

UIL PHYSICAL EXAMS

- WHAT:** UIL-required medical screenings (aka physicals). AHHS requires yearly examinations. 2019-20 participation requires forms dated > March 1, 2019.
- WHEN/WHERE:** **PHASE 1** (vitals check): any time between now-May 10th, in the AHHS athletic training room, inside JROTC bldg. on Vanderhoeven.
PHASE 2 (cardiac screening + physician evaluation): 4pm Tuesday May 14th, check in at the AHHS cafeteria courtyard.
- COST:** \$20, payable at the May 14th physician evaluation
- WHO:** Students who will be enrolled at Alamo Heights High School in 2019-20, and participating in extracurricular activities (athletics, spirit, band, etc).

ADDITIONAL INFORMATION:

- Pre-printed packets and permission forms are in the AHHS athletic training room (inside AHHS JROTC building on Vanderhoeven).
- Coaches & sponsors: please schedule a time with me when I can meet with your group to distribute packets and briefly talk about the event.
- **PARTICIPATION IS A TWO-PART PROCESS:**
 - 1) Present day – May 10th: Vitals check basic screening** (height, weight, vision, BP, etc.) must be completed prior to May 11th in the AHHS athletic training room (inside JROTC building on Vanderhoeven). These can be done M-F 7:45-8:30am or 4-5pm (afternoon hours vary depending on game coverage), no appt needed.
 - 2) May 14th physician evaluation** (August Heart cardiac screening + ortho + general medical screening) at AHHS cafeteria. \$20 at check in.