

Dear Parents / Guardians,

It is time once again for our yearly physicals for students participating in athletics at Brennan High School. The governing body for athletic competition in the state of Texas (UIL) and Northside ISD mandates that a high school student must have a physical on file, these physicals must be dated **AFTER MARCH 30TH** of the calendar year the student will be entering the 9th or 11th grade to be eligible for competition.

Methodist Health Care System and the Sports Medicine Associates of San Antonio in cooperation with August Heart are providing physicals for athletes throughout the district on May 5th from 8am to 12pm. These physicals will take place at John Paul Stevens High School located at 600 Ellison Dr. here in San Antonio; the cost of this physical is \$20 (**Cash only that will be paid at the door**). Students wishing to participate in these physicals will be required to complete and return the attached packet with all required parent/guardian signatures to the athletic trainer. If your athlete currently attends middle school, the athletic trainer will establish a date and time for pick up with the middle school coaches.

The packet contains the 2018-2019 medical history questionnaire and two medical waiver forms, the questionnaire the doctor's use as part of the physical and we at Brennan use to update emergency contact information in the event of an injury. Additionally, the waiver forms from August Heart and Methodist Hospital allow for the heart screening and physical of your child. Please fill out the entire packet and sign all designated areas.

On the day of the physicals, parents are **NOT ALLOWED** to transport any athletes to Stevens High School, we have made arrangements for transportation from Brennan and your current middle school to and from Stevens High School. **We will not allow walk-ins, athletes will be turned away.** Specific times slots have been established for each middle and high school, drop off and pick up times will be communicated to coaches, students and parents prior to May 5th. Dress for physicals will be t-shirt (females should have a sports bra on under shirt), shorts, socks and tennis shoes. We ask that middle school athletes wear their PE gear designating their school.

We take great pride in doing everything we can to provide the best possible care for your child, in order for us to do this we are asking that you indicate on the back of this page acknowledging you have read this letter and checking the box if you will be taking advantage of these physicals. **If you decided not to take advantage of this opportunity, we are requesting that your child have their physical completed by May 24th and all paperwork turned into the athletic trainer.** If you have any questions or concerns, please do not hesitate to contact me at your earliest convenience; we can be reached at 210-398-1313 or 210-398-1307.

Respectfully,

Trevor Carter
Head Athletic Trainer
Brennan High School

STUDENT SIGNATURE

STUDENT PRINTED NAME

PARENT SIGNATURE / CONTACT PHONE NUMBER

YES, my child will be taking their physical May 5th

NO, we will not be taking advantage of the physicals. I understand I must have my child's physical completed and returned by May 24th.