

## Athletic Pre-Participation Physical Exams

It is an IHSAA requirement that student athletes receive a physical exam prior to the beginning of their freshman and junior years. In order to keep this cost effective for parents and convenient for students, your school's athletic training department has developed a relationship with the Ada County Medical Society. For more than twenty years, we've come together on one day to deliver a comprehensive sports exam to our athletes.

### The big bonus

Student athletes pay only \$20 for this service. The amount charged is directly donated to the high school's athletic training departments and used to purchase educational and rehabilitation equipment. Should this amount present a hardship for your family, please ask your athletic trainer for help.

### We invite you to take advantage of this great opportunity!

**Date:** Tuesday May 24, 2016

**Location:** Rocky Mountain High School Gym  
5450 N Linder Rd, Meridian, ID 83646

**Time:** GIRLS: 4:00 – 6:15 PM. BOYS: 6:15 – 8:30 PM.  
**We encourage you to come at your schools scheduled time. No Athlete will be admitted after 8:30 PM.**

#### GIRLS

Rocky Mountain —	4:00 – 4:45 PM
Eagle –	4:45 – 5:30 PM
Mountain View –	5:30 – 6:15 PM

#### BOYS

Rocky Mountain –	6:15 – 7:00 PM
Eagle –	7:00 – 7:45 PM
Mountain View –	7:45 – 8:30 PM

### **Medical History**

The history portion of the physical form must be completed and signed by the parent or guardian prior to admission to the examination session. Please note: Additional forms such as scout or church camp forms will not be completed at this time.

### **What to wear**

Student athletes must wear shorts and t-shirts.

### **Parents**

To help minimize congestion, parents are asked to wait for their student athletes in the cafeteria or gym foyer. **If you are not accompanying your child to this event, please be sure that they arrive with signed consent forms.**

### **Parking**

Rocky Mountain High School parking lot. North side of the gym.