

## Athletic Pre-Participation Physical Exams

It is an IHSAA requirement that student athletes receive a physical exam prior to the beginning of their freshman and junior years. In order to keep this cost effective for parents and convenient for students, your school's athletic training department has developed a relationship with the Ada County Medical Society, Saint Alphonsus, and Saint Lukes. For more than twenty years, we have come together on one day to deliver a comprehensive sports exam to our athletes.

### The big bonus

Student athletes pay only \$20 for this service. The amount charged is directly donated to the high school's athletic training departments and used to purchase educational and rehabilitation equipment. Should this amount present a hardship for your family, please ask your athletic trainer for help.

### We invite you to take advantage of this great opportunity!

**Date:** Thursday May 24, 2018

**Location:** Meridian High School, Main office and surrounding classrooms  
1900 W. Pine St., Meridian, ID 83642

**Time:** GIRLS: 4:00 – 6:00pm  
BOYS: 6:00 – 8:00 pm



**We encourage you to come at your athletes scheduled time. No Athlete will be admitted after 7:45 PM.**

Computers will be available for parents to start/finish the online paperwork process. SportsWare Online (SWOL) is our new online system for storing and recording athlete's information such as physicals, IQs and injuries. Every athlete must have an account if they intend to play sports at Meridian High school. <https://www.swol123.net>

### We Are Going Green!



Help the Athletic Training staff in their efforts to go green. **ALL** athletic Insurance Questionnaire (IQ) and Concussion Education forms will now be electronic. Please check out your team's website OR the athletic training website for the link and form instructions.

### Medical History

The history portion of the physical form must be completed and signed by the parent or guardian prior to admission to the examination session. Please note: Additional forms such as scout or church camp forms will not be completed at this time.

### IQ Forms

IQ forms must be completed online each year for all grades. These forms can be found at <https://www.swol123.net>.

### What to wear

Student athletes must wear shorts and t-shirts.

### Parents

To help minimize congestion, parents are asked to wait for their student athletes in the cafeteria or foyer. **If you are not accompanying your child to this event, please be sure that they arrive with signed consent forms.** (Located on the first page of the physical found on the MHS Athletics website <https://www.westada.org/mhs>)

### Parking

Meridian High School parking lots off Linder or Pine.

### Important Date

Players are not required to obtain a physical through the provided clinic. However, the physical must be completed after May 1 to be valid for the upcoming year. **Any physicals performed before May 1 will not be accepted.**