLETIC DEPARTMENT BY TUESDAY, AUGUST 1ST. IF THE ATHLETE IS NOT PLAYING A FALL SPORT OR IS IN MIDDLE SCHOOL, THE PACKETS ARE DUE THE FIRST DAY OF SCHOOL.**

*****IF A PHYSICAL HAS NOT BEEN PERFORMED, AND THE PACKET HAS NOT BEEN SUBMITTED BY THE END OF THE FIRST WEEK OF SCHOOL, THE ATHLETE WILL BE REMOVED FROM THE ATHLETIC PERIOD.**

On behalf of _____(student), I _____,

The student's parent, managing conservator, legal guardian, or other person with legal responsibility for the student, elect to have our personal physician perform the pre-participation physical. I understand that the physical must be completed and submitted to the athletic department before athletic participation can be permitted.

Signature

Date

Thank you

BANDERA BULLDOG ATHLETICS

INSTRUCTIONS FOR PHYSICALS AT BANDERA HIGH SCHOOL

MONDAY, MAY 22, 2017

1. We will obtain vital signs during the athletic periods for those planning on attending. This will save time on the afternoon of physicals.
2. Please read the medical history form carefully- inaccurate “yes” answers may cause your child not to be cleared and to have another physical performed by your family physician or specialist. PARENTS should NOT let their children complete the medical history form.
3. Please make sure **all** questions are answered, and **all** forms signed and dated where stated.
4. Please do not send money or checks with students before the day of physicals. Money will be collected on the **day of physicals**.
5. For those students that were unable to have their vital signs taken during school, there will be stations set up in the main gym. The boys will have the orthopedic portion of the exam performed in the main gym; girls in the practice gym. Boys will go into the boys’ locker room, and girls will go into the girls’ locker room for the rest of the exam.
6. There will be a final check point table to turn your physical in after the exam is completed. **DO NOT** leave without turning in your physical unless you were instructed to do so. You would only take it if you need