

TOA

TENNESSEE ORTHOPAEDIC ALLIANCE

To: Rutherford County High School and Middle School Athletic Directors and Coaches
From: Brad Rohling, Director of Athletic Training Outreach Services
Date: March 1, 2018
RE: Pre-Participation Athletic Exams for 2018-2019 for Rutherford County Athletes

Tennessee Orthopaedic Alliance and physicians/staff from Middle Tennessee Medical Center will again offer free pre-participation exams for prospective Rutherford County middle and high school student athletes on Saturday, April 21, 2018. To make this day go as smooth as possible, please note the following:

- Exams will be at TOA, 1800 Medical Center Parkway, in Murfreesboro, not at each individual school.
- **Please have the correct form and all required parent/guardian signatures filled out at the time of arrival.** Athletes without completed and signed forms will not be eligible to receive an exam. DragonFly Max is currently updating their website to include the 2018-19 TSSAA physical form. Once the site is updated, your coach will receive information on how to create a DragonflyMax account for your athlete. The instructional information will also be on the TOA website, www.TOA.com. Once you have completed the forms on DragonFly Max, please print off the history, consent for athletic participation and medical care, and blank physical form. **Printers will not be available the day of physicals.**
- **This will be the only opportunity for athletes to receive these exams – no make-up will be done.**
- Athletes are not required to attend these exams, but a physical is required for participation in sports.
- Please avoid any caffeine/energy drinks. Blood pressure will be taken and athlete may not be cleared.
- Athletes should dress in shorts/t-shirts to allow physicians to evaluate extremities as needed.
- Contact information is listed below. Please do not contact TOA with questions about exams.
- Parents are welcome to accompany their children throughout the entire process.
- Exams will be complimentary; however, donations will be accepted. Proceeds will be used to purchase medical equipment used by the Rutherford County Athletic Trainers.
- Please note that some medical problems detected during physical exam may require clearance from the athlete's physician. Parents may wish to schedule a complete physical evaluation from their physician.
- **Each student is responsible for delivery of forms to their coach – copies will not be available.**

Please adhere to the scheduled times for your school listed below. A small wait should be expected.

7:45AM	Smyrna High, Siegel High, Riverdale High, Siegel Middle, Smyrna Middle, Rockvale Middle, Christiana Middle, Whitworth-Buchanan
8:30AM	Oakland High, Blackman High, MTCS, Oakland Middle, Blackman Middle, Lancaster Christian, Thurman Francis, Eagleville, Rocky Fork Middle
9:15AM	LaVergne High, Stewarts Creek High, Holloway, Rock Springs Middle, LaVergne Middle, Central Magnet, Providence Christian, Stewarts Creek Middle, FRCS

Please contact Brad Rohling at toaphysicals@hotmail.com as soon as possible should there be any conflicts with scheduled times. Do not hesitate to email with problems, questions, or concerns. Please do not contact the physicians/staff of TOA with questions.



DragonFly MAX is an electronic health record designed to save you time & ensure the athlete is healthy and ready to participate in athletic competition. We focus on the details so you can focus on what matters...safe and healthy athletes.

Follow the easy steps below to get started using DragonFly MAX.

“I’M A PARENT & HAVE NOT USED DRAGONFLY MAX.”

1. Visit www.dragonflymax.com, click “Do My Forms” and follow prompts to the sign-up page.
2. On the sign-up page, click “Sign Up for Free”.
3. Follow the prompts to create your **Parent Account** with **your** email address or phone number.
4. Enter your child’s School Code when prompted and confirm this is the correct school.
5. Click “Add A Child” in the DragonFly MAX web site, then follow the prompts to create your **child’s profile** and complete his/her participation forms, including uploading any necessary documents.
6. After completing your child’s forms, you can review his/her profile OR add another child’s profile.

“I’M A PARENT & I USED DRAGONFLY MAX LAST YEAR FOR MY FORMS.”

1. Visit www.dragonflymax.com and click “Login / Sign-Up”.
2. Using your email address or cell phone number, log in to your previously made account.
** If you happen to forget your password, you can reset it while logging in.*
3. Once logged in, you should see profiles for any of your children that you entered last year.
** You can also add additional children (including those at different schools) from this screen.*
4. Begin completing this year’s forms by clicking “Submit Paperwork” under your child’s name, then follow the prompts to complete his/her participation forms & upload any necessary documents.
** When all information is complete, the progress bar will say 100% and turn from red to green.*

HIGH SCHOOLS

Blackman HS - GTQV7F
Central Magnet - P7OZKP
Eagleville - SLFBEG
Holloway HS - AHGA8B

LaVergne HS - UZD4G3
Oakland HS - 2MXK27
Riverdale HS - YNQTEF

Siegel HS - LAX4R2
Smyrna HS - TEGH4J
Stewarts Creek HS - QA4YKA

MIDDLE SCHOOLS

Blackman MS - RYZU7P
Central Magnet - P7OZKP
Christiana MS - FU26AS
Eagleville - SLFBEG
LaVergne MS - MQ4VRX

Oakland MS - MJ2N4E
Rock Springs MS - 65T5AC
Rocky Fork MS - U9ST45
Rockvale MS - RZDBS6
Siegel MS - YEX4L4

Smyrna MS - 3V5C9S
Stewarts Creek MS - Q3MAQK
Thurman Francis Arts - 7BF3UV
Whitworth-Buchanan MS - KWMHYA

Now you’re all set! You can find out more about additional features at DRAGONFLYMAX.COM