

April 2019

Dear Parent/Guardian,

It's that time of year again...time to start planning for next year's athletic season for all of our athletes!

Each athlete is required to have a Pre-Participation Sports Evaluation completed PRIOR to fall sports. To aid in that process, we are happy to announce that we will be offering **FREE Pre-Participation Sports Evaluations** for all local athletes, grades 4-11.

**Pre-Participation Sports Evaluations will be available
free of charge at Ellsworth High School on
Thursday, May 16 from 4:00pm to 6:00pm.**

Please be aware that these evaluations are NOT intended to take the place of an annual physical exam, but are merely an evaluation prior to participation in your school's athletic program.

While parents/guardians are strongly encouraged to accompany their athlete to the evaluation, your attendance is not mandatory. The signed form IS required and there will be no exceptions. This evaluation can be done in one of two ways:

1. **Recommended:** The Pre-Participation Sports Evaluation is best completed as part of your child's recommended yearly Well Child Visit with their Primary Care Provider where all aspects of their health can be evaluated. This would be a full complete physical, including immunizations. The Pre-Participation Sports Evaluation form can be filled out by your provider, signed, and then brought back to the school's office.
2. **Alternative:** For those unable to visit their Primary Care Provider in advance of the athletic season starting, we are offering a free Pre-Participation Sports Evaluation for all athletes, grades 4-11. These evaluations will include stations for vital signs, Primary Care Provider, health history, heart evaluation and a musculoskeletal evaluation by a Physical Therapist/Athletic Trainer. For some high risk athletes, a concussion screening evaluation will also be included. **IMPORTANT: THIS IS A BRIEF EXAM and is NOT intended to replace an annual physical exam with your child's Primary Care Provider.** A Pre-Participation Health History MUST be filled out by parent/ guardian before any Sports Evaluation will be done on athletes without any exception.

As we look forward to another sports season, we thank you for putting your trust in our healthcare team!

Boyne Area Health Center

Michael Harmeling, MD
Loren Wise, MD
Andrea Wendling, MD
Len Maendel, PA
Heather Ferber, PA
Cathy Pearl, PA
Ethan Morrical, MD

Charlevoix Primary Care

Anna Young, MD
Chris Loewen, MD
Ben Edwards, MD
Jean McDonough, NP
Kathy Frake, PA

Charlevoix Pediatrics

Rod Tinney, MD
Megan Coggon, MD

MHCH Physical Therapy

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