

Sport Physicals for CCS and WHHS will be on May 5 and May 6 from 5:00 p.m. – 8:00 p.m. at **White House High School**. Our goal is to provide individual attention for your athlete, ensure safe athletic participation and complete the physical in a timely manner. Below are some frequently asked questions regarding this process.

What can a pre-season sports physical do for my child?

- Determine the athlete's overall health.
- Assess the athlete's fitness level.
- Identify problems that may increase the risk of injury.
- Identify correctable problems that may impair the athlete.
- Evaluate any previous injury to decrease chances of re-injury.
- Assess the size and developmental maturation of the athlete.
- Detect pre-season conditioning that may put the athlete at an increased risk of injury.

Are our physicals any different than a physical from a pediatrician or family practitioner?

Yes. We have assembled physical therapists and medical professionals to evaluate your child. Your child will get a 30 minute screening. The increased time with your child, and specialization of each practitioner, dramatically increases the quality of the screening. Our physicals are not "cattle trough" physicals, seen in many schools today.

What if my child fails the physical?

A child can fail a pre-season physical for many reasons. Each reason has the potential to increase your child's risk of injury during participation. Therefore, if your child fails the physical, he/she cannot participate without a written physician release. Further testing of your child is usually necessary to clear him/her for participation. **A waiver from a parent does not substitute for a physician release. If a physician has not released the child to participate, and the child continues to participate, then the school that allows that child to participate can be legally liable for any problem that occurs.**

How long are the physicals good?

1 year

Will there be another day for the physicals?

NO !!!!!!!!!!!

Can I show up any time for my physical?

No. Call P.I.M. at 672-2977 to sign your child up. It is very important that you are on time. If you are late for your appointment, you risk not being seen.

Does a parent or guardian have to be at the physical?

YES – no exceptions!!

Are the physicals free?

The medical professionals are donating their time but a \$10 donation is suggested for WHHS students with *all proceeds* going to your school's athletic training department.

Do I have to have health insurance to receive this physical?

No. However, if your child does not have health insurance, and he/she is participating in a sport, your child's health will be at risk should an injury occur. The state of Tennessee provides programs for children without health insurance. Go to www.coverTN.gov or call 1-866-covertn for more information. Please get medical insurance prior to your child participating in any sport! Please be aware that Progress In Motion does not accept AmeriChoice insurance.

What should my child wear to the physical?

Your child should wear loose fitting shorts and shirts. Female athletes need to wear a sports bra.

Is there anything else that I need to know?

Yes. Your child does not need to drink caffeine prior to testing. Take all prescribed medications as directed and make sure your child gets a good night's sleep the night before.