

Preparticipation Physical Exam (PPE) Night

Zeeland Public School's athletic trainers plan an annual preparticipation physical exam night for Zeeland athletes entering grades 6-12. This serves as an affordable option for athletes to receive the annual preparticipation physical exam that is required by the state to participate in athletics. This PPE, however, is not intended to replace a more thorough annual physical provided by your primary-care physician for medical and insurance purposes. The PPE is only intended to provide student-athletes an affordable option to meet MHSAA requirements for athletic participation.

2018-2019 athletic year date is:

Thursday, April 19

Location:
Shoreline Orthopaedics
370 120th Avenue #20, Holland MI, 49424
Between Lakewood and James on 120th Ave
Cost: \$15 cash only

Frequently asked questions:

Do I or my child have to attend this night to play sports? No, you do not need to attend but you are required to have a physical every year dated on or after April 15 of the previous year in order to participate in athletics. For example: to participate in the 2018-2019 athletic year, a valid physical would have to have been performed on or after April 15, 2018.

Can athletes attend without parents? Yes, so long as the athlete comes with a completed physical form that has been signed by parents.

What form do I need to bring? Please print the MHSAA PPE physical from the FinalForms website and sign. If you prefer a hard copy you can pick one up from the athletic office or print one here of the 2 page from from the website and fill out with signatures.

Who is involved in the PPE process?

The following people are involved in the Preparticipation Physical Exams:

- Coaches

- School administrators
- Physical therapists
- Nurses
- Medical assistants
- Physicians
- Nurse practitioners
- Physician assistants
- Athletic trainers

Do the people working get paid? Everyone that is “working” the PPE night is a volunteer. Most of the people have already worked a full day and are willing to help our athletes ensure that they are safe to participate in sports.

Does going to this mean I don’t need to see my physician for an annual exam?

The PPE is intended to screen athletes for athletic participation and will catch major issues. However if you are dealing with an ongoing illness or condition you should be seeing your primary care physician. It is also recommended that you maintain your annual well child check with your primary care physician as they know you better and will be sure that immunizations are up to date.

If I attend this night and do not get cleared will I get my money back?

Unfortunately we cannot give refunds just because you were not cleared.

Where is this money used?

This money is used for Zeeland athletes via the athletic trainers.

If I am interested in volunteering my time at the PPE night who should I contact?

Please contact your school’s athletic trainer.

ZE: Jason Burgess, 616-748-3129, jburgess@zps.org

ZW: Diana Albers, 616-748-4543, dablers@zps.org

Supporters of the Zeeland PPE night:

Shoreline Orthopaedics

Holland Hospital

Lakeshore Health Partners