

Heart of a Husky
When: Friday, May 16th
Location: Ashe County High School

Parents interested in their athlete/child receiving a free physical needed for participation in Ashe County sport are welcome to join us for Heart of a Husky. This physical meets the requirements by the NCHSAA and the Ashe County Board of Educations EGK requirement to participate.

Heart of a Husky is provided through a partnership with AMH, Ashe Medics, other local medical professions and Blue Ridge Energy to provide this service to our athletes and families at no cost. The physical meets the NCHSAA requirements and has a heart healthy component that is read by a pediatric cardiologist.

Heart of a Husky Registration Information

- Forms are available to be printed by visiting the ACHS website and clicking on 'For Parents'. Next, select 'Heart of a Husky Spring 2025'. This link will be active beginning Friday, May 3rd.
- If you are unable to print out the registration form, hard copies will be available from the ACHS front for pick up beginning Friday, May 3rd or from your school nurse.
- Rising 7th grade athletes will turn in their completed forms to their school nurse. Nurses will schedule an appointment for your child and will send home the scheduled time to parents making them aware of the appt.time. (It will be after 4:30 pm.) Paperwork due by May 12.
- Middle school students will turn in their forms to Mr. Mitchell Mash at the Middle School.
- High school students will turn their forms into the front office or Mr. Brian Hampton.

Heart of a Husky Schedule *(Times subject to change based on the number of*

- Physicals for high school students will be held from 2:00-4:30 pm beginning with students. Please contact Mr. Hampton for an appointment time.
- ~~Physicals~~ Physicals for middle school and elementary students will begin at 4:30 and run until all students who have registered and are present have received their physical.

Parents will not be allowed back during the examination process and are welcome to wait in the front entryway or in their car in the front parking lot.