

June 2011

IMPORTANT CBNA SPORTS PHYSICAL INFORMATION

Dear CBNA Parents/Guardians,

Coe Brown Northwood Academy's athletic policy states that all athletes must have a current physical exam performed on or after June 1st of the current academic calendar PRIOR to their respective sport season. There are no exceptions to this policy. For example, a student trying out for a:

- 2011 Fall sport: a physical and clearance must be dated between June 1, 2011 and August 15, 2011 (first day of try-outs)
- 11-12 Winter sport: a physical and clearance must be dated between June 1, 2011 and first try-out day in November 2011.
- 2012 Spring sport: a physical and clearance must be dated between June 1, 2011 and first try-out day in March 2012.

We believe it is best practice that your child's PCP (primary care provider) complete this sports physical exam and clearance. Your PCP knows your child the best, and most PCP's have a long history with their patients and are most knowledgeable regarding their health concerns, allergies, and past injuries.

Coe-Brown offers FREE sports physical exams in July of each year. We offer this to students/families IF you:

- *do not have health insurance,
- *do not have a primary care provider,
- *are unable to schedule a summer physical because the health care provider's calendar is already full,
or
- * have had a physical within the past 12 months and your health insurance will not cover another one

This summer, our format has changed. We are employing one physician to do all of our sports physicals. The physicals will take place on Thursday, July 14, 2011 for female athletes and Friday, July 15, 2011 for male athletes starting at 7:45am. Students should arrive at CBNA at the following times with a **completed history form signed by the athlete and parent.** (We will not do the physical if the history form has not been completed and signed.)

- Last name beginning A-D 7:45am
- Last name beginning with E-J 9:45am
- Last name beginning with K-Q 12:15pm
- Last name beginning with R-Z 1:45pm

If you have any questions, please call CBNA at 942-5531.

Sincerely,

Laurie Foster, RN CBNA School Nurse