

PRE-PARTICIPATION SCREENING EVALUATIONS

The Institute of Athletic Health Care and Research, a non-profit organization affiliated with The Hughston Foundation, will be providing sport PRE-PARTICIPATION SCREENING EVALUATIONS (PPSEs) on **Saturday, May 16, 2009** at **Shaw High School**. The evaluations will cost **\$7.00** per athlete. Four dollars from each exam will be placed into an account for that school's athletic program to provide for athletic health care equipment and supplies. **All athletes MUST be dressed in shorts, t-shirts, socks, and tennis shoes. No long pants, blue jeans, or sandals.** Please report to the front of the school at least 15 minutes prior to your school's assigned time.

8:00 AM	Shaw
8:30 AM	Northside and Grace Christian
9:00 AM	Jordan, Glenwood, and Calvary Christian
9:30 AM	Hardaway and Manchester
10:00 AM	Spencer and Chattahoochee County
10:30AM	Central – Talbotton and Smiths Station/Wacoochee
10:45 AM	Kendrick, Webster County, Stewart Quitman
11:15 AM	Columbus
11:45 PM	Carver and South Girard
12:15 PM	Russell County and Taylor County
12:30 PM	Terrell County, Harris County, and Tri-County
12:45 PM	Central – Phenix City

The PPSE will include the following stations: medical history (*please have this section on the physical form filled out **PRIOR** to reporting*), height and weight, blood pressure and pulse, eye exam, dental check, general medical check, musculoskeletal exam, body composition and a fitness exam, consisting of a 10-yard dash and vertical jump.

PLEASE NOTE

Once again, this will be the only PPSE session for the 2009-2010 school year. ANY ATHLETE that chooses to participate in ANY SPORT during the next year will need to come through on May 16th to receive a pre-participation screening evaluation through the IAHCRC.