



Instructional Planning Center

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(White 2016)

TO: Parents of 6-11 Grade Students Interested in Interscholastic High School Athletic Participation
FROM: Molly Satter, Health Services Supervisor
Mark Meile, PE/Athletic Coordinator
DATE: March 01, 2016
RE: Athletic Physical Exam Information

For All Current 6, 7, 8, 9, 10, 11 Grade Students wishing to participate in High School Athletics

Sioux Falls Public Schools currently follows a triennial (every three years) cycle for physical exams for students wishing to participate in **HIGH SCHOOL ATHLETICS**. In order to be eligible for the 2016-2017 school year, students must have a physical exam dated after April 1, 2014. Students in years two and three of their three year cycle will need to fill out a Sioux Falls Schools Athletic Participant Packet.

If your son or daughter experiences pain or injury prior to, during, or between sport seasons, please follow your doctor's advice for care and inform the coach of the concern. Permanent injury often can be prevented by early recognition and appropriate precautions.

For those students who do not have a physical dated 4-1-14 or later:

OPTION 1

The Sioux Falls School District recommends scheduling your student for a physical exam with your family doctor/provider. At this exam, immunizations can be updated and other health issues addressed. The Triennial Physical Evaluation Form (required every three years to participate in athletics) can also be completed at this exam. Most insurance companies will pay for this exam, sometimes a co-pay may apply. When contacting your doctor/provider's office, you must ask for a "wellness exam".

OPTION 2

1. If you don't choose option 1 where your insurance may cover the wellness exam, we have also arranged with a number of local health care providers for a special **\$35.00 rate** for physical exams. **Charges will not be filed with your insurance company at this rate.** In order to qualify for the special rate:
2. Call the clinic and ask for a "School Athletic Physical Exam". Call early this spring as certain scheduling concerns, such as a specific date or month(s) this summer may apply and will vary by clinic and/or doctor.

3. You must take the “Initial/Triennial” Athletic Participant Packet, with your part completed, to the appointment.
4. You must pay the \$35 charge for the physical exam at the time of your appointment.
5. Additional evaluations and/or testing may be at an extra charge.
6. You are responsible to get the completed “Initial/Triennial” Athletic Participant Packet to the appropriate school.
7. Doctors/clinics who offer this service:

Avera Medical Group McGreevy 7th Avenue, 1200 S. 7th Avenue, 336-2140 – By appointment
 Avera Medical Group McGreevy West 41st Street, 6000 W. 41st Street, 361-7208 – By appointment
 Avera Medical Group McGreevy 69th & Western, 1910 W. 69th Street, 322-5200 – By appointment
 Avera Medical Group McGreevy Brandon, 1101 Holly Blvd., 582-3853 – By appointment
 Avera Medical Group McGreevy Dawley Farm, 1035 S. Highline Place, 322-2925- By appointment
 Avera Medical Group McGreevy West Benson Road, 4011 W. Benson Rd., 322-1500- By appointment
 Avera Medical Group 69th & Cliff, 6215 S. Cliff Avenue, 322-3300 – By appointment
 Center For Family Medicine 1115 E 20th St., 339-1783
 Sanford Clinic Family Medicine 4th & Sycamore, 600 N. Sycamore, 328-2999
 Sanford Clinic Family Medicine 26th & Sycamore, 4405 E. 26th St., 328-9000
 Sanford Clinic Family Medicine 34th & Kiwanis, 2701 S. Kiwanis Ave., 328-9100
 Sanford Clinic Family Medicine 41st & Sertoma, 7220 W. 41st St., 328-9600
 Sanford Clinic Family Medicine 49th & Oxbow, 3401 W. 49th St., 328-1850
 Sanford Clinic Family Medicine 69th & Minnesota, 6110 S. Minnesota Ave., 328-5800
 Sanford Clinic Family Medicine 69th & Louise, 6101 S. Louise Ave, 312-8000
 Sanford Clinic USD Physicians at 34th & Kiwanis, 2701 S. Kiwanis Ave., 312-8300
 Sanford Clinic Family Medicine Brandon, 1105 E. Holly Boulevard, 582-5820
 Sanford Clinic Family Medicine Hartford, 905 N. Oaks Avenue, 312-5600
 Sanford Clinic Family Medicine, 69th & Louise, 6101 S Louise Ave, 605-312-8000
 Sanford Children's Clinic MB2, 1205 S Grange Ave Suite 307, 328-7800
 Sanford Children's Clinic 26th & Sycamore, 4405 E 26th Street, 605-328-9080
 Sanford Children's Clinic 69th & Louise, 6101 S Louise Ave, 605-312-8000

OPTION 3

Falls Community Health, 521 N. Main, (367-8793) provides services on a sliding fee scale and Avera Health Care Clinic, 300 N. Dakota, Suite 117, (322-6800) provides free services to the non-insured.