

What: ATHLETIC PHYSICALS

Who: Any FWC student athlete who will be in grades 7-12 next school year. This also includes cheerleaders, team managers, and student trainers.

Where: Trinity Orthopedics - Hurst Medical Plaza
809 W. Harwood Road Suite 101
Hurst, Texas 76054
www.trinityorthopedics.com

When: Monday - May 3rd, 2010
-4:00 PM All future MS athletes (all sports) & future non-football HS athletes.
-5:30 PM *HS football only (spring FB practice will be 3:30pm-5:20pm)
*Transportation to physicals will be provided for FB players after practice.

Cost: \$20 = athletic physical only (*mandatory to participate in FWC athletics)
\$65 = cardiac screening - Echo/EKG (*optional, cost is \$75 after April 30th)

Trinity Orthopedics will once again graciously donate their time to conduct physicals for our student athletes. The \$20.00 collected for each physical will be donated back to FWC athletics.

Mandatory Athletic Physical:** Any child who will be in grades 7-12 during the 2010-2011 school year must have a current physical on file with our athletic office **before** your child will be allowed to participate in athletics. **Please note that HS volleyball and HS football begin practices on **Aug 2nd 2010* In an effort to ensure that all of our student athletes have an opportunity to complete an athletic physical before August 2nd 2010, FWC sports medicine has set-up a special time for your child to receive a physical with one of our team physicians from Trinity Orthopedics. This is a great time to meet with our official medical provider for FWC's athletic programs.

***Optional Cardiac Screening:** FWC sports medicine has once again teamed up with the **Professional Ultrasound Institute** to offer a 15 minute echocardiogram and EKG screening during this year's physicals. This service is optional and is not required for your child to participate in athletics. It does however offer additional information regarding your child's cardiac health. Former patients are welcome, screenings are recommended every 3 years while your child is still physically active. If you pre-register with Coach Karlen by April 30th 2010 for this screening, you will receive a \$10.00 discount off the normal \$75.00 rate. Please write out **2 separate checks** if you want your child to receive the cardiac screening: \$20.00 paid to FWC athletics, \$65.00 paid to P.U.I. Please visit the company's website for more info about cardiac screenings at www.thehearttoplay.com

Please read the following steps to complete **prior to April 30th 2010:**

1. Log on to FWC website, click "Athletics", then click on "Sports Medicine".
2. On the right hand side of the sports medicine page, click the link for "Physical Form".
3. Read over the instructions page and print out both pages of the physical form.
4. Email Coach Karlen at ckarlen@fwc.org to pre-register for athletic physicals and/or the cardiac screening **prior** to April 30th, 2010. (For staffing purposes, I need a total head count for physicals and screenings).
5. **May 3rd 2010:** Bring your child, signed-completed physical forms, and money to Trinity Orthopedics.

Your child will not receive a physical without the required forms fully completed and signed by a parent or legal guardian – NO EXCEPTIONS! *If the following date is not convenient for you, then your child will be required to complete an athletic physical on your own time at any local doctor's office or CareNow facility before August 2nd 2010. Please submit a copy of the completed physical to Mrs. Jenny Freytag's office located in the foyer of Cardinal gym. Mrs. Freytag can be reached at 817-520-6513, M-F 9:00am to 3:00pm.

Corry Karlen ATC, LAT
Head Athletic Trainer - Fort Worth Christian School
817-281-6504 x 189 or ckarlen@fwc.org