

St. Bernards Sports Medicine is proud to provide this year's physicals for our covered schools. We are excited to announce the continued partnership of St. Bernards Sports Medicine and St. Bernards Medical Group in an effort to provide the most comprehensive athletic physical possible. The physicals will be held on SATURDAY, MAY 15 at the First National Bank Arena. Athletes and their parents MUST enter the YELLOW ENTRANCE. Only clear bags will be allowed in to the Arena. You will proceed to the registration tables. Please note that junior high is for those students entering 7th-8th grade this fall, and senior high is for those students entering 9th – 12th grade. Please read the instructions below to assist you in helping make our event a success.

2021 SCHEDULE:

8:00 a.m. – Brookland Jr. High
8:30 a.m. – Brookland High School
9:00 a.m. – Valley View Jr. High
9:30 a.m. –Valley View High School
10:30 a.m. –Bay
11:00 a.m. – Annie Camp Jr. High
11:30 a.m. – MacArthur Jr. High
12:00 p.m. – Jonesboro High School
1:00 p.m. - Riverside
1:30 p.m. – Nettleton Jr. High School
2:00 p.m. – Nettleton High School
2:30 p.m. –Westside

IMPORTANT:

1. Parents – You must create an account with SportsWare Online and complete the athlete information section and HIPAA electronic form. The HIPAA section ensures confidentiality of information collected during the physicals and management during the school year by the Certified Athletic Trainer and medical staff. The SportsWare forms must be completed by MAY 10th.
2. Wear appropriate clothing – wind pants or gym shorts. No skirts or tight blue jeans. Sport bra recommended for females under their shirts.
3. Physicals are for all athletes entering Grades 7-12 during the 2021-2022 school year. This includes current 6th graders planning to play school sports next season.
4. Coaches are encouraged to be present to help with crowd control.
5. NO MAKE UP DATE!

ELECTROCARDIOGRAM (EKG)

In collaboration with Dr. Devi Nair, Electrophysiologist with St. Bernards Heart & Vascular here in Jonesboro, St. Bernards Sports Medicine will be providing FREE EKG screenings to our SENIOR HIGH (those students entering 9th – 12th grades) athletes. This screening procedure examines the heart rhythms and can identify abnormalities that could be life-threatening. It is important to note that EKGs are not mandatory for athletic participation; however, we highly-recommend taking advantage of this opportunity.

I would like to thank you in advance for your cooperation in this event. We are proud to serve our athletic community and look forward to assisting you in the future. If you have any questions about our Sports Medicine program located at St. Bernards Health & Wellness Institute feel free to contact me. Thank you and have a great year!



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