



Dear Parents and Athletes:

In preparation for the 2019 - 2020 athletic seasons, Mission Sports Medicine will offer sports screenings, or 'pre-participation physical exams (PPEs),' at no charge, on 5/22/19 in the McDowell HS gymnasium between 2:30pm – 5:30pm. Any rising 6th-12th grade student who will be, or is considering, participating in NCHSAA sanctioned sports, must provide a current sports physical exam prior to trying out for a team.

Annual well-child physical examinations with your primary care provider are important to your child's overall well-being, and this screening is **NOT A SUBSTITUTE** for the annual well-child exams. However, pre-participation exams are important to ensure athletes are healthy for participation. Specifically, sports screenings:

1. Identify medical and musculoskeletal conditions that may place the athlete at risk for injury or illness and/or require further evaluation and treatment prior to participation
2. Identify correctable problems that may impair the athlete's ability to safely participate
3. Assure that any previous injuries have been adequately rehabilitated
4. Assess fitness level for specific sports
5. Provide education concerning sports, exercise, injuries and other health related issues

Prior to the screening, parents/legal custodian will need to complete the following medical forms (in blue/black ink):

1. Mission Sports Medicine - Consent for Medical Care and Treatment – *initial and sign*
2. Mission Sports Medicine – Sudden Cardiac Arrest Awareness – *initial and sign*
3. Mission Sports Medicine – Medication Agent Release* - *complete and sign*
Only required if you grant permission to the Athletic Trainer to provide certain medications to your child as needed
4. NCHSAA - Medical History Questionnaire – *complete the front page and sign*

Athletes MUST have these forms, signed and completed, with them to get their screening. Please do not bring summer camp, Scouts, or other medical forms; these types of forms will not be filled out at this time.

Parents/Legal Custodians, you are encouraged to attend the screening; you may be able to answer additional questions the provider may have prior to clearing your child. The screening is also a good opportunity to meet your athlete's Team Physicians and Athletic Trainers.

Should you have any questions or concerns, please call Dave Comer or Andrea Brewer for assistance.

Sincerely,

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