

2012 - 2013

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Sports Physicals & Fitness Health Fair

July 28, 2012

77 W. Forest Ave. Ste. 301 * Flagstaff, AZ

Sports Physicals



This event is to increase health awareness by providing sports physical exams, materials, demonstrations and education to young athletes and parents.

Sports Physicals

Concussion Care Information and Baseline Testing Sign-up

Vaccine Counseling (Bring your immunization card)

Skin Protection & Care Information

Mouth Guard Protection

"Get Healthy" Bake Sale

Healthcare providers representing 10 different local companies will be conducting Sports Physicals for athletes required to fulfill an annual pre-participation physical evaluation for the 2012-2013 school year. Please review the team schedule for your appropriate time. There is a **\$10** charge for each physical. Cash or Check. Checks should be made payable to "Flagstaff Bone and Joint". All proceeds will be donated to community athletic organizations.

Each athlete is required to fill out a medical history form prior to the physical and bring it with them. Portions of the form must be filled out and signed by a parent or guardian prior to the physical. Forms and additional information are available at the Athletics Office of your school or on the Arizona Interscholastic Association's website at:
www.aiaonline.org/story/?id=10800.

Team Schedule

8am to 11 am

AYSO
Basis
Coconino High School
Cromer Elementary
DeMiguel Elementary
Flagstaff Hoops
Flagstaff Soccer Club
Ice Hockey League
Marshall Elementary
Sechrist Elementary
Thomas Elementary
Sinagua Middle School
Mountain School
Northland Preparatory Academy
Summit Gymnastics
The Peak School

11 am to 2pm

FALA
Flagstaff Gymnastics
Flagstaff High School
Flagstaff Hitmen
Flagstaff Junior Academy
Flagstaff Youth Football & Cheer
Flagstaff Youth Hockey Assoc.
Killip Elementary
Kinsey Elementary
Knolles Elementary
Mount Elden Middle
National Junior Basketball
No. AZ Junior Volleyball Club
Pine Forest
Project New Start
Puente de Hozho
San Francisco de Asis

All athletes with a known medical condition MUST see their primary care physician.



Fit Kids of Arizona

Fit Kids of Arizona will also be onsite with their community partners to educate families on healthy living and raising awareness for their initiative to re-

duce childhood obesity in Arizona. They will also have activities for all ages (so bring the family!)



Concussion Care Program



The goal of the Concussion Care Program at Flagstaff Bone and Joint is to raise awareness about the dangers of sports related brain injuries among athletes in Northern Arizona and to provide proper concussion treatment. This program focuses on educating parents, coaches and athletes of the importance of seeking care when a concussion is suspected.

It is recommended that all athletes in a high impact sport complete a baseline test

that can be used to compare post-injury test results to if the athlete experiences a concussion. It is recommended that the athletes in the following sports receive ImPACT baseline testing: *Football *Cheer *Rugby *Soccer *Wrestling

Visit the Concussion Care Booth at the fitness health fair to sign up for baseline testing.

Baseline Testing

Date: August 4, 2012

Time: 1:00 to 4:00

Where: Coconino High School computer lab, room 325. Enter west side entrance of school

Price: One day ONLY, \$10 per Baseline test.

Sports Physicals:

77 West Forest Avenue,
Suite 301
Flagstaff, AZ 86001

Located in the
Physicians and
Surgeons Office
Building attached to
the north end of
Flagstaff Medical
Center

Are Your Vaccinations Up To Date?

Mountain View Pediatrics can check immunizations on the state database, update your immunization card, provide information on childhood and adolescent immunizations, and assist you with scheduling vaccination appointments if needed. We will NOT be providing vaccinations this day.



Come Learn More About Proper Mouthguard Protection:

Around the Mountain Pediatric Dentistry will be providing education on the importance of mouthguards. Injuries to the mouth and face are the #1 sports trauma, and a dental injury is painful, costly and permanent. Fortunately, many mouth injuries can be prevented by wearing an athletic mouth protector.

Brought to you by:



Flagstaff Pediatric
Care



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ANY QUESTIONS? Contact Vicky Miller (928) 214-2869 vmiller@flagstaffboneandjoint.com

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