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receive \$5.00 off.

# Ascension St. John Hospital Sports Physicals

Attendance is open to the public

<b>Wednesday June 26, 2019</b>	<b>De La Salle Collegiate HS</b> 14600 Common Rd. – Use Athletic Entrance	<b>4:30-7pm</b>
<b>Monday, August 5, 2019</b>	<b>L'Anse Creuse North HS</b> 23700 21 Mile Rd. – Use Main Entrance (Door 1)	<b>4:30-7 pm</b>
<b>Tuesday, August 6, 2019</b>	<b>Grosse Pointe North HS</b> 707 Vernier Rd – Use Gym Entrance	<b>4:30-7 pm</b>
<b>Wednesday, August 7, 2019</b>	<b>L'Anse Creuse</b> 38495 L'Anse Creuse Rd. – Use Main Entrance (Door 1)	<b>4:30-7 pm</b>
<b>Thursday, August 8, 2019</b>	<b>Grosse Pointe South HS</b> 11 Grosse Pointe Blvd. – Use Main Gym Entrance (Door M)	<b>4:30-7 pm</b>
<b>Friday, August 9, 2019</b>	<b>Cousino HS</b> 30333 Hoover Rd. – Use Athletic Entrance (Door 39)	<b>4:30-7 pm</b>

## Frequently Asked Questions:

MHSAA physical forms are provided; however, can also be downloaded at [www.mhsaa.com](http://www.mhsaa.com)

- No appointment is needed
- Parents are not required to attend; however, encouraged to be present. **If not in attendance a parent signature is required on the physical card and the student heart check form.**
- Physicals obtained at all the dates provided are valid for the 2019-2020 school year
- This event is considered an out of pocket expense
- Cash or Check only
- Make checks payable to ***Ascension St. John Hospital***
- The Sports Medicine Team does not keep records or copies of completed physicals.

- **Cost: \$25.00**
- Middle & High school students are welcome to attend.
- **Functional Assessment Screening includes:**
  - Assessment by licensed health care professionals.
  - Screening to identify areas of opportunity for improved muscle strength, flexibility, balance & coordination, which can improve athletic performance.
  - Written exercises and recommendations to correct problem areas will be available.
  - Licensed Athletic Trainers, Physical Therapists, Registered Nurses, and Physicians will be on-site to answer any questions. Athletic Trainers are also available at your high school.



Ascension

**Questions: Jacki DuFour (586) 612-7373**