



Anderson-Shiro
Junior-Senior High School:
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Anderson-Shiro C.I.S.D.

4/21/2023

Dear Parent or Guardian,

Anderson-Shiro CISD will be conducting pre-participation physicals for the 2023-2024 school year on **Wednesday, April 26th** at 1pm. The cost for the physical exam will be **\$20** (cash only) and the physicals will begin at the Secondary Campus. Please limit only one parent/guardian to accompany your student if you feel necessary, but your attendance is not required.

Any student may receive a physical, but **physicals are required for the following athletes:**

- All students enrolling in the athletics class period. (Junior High and High School)
- Students outside of athletics class wishing to participate in a UIL sport.
- Students participating in Band or Cheer for the 2022-2023 school year.

If your student athlete does not receive a physical on **4/26/2023**, you will be responsible for obtaining their physical before they can participate in athletics (during the period, practices, and games), band, or cheer during the 2023-2024 school year. A completed **physical** is required for all student-athletes **each year**. Please **fill out and complete the medical history and ALL SIGNATURE PORTIONS** of the [physical form](#) **PRIOR TO** the physical day on **April 26th**.

The following physicians will be attending our physical day and conducting the medical screening portion of physicals:

- Dr. James Distefano, DO; Cornerstone Sports Medicine
- Dr. Richard Smith, MD; St. Joseph Health
- Hannah Malone, NP; St. Joseph Health (with Dr. Smith)

These physicians will have completed a district background check prior to arriving on campus for the safety of our student athletes. Feel free to research these physicians as you please. For any questions or concerns regarding physical day, do not hesitate to reach out.

Thank you and Go Owls!

Bri Couch MS, LAT, ATC

Head Athletic Trainer

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