

Memo: 2026 Pre-participation Evaluations**Schools:** Jonesboro, Nettleton, Valley View, Westside, Brookland, Bay, Riverside, Trumann, Harrisburg, Ridgefield**Attention:** Coaches and Parents

St. Bernards Sports Medicine is proud to coordinate this year's 2026-2027 athletic physicals for our local schools. The evaluations will be held on SUNDAY – APRIL 19th at the JONESBORO HIGH SCHOOL ACTIVITY GYM – 301 Hurricane Drive.

-Please note the location and please encourage athletes to arrive at their specific time due to space limitations.

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 help make this event a success!

SCHOOL TIMES (athletes must arrive at allotted time with forms completed and signed)

11:00 a.m. – Jonesboro Sr High	1:45 p.m. – Riverside Jr/Sr High
11:15 a.m. – MacArthur Jr High	2:00 p.m. – Westside Sr High
11:45 a.m. – Annie Camp Jr High	2:15 p.m. – Westside Jr High
12:00 p.m. – Ridgefield Jr/Sr High	2:30 p.m. – Nettleton Sr High
12:15 p.m. – Valley View Sr High	3:00 p.m. – Nettleton Jr High
12:30 p.m. – Valley View Jr High	3:15 p.m. – Trumann Sr High
12:45 p.m. – Bay Jr/Sr High	3:30 p.m. – Trumann Jr High
1:00 p.m. – Brookland Sr High	4:00 p.m. – Harrisburg Jr/Sr High
1:30 p.m. – Brookland Jr High	

IMPORTANT

1. Parents – You must complete the following forms prior to your child attending the April 19th evaluation:
 - a. Consent to Participate (St. Bernards requirement)
 - b. HIPAA Authorization (St. Bernards requirement)
 - c. History Form pages 1-2 (AAA and school requirement)
 - d. Physical Examination Form – name and date of birth ONLY at the top
2. Wear appropriate clothing – athletic pants or gym shorts. No skirts or tight blue jeans. Sports bra recommended for females under their shirts.
3. Physicals are for all athletes entering grades 7-12 during the 2026-2027 school year. This includes current 6th graders planning to play school sports next season.
4. At the check-out table athletes/parents will take snapshot of their AAA forms for their records.
5. **NO MAKE UP DATE.**

ELECTROCARDIOGRAM (EKG)

In collaboration with Drs. Devi Nair and David Vance, Electrophysiologists with St. Bernards Heart & Vascular here in Jonesboro, we will be providing FREE EKG screenings to our SENIOR HIGH (those students entering 9th – 12th grades) athletes. This screening examines the heart rhythms and can identify abnormalities that could be life-threatening. Our physicians believe that including an EKG is best practice when clearing athletes for activities and therefore the EKG is REQUIRED if you are attending our physicals (9th-12th grade only). If you do not wish your athlete to have an EKG, you may have your physical done at your Primary Care Physician's office.

Thank you in advance for your cooperation in this event. St Bernards Sports Medicine has been the leading provider of physical therapy and athletic training services for many years to our local athletes. We are proud to serve our athletic community and look forward to assisting you in the future. Thank you and have a great year!

Sincerely

A handwritten signature in black ink, appearing to read "Carly Swain".

Carly Swain, PT, MPT

Program Manager, St. Bernards Sports Medicine

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