



Dear Parent,

Thank you for choosing Centegra Sports Care as a high-quality and convenient option to complete your child's sports physical. We are frequently asked to provide a medical evaluation and complete forms required by a school district, organization or club to clear a child for participation in certain physical activities.

These "sports physicals" should not replace the annual well-child exam. The annual well-child exam allows your primary care physician to discuss any health problems your child may have, including acne or chronic health conditions. It is also an opportunity to discuss with your child important topics such as immunizations, peer pressure, nutrition and avoiding drugs, tobacco and steroids. It is your primary care physician that will want to continue to develop an open, trusting relationship with you and your child so you can turn to him or her with questions or concerns regarding puberty, normal development or potential medical conditions.

The sports physical focuses on clearance for sports participation only. If it's been more than a year since your child's last well-child exam, we recommend that you schedule a well-child exam with your child's physician in addition to today's sports physical.

Thank you again for choosing us to provide this important service. We value your trust and welcome your comments or questions.

Sincerely,

Centegra Sports Care

Athletes Name: _____

Parent Name: _____

Parent Signature: _____ Date: _____