

Memo: 2024 Pre-participation Evaluations
Schools: Jonesboro, Nettleton, Valley View, Westside, Brookland,
Bay, Riverside, Trumann, Harrisburg, Ridgefield
Attention: Coaches and Parents



St. Bernards Sports Medicine is proud to coordinate this year's 2024-25 athletic physicals for our local schools. The evaluations will be held on SUNDAY – APRIL 21st at the ST BERNARDS AUDITORIUM – 505 East Washington. Please note the location and please REQUIRE athletes to arrive at their specific time due to space limitations.

Junior high is for those students entering 7th-8th grade this fall, and senior high is for those students entering 9th – 12th grade. Please read the instructions below to help make this event a success!

SCHOOL TIMES (athletes must arrive at allotted time with forms completed and signed)

12:00 p.m. – MacArthur Jr High	3:00 p.m. – Riverside Jr/Sr High
12:15 p.m. – Jonesboro Sr High	3:30 p.m. – Brookland Jr High
12:45 p.m. – Annie Camp Jr High	3:45 p.m. – Brookland Sr High
1:00 p.m. – Ridgefield Jr/Sr High	4:00 p.m. – Harrisburg Jr High
1:15 p.m. – Valley View Sr High	4:15 p.m. – Harrisburg Sr High
1:45 p.m. – Valley View Jr High	4:30 p.m. – Trumann Jr High
2:00 p.m. – Bay Jr/Sr High	4:45 p.m. – Trumann Sr High
2:30 p.m. – Westside Jr High	5:00 p.m. – Nettleton Jr High
2:45 p.m. – Westside Sr High	5:15 p.m. – Nettleton Sr High

IMPORTANT

1. Parents – You must complete the following forms prior to your child attending the April 21st evaluation:
 - a. Consent to Participate (St. Bernards requirement)
 - b. HIPAA Authorization (St. Bernards requirement)
 - c. History Form pages 1-2 (AAA and school requirement)
 - d. Physical Examination Form – name and date of birth ONLY at the top
2. Wear appropriate clothing – wind pants or gym shorts. No skirts or tight blue jeans. Sport bra recommended for females under their shirts.
3. Physicals are for all athletes entering grades 7-12 during the 2024-2025 school year. This includes current 6th graders planning to play school sports next season.
4. At the check-out table athletes/parents will take snapshot of their AAA forms for their records.
5. **NO MAKE UP DATE.**

ELECTROCARDIOGRAM (EKG)

In collaboration with Drs. Devi Nair and David Vance, Electrophysiologists with St. Bernards Heart & Vascular here in Jonesboro, we will be providing FREE EKG screenings to our SENIOR HIGH (those students entering 9th – 12th grades) athletes. This screening examines the heart rhythms and can identify abnormalities that could be life-threatening. It is important to note that EKGs are not mandatory for athletic participation; however, we highly recommend taking advantage of this opportunity.

Thank you in advance for your cooperation in this event. St Bernards Sports Medicine has been the leading provider of physical therapy and athletic training services for many years to our local athletes. We are proud to serve our athletic community and look forward to assisting you in the future. Thank you and have a great year!

Sincerely,

A handwritten signature in black ink, appearing to read "A. Shatley".

Andy Shatley, PT
Director, St. Bernards Sports Medicine
ashatley@sbrmc.org