



April 21, 2026

ATTENTION: PARENTS/GUARDIANS OF CRAWFORD COUNTY ATHLETES

It is time to begin the athletic physical process for the 2026-2027 sports seasons. Each athlete must be pre-screened by the CMH Athletic Training Staff prior to having an athletic physical. The prescreening is a chance for our Athletic Training Staff to review your student athlete's health history and determine if that athlete receives his/her physical at our physical clinic. If your son/daughter has any underlying condition that is being treated by a physician, they will be directed to that physician or their primary care doctor. If your health insurance provider covers this benefit, it would be advisable for you to seek your physical from your regular health care provider. All athletes entering 9th and 6th grade are required to have a full physical exam with their provider for school, that exam can act as their athletic physical.

It will be the parent or athlete's responsibility to get forms from the CMH website, CMH Facebook page or physically pick up forms from CMH Outpatient Therapy or your respective school. Forms will be made available on April 21st.

Completed appointment selection and health history portion of the physical will need to be turned in to CMH Outpatient Therapy or your school's Athletic Trainer no later than May 28th, 2026.

Once received, CMH Athletic Training staff will review the athlete's health history and text or email to notify athletes of scheduled appointment closest to your requested time.

On the night of your appointment, you will arrive to CMH's campus and **pay \$20.00 CASH OR CHECK payable to CMH. Athletic Physicals will be located in the CMH ORTHOPEDIC CENTER.**

80% of all money collected on physical night is returned directly to your school's athletic department.

Thank you for your help and cooperation in this matter.

Sincerely,

A handwritten signature in black ink, appearing to read 'Scott W. Rawlings', followed by a horizontal line and the initials 'MS ATC'.

Scott W. Rawlings MS, ATC, PES/CES

Lead Athletic Trainer

1000 N Allen St

Robinson, Illinois 62454

scott.rawlings@crawfordmh.org

(618)546-1234, ext. 5662



APPOINTMENT SELECTION

Please make two selections of physical appointment dates and times noting first choice. If your selections are filled, your student athlete will be assigned the closest available appointment. **You will be notified of your specific appointment time by May 22.** All appointments will be scheduled in the CMH Orthopedic Center.

****Preferred contact number or email for scheduling

Please circle your 2 choices:

Wednesday, June 3rd 2026

6:00 pm	6:30	7:00	7:30
6:10	6:40	7:10	7:40
6:20	6:50	7:20	7:50

Tuesday, June 9th 2026

6:00 pm	6:30	7:00	7:30
6:10	6:40	7:10	7:40
6:20	6:50	7:20	7:50

If you have any questions regarding this process, please feel free to contact Scott Rawlings at scott.rawlings@crawfordmh.org.

RETURN THIS FORM WITH PHYSICAL FORM