

Good afternoon Sound of Springtown Band Members,

We have received confusing and even slightly conflicting information from UIL about the Pre-Participation Physical Exam, also called the PPE, or the "Sports Physical."

Here is the basic information you really need to know. If you are an incoming Freshman (in 8th grade last year, will be in 9th grade this year)...congratulations! You need to have a physical.

If you have done one for athletics for this upcoming year you do not have to do one again. Below you will find a link to the form you need to print out and take with you to a doctor. You need to complete the physical and the medical history form.

https://www.uilTEXAS.org/files/athletics/forms/PrePhysFormRvSD4_24_20.pdf

If you will be in 10th, 11th, or 12th grade...congratulations! You do not need a physical. (This is assuming you got one last year. If you did not get one last year, you do need to get one this year. Go back up and read the Freshman info above.) You do, however, need to fill out the medical history form in the link below.

https://www.uilTEXAS.org/files/athletics/forms/PrePhysFormRvSD4_24_20.pdf

If you have a preferred doctor you can contact them and try to get in for an appointment to get your physical. If you do not, I would encourage you to visit one of two vendors in Springtown that will perform a Sports Physical for you.

Total Care Chiropractic - their website is listed below, if you visit the website you can schedule an appointment from the front page at a rate of \$25.00.

<http://www.springtownchiro.com/> 817-220-9100

Springtown Family Health - they can bill your insurance if you come in as a patient, but if you just want a physical without becoming a patient they can perform that for \$25.00 as well.

<http://springtownfamilyhealth.com/home/3745168> 817-523-5402

This does need to be completed and turned in by the start of camp on August 3rd. Please let us know if you have any questions/issues. Failure to get your physical does not exclude you from coming to Summer band, it will just limit some of your participation. We apologize for the late notice, but this information took a little while to get clarification.

Thanks, we look forward to seeing you soon!