



To the Parents of the Student-Athlete:

To participate in CIF athletics this coming school year, your student-athlete needs clearance by a licensed physician for athletic participation. Called a Pre-Participation Examination (PPE), or a “physical”, the physician will screen the athlete for health concerns that might be made worse by participating in athletics. Health concerns may be identified early, thus reducing the risk of further injury or health problems and often allowing the athlete to address these issues in time to still play safely. Note that the physical is a screening examination to look for any obvious health problems and does not guarantee your son or daughter will be free from future injury or illness related to athletic participation. *If there is an area of concern and your student-athlete is not cleared for participation, you will receive a notice from us recommending follow-up and further evaluation by the athlete’s primary care physician, or by the Sports Medicine Center (SMC).*

For your convenience, PPEs for your student-athlete’s team will be conducted at your high school by experienced staff from the SMC. Our doctors are from the Pomona Valley Health Center Urgent Care offices in Claremont and Chino Hills, Premier Family Medicine Assoc. in Claremont, Chino Hills Primary Care Center, and the PVHMC Family Medicine Residency Program affiliated with both UCLA Medical School and Pomona Valley Hospital Medical Center. These SMC physicians, physical therapists, and athletic trainers have additional training in sports medicine and have been providing PPEs for local athletes since 1983. The physicians do not accept payment for these team examinations, donating their time and services as part of the “\$\$\$ For Physicals” fundraiser for your school. The SMC returns one half of the PPE proceeds immediately back to the school’s athletic department. The remaining dollars are returned to the school throughout the academic year in the form of SMC marketing through individual booster clubs.

The exam requires written consent from the parent or guardian of the student-athlete. **Please sign and date the blue CONSENT form** attached to this letter indicating the SMC staff has your permission to perform the screening. Because the SMC is part of a teaching program, it is possible that the information collected during PPEs could be used anonymously for academic study and research. If you are willing to allow this information to be used, please indicate your agreement by checking the appropriate box on the blue CONSENT form. If you do not wish this information to be added to our database, we will still perform the examination as long as the Consent form is signed.

Also in this packet is the HISTORY examination form used by the SMC and endorsed by the American Academy of Family Physicians, American Academy of Pediatrics, American Medical Society for Sports Medicine, and the American Orthopedic Society for Sports Medicine. **Please complete the HISTORY form prior to the exam** and send it with your student athlete.

On the cover of this packet you will find an announcement flyer listing the time, date, cost and room locations of the PPEs scheduled at your school. If your student-athlete is unable to attend this pre-scheduled team screening at the school, individual examinations can be arranged by appointment through the Sports Medicine Center (\$31) or our affiliated Urgent Care Centers (\$40) at the numbers listed on the flyer. Please note that when done at either of these alternative locations the fee for the exam will not be included as part of the fundraiser proceeds.

We look forward to meeting and working with your student-athlete.

Sincerely,

Rick Rossman, MS, PT
Administrative Director
Sports Medicine Center