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Dear Parents of Student Athletes,

We are writing to inform you of the Flower Mound High School annual pre-participation athletic physicals, which will be held **Saturday April 6, 2019** in the FMHS Navy gym. **LISD Policy requires an annual UIL pre-participation physical examination prior to participation in UIL athletics for all students entering grades 7th-12th.**

We have an outstanding sports medicine team that will administer and perform all facets of the pre-participation physical examination. Our Medical Director, Dr. James Heerwagen, MD will lead this event. The cost of each physical examination will be \$20.00. All checks will be made payable to the **FMHS Football Booster Club**, and will benefit the Athletic Training & Sports Medicine Programs and all Athletic Programs at FMHS. Credit card payments will also be available. The day will begin at 8:00am and the doors will close at 11:40 AM. Please see the schedule below for your specific time. If you have more than one child that is required to get an UIL pre-participation physical examination, you may bring them at the same time.

Please fill out the medical history portion of the form **prior** to Saturday April 6th. **Remember, a parent signature is required on the physical form.** We must have a completed and signed physical on file before your student athlete will be allowed to participate in any UIL sponsored practice, event or try-out.

If you cannot attend the pre-participation examination date provided, you must obtain a physical examination on your own and it must be on the approved UIL form for 2017-2018 found here:

<http://www.uilTEXAS.org/files/athletics/forms/PrePhysForm17-18.pdf>

All Completed High School Physicals MUST Be Turned in Directly to the AT Staff

Suggested Physical Schedule: Saturday April 6, 2019
Flower Mound Navy Gym --- This includes grades (7th-12th)

8:00 AM - 9thJV Football/Baseball
8:30 AM - Varsity Football
9:00 AM - Basketball/Rosettes
9:20 AM – Wrestling/Soccer
9:40 AM – Tennis/Track & CC/Golf
Swim/Dive/Cheer
10:10 AM – Softball/Volleyball
10:40 AM – Shadowridge MS
11:00 AM – McKamy MS
11:20 AM – Forestwood MS
11:40 AM – Doors Close

****You are welcome to attend any time that fits your schedule between 8AM and 11:40 AM***

Things to Remember:

- Complete Medical History & Parent Signature Portion Before Arriving
- Bring Your Contacts or Glasses for Vision Exam
- Make checks Payable to **FMHS Football Booster Club**
- Cost is \$20.00 Cash, Check or Credit Cards Accepted
- Do **Not** Consume any Caffeinated Beverages Before your Physical