



TEXAS HIGH SCHOOL
Athletic Department

Forestt Bridges
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Dear Parent or Guardian:

It is that time of year again and we here in the Texarkana ISD Athletics Department are already preparing for the upcoming 2016-17 athletic year. We are again teaming with AHEC and CHRISTUS St. Michael Health Care System to provide free pre-participation physical examinations for our student-athletes this spring. This one day event is scheduled for Thursday, April 27th at the Texas High School indoor multi-purpose facility. The physicians at AHEC Southwest, the staff of Christus St. Michael Outpatient Rehabilitation Center, and nursing students from Texarkana College and UA @ Hope will assist in this task.

Prior to participating on a team for TISD, athletes must provide the Athletic Department with current address, emergency contact, insurance, medical alert, and health history information. With this information, we are able to GREATLY speed up the process of getting your student-athlete thru the pre-participation examination. With the number of student-athletes here at TISD, these simple pieces of information ease the burden of the Sports Medicine staff greatly. **PLEASE MAKE SURE YOU REVIEW EACH FORM (FRONT & BACK) TO MAKE SURE ALL PARENTAL SIGNATURES ARE SIGNED AND DATED!!!**

On the day of April 27th, your student athlete needs to come to school wearing athletic shoes and shorts. Thank you for your help in this process. If you have any questions please feel free to contact Forestt Bridges either via telephone at 903-793-7731, ext 2240 or via email at forest.bridges@txkisd.net. We look forward to working with your student-athletes for the upcoming seasons and GO TIGERS!!!

Forestt Bridges, MS, ATC/LAT
Head Athletic Trainer
Texas High School Tigers