

# Athletics' Physicals Event

**July 25<sup>th</sup> from 9am-12pm**

Arcadia High School will be providing Pre-Participation Athletics' Physicals for the **2018-2019** athletic seasons. **Physicals will be held in the CTE building's Athletic Training Room.** We recommend that you take advantage of this opportunity to meet our Sports Medicine Staff and team physicians from Pathways Healthcare. The doctors performing the physicals will make a generous donation towards the Arcadia High School Sports Medicine Program. This will allow the Certified Athletic Trainer to purchase necessary supplies to help prevent injuries and improve your child's safety throughout the year.

**NEW: Concussion Management Program Information Station:** Learn more about the signs and symptoms of a concussion and how our team treats recovering athletes at AHS.

## What will be examined at the Athletics Physicals Event?

- Height and weight
- Heart rate
- Blood pressure
- Vision
- Orthopedic assessment of bones, joints and ligaments.
- Potential cardiovascular and/or respiratory abnormalities
- Follow up on any past injuries

## Completing your child's athletics' physical at Arcadia High School involves:

- A thorough evaluation by a Board Certified Family Physician
  - Safe and efficient supervision by our Athletic Training Staff
  - Your one-time fee of **\$40.00** (paid by cash or check only).
  - Prescheduling through SignUpGenius sent out via email ahead of the event. (Although we will be accepting some walk-ins on the day of the event, please sign-up early for a secured time slot to ensure your child has time to complete their physical).
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- **IMPORTANT: In order to be cleared for full athletic participation, student athletes must bring the Athletic Clearance Signature page on the day of the physical. This can be downloaded from Arcadia High School's website: <https://ahs.ausd.net/> under the links for Students and then Athletics after June 8, 2018.**
  - **Cleared physicals will be valid for the 2018-2019 school year.**
  - This process avoids confusion with missing documentation which may delay your child's participation in their sport.
  - All physicals will be kept confidential and filed immediately with the Athletic Trainer. (*Copies are available upon request*).

Please make your payment of \$40 on the day of the physicals by CASH or CHECKS made out to **Pathways Healthcare, Inc.** A receipt will be provided upon request.

If you have any questions, please email: Jack Sessions (Athletic Trainer) at [jsessions@ausd.net](mailto:jsessions@ausd.net) or Ryan Press (Athletic Director) at [rpress@ausd.net](mailto:rpress@ausd.net)

Use link below to Sign up and reserve your time slot now!

**<https://www.signupgenius.com/go/60b054dadab2aabf58-ahssports>**

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