

# PeaceHealth offering free sports physicals

On Wednesday, May XX, PeaceHealth Medical Group in Florence will be at the Siuslaw Middle School to provide Free Sports Physicals to students participating in athletics for the upcoming school year starting in September for both Siuslaw and Mapleton School Districts, as well as home schooled students.

Sports physicals are required in order to participate in extracurricular sports in grades 6 through 12, and for some youth sports leagues.

PeaceHealth Medical Group provides the physicians and medical assistants. During

Sports Physical Day, students receive a Sports Pre-Participation Examination.

This examination includes height, weight, blood pressure, and pulse check, eye chart exam and examination by a physician. Also included is a health history questionnaire that asks about the student's history of injury, illness and conditions, such as asthma, to help ensure that they are being properly cared for and that coaches are aware of any conditions a student may have.

If a provider encounters a medical issue with a student, this information will be docu-

mented on their sports physical form and the parents and/or guardians will be notified by an employee from PeaceHealth Medical Group so any issues can be addressed by their primary care physician.

This helps ensure that the student can participate in the sporting activity of their choice.

This pre-participation physical exam is an important part of safe sports participation. The exam can help screen athletes for potential illness or conditions that may limit or restrict their ability to participate in a school sport. It also helps

ensure that students who play sports are physically capable of meeting the demands of the sport in which they choose to participate and don't have any conditions that may be aggravated by intense exercise.

Sports physicals are required prior to the student starting any type of practice related to their chosen sport.

The school staff prepares each provider's room and medical assistants' stations by covering all windows with paper for privacy. The students are moved efficiently through five stations before being seen by the provider.

The goal of the sports physical is to help keep sports safe and accessible to every student who wants to play.

**Deadlines for press releases are Mondays and Thursdays by noon. Email them to:**

**PRESSRELEASES@THESIUSLAWNEWS.COM.**

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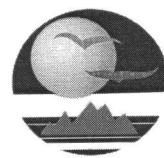
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until the shaking stops; then get your "grab and go bag" and evacuate preferably on foot to an assembly area.

However, if you must drive make sure you always keep you gas tank at least half filled.

Be sure to tune into KCST 106.9 as the local emergency broadcast station for further information.

The rule of thumb is if there is violent shaking and it lasts more than 10 seconds once the shaking stops – evacuate immediately if you are in a low lying inundation zone area.

This message brought to you by the  
West Lane Emergency Operations Group

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## Viks from 1B

Senior and team leader Courtney King finished her Siuslaw career with a pair of personal records, placing third in the 1,500 meters (5:24.30) and fifth in the 3,000 meters (11:55.0).

Joining the 4x400-meter relay team at state this weekend will be the 4x100-meter relay team of Abby Watkins, Elyssa Rose, Hannahleah Jakobsen and Stevie Miller, which finished second in 53.13.

In the 400-meter race, Pendergrass will compete for the state title after placing second to teammate Tatum with a time of 1:02.1.

In the boys division, North Bend dominated the meet to win the team title with 229 points, followed by Marshfield (133) and third-place Siuslaw (122).

The Vikings won three events at district, two individual events and one team event.

Senior Joe Dotson raced to the district



Kelly Potter for Siuslaw News

**Siuslaw sophomore Carissa Oliver won the Far West League title in both the discus and shot put, which she will compete in at state this weekend in Eugene.**

title in the 400-meter race with a time of 50.99, while senior Seth Campbell won the 800-meter crown with a time of 1:58.60. He will also compete for the state title in the 3,000 meters after finishing second in 9:06.70.

Dotson, who was second in the 300-meter hurdles (40.43), will advance to state in that event.

Campbell and Dotson eventually teamed up with Tyler Williams and Billy Jones in the 4x400-meter relay to win the event in 3:54.40.

Jones will also move on to state in the long jump after finishing second at district with a leap of 19-04.

Freshman thrower Trent Reavis placed second in the shot put at 46-05, qualifying him for state this weekend. Reavis was also third in the discus with a throw of 126-04.

The OSAA State 4A meet will take place this Friday, May 22, and Saturday, May 23, at the University of Oregon's historic Hayward Field in Eugene.

## Sailors from 1B

11-6 for the league title and state qualification.

Packebush, who had the day's second-highest number of points with 33, was second in the pole vault with a personal best mark of 10-0.

Senior Chris Free, who was third in individual scoring with 25 points, will compete at state in the triple jump after finishing second with a leap of 38-05.25. He was also third in the long jump at 18-05.5.

The Sailors also got scoring from senior Tucker Ford, who was third in the javelin (138-01), fourth in the high jump (5-6), and eighth in the triple jump (32-07.25).

Other personal bests for the boys included sophomore Kyle Doran in the discus (83-07) for eighth place and javelin (101-4) for ninth place; Sophomore AJ Foster in the 200-meter race (25.30) for seventh; and freshman Dominic Wells in the 400 meters (1:05.44) for eighth place.

The boys finished just six points out of first place, nudged by Triangle Lake with 129 points; the Sailors had 124 points. Siletz was third (98), followed by Lowell (72) and Days Creek (67) making up the top five out of 10 teams at the meet.

For the girls, Rodet will be the team's only competitor at state when she steps onto the pole vault runway this Friday at 2:45 p.m.

The Lady Sailors finished in a tie for third with Alsea in third in team scoring (56), with Triangle Lake running away with the MWL title (159).

McKenzie was a distant sec-

ond (90), followed Mapleton and Alsea, and Lowell in fourth place (55).

Sophomore Jewel Roby had the team's second-highest individual finish with third place and a PR in the 3,000 meters at 13:28.06. Roby also PRd in the javelin with a throw of 81-0 for fourth place.

Sophomore Josi Hays had a pair of fourth-place finishes, in the shot put (27-09) and discus (78-05).

Senior thrower Jade Roby finished her Mapleton career with a PR throw of 49-01 in the

discus for seventh place.

Freshman Alexis Gierke ran a PR in the 300-meter hurdles with a time of 1:08.53 for fourth place.

Jewel Roby led scoring for the girls with 20 points, followed by Rodet (15) and Hays (13).

The Sailors' first event at state this Friday will be the boys shot put, with Pruett throwing at 1:45 p.m., followed by Rodet in the girls pole vault at 2:45. Events continue through 7 p.m. at Hayward Field.

**...need a friend?**

### Meet CHYNA

Hello! My name is Chyna! I currently live at the shelter here with my sisters Cheetah and Chit Chat. It might be hard for you to tell us apart if you are looking at our faces but if you look at our fur pattern you'll see that mine is very marbled and exotic, just like my name! I use to be quite shy but I am becoming much more forward now! I might still feel a bit timid upon first meeting someone, but after a bit of petting I'll be your new best friend! I remember my friends when they come to revisit me too! When I like someone I am very talkative and flirty. I enjoy a good pet and a good play session as well. I know I would make a great addition to any loving home!



If you would like to meet Chyna or any of her friends, please visit us at:

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