



Welcome to another Season of Awesome Sports! We know you are excited to be out there playing again, and the School-Based Health Center Team would like to help you be prepared for a great year.

Here are a few things to keep in mind:

- Stay hydrated! It's important to drink plenty of water during practice and the big game.
- Have the proper equipment. Shoes should not be too loose or tight.
- Get your sports physical **WELL IN ADVANCE**. Slots fill up quickly. We don't want you to miss out on practice or games because you weren't able to schedule your sports physical.

We love to help our Panthers! To make your life easier, and ensure that we know all we need to about your health, see the attached form.

But first: **Please Read the following information carefully:**

- The attached is a Physical Examination and Parent Permit for Athletic Participation. This form includes everything we need to be sure you are in the best shape to participate in your sport.
- **These forms are mandatory.** Sports physicals cannot be conducted without this packet. It is the responsibility of the student athlete to ensure that the packet is complete and information provided is accurate. Highlighted areas should be completed by a parent or guardian.
- A parent or guardian signature is required at the bottom of pages one and two. The signature lines have also been highlighted. Without a parent or guardian signature, we don't have permission for your sports physical.

If you have any questions about the forms, please feel free to call the School-Based Health Center at 970-564-4855, or visit our office in the High School.



Thank you for using the School-Based Health Center. Good luck, and have a great season!