

Sports Physical Exams & PlanetHS/Big Teams Portal information

IMPORTANT for ALL SPORTS 7th-12th grade: **The following Information contains tips on the PlanetHS/Big Teams Athletic Portal, Physical Exams, Portal Resources, & Sports Physical Examination Locations with Pricing information**

Physical exams must be on the [2024 UIL exam form](#) & uploaded to the Student's [PLANET HS/BIG TEAMS](#) portal under "UIL - Pre-Participation Physical Examination". **Students & Parents can begin completing their online forms for 2024-2025 school year now & UPLOAD the physical exams after they receive it.**

NOTE: Coaches & Athletic Trainers will not be accepting paper copies of the physical exam; they must be uploaded to the student's Planet HS/Big Teams Portal. This can be uploaded via cell phone or computer.

REMINDEES: **PHYSICALS @ LEISD ARE GOOD FOR 365 DAYS FROM THE PHYSICIAN'S EXAM DATE ON THE UIL PHYSICAL FORM.

Pack Strong Reminder: **STUDENTS MUST HAVE A CURRENT UIL PHYSICAL EXAM ON FILE (in their Planet HS/Big Teams portal) IN ORDER TO PARTICIPATE IN SUMMER SPORTS/STRENGTH & CONDITIONING CAMPS AT LEISD. ~Must be uploaded to Planet HS/Big Teams Accounts BY JUNE 3rd ~

Here are some additional resources for PlanetHS/Big Teams help with completing the required forms: ~Planet HS/Big Teams link - <https://planeths.com/>

****PlanetHS RETURNING Parent and Student Help - Steps attached, or use the YouTube Resource video:** <https://www.youtube.com/watch?v=xTXez9jUipE>

TIP: If you already have an account, but forgot your password **DO NOT** sign up for a new account; please select "forgot password" & instructions will be sent to your email or via text. *If you still need assistance please reach out to the athletic trainers (contact info below)*

****PlanetHS NEW Parent and Student Help - (Transfers & incoming 7th graders) - Includes linking parent & student accounts:**

<https://www.youtube.com/watch?v=e3j7COys40E>

TIP: Students should use their School Email Address as their Login & Set their Password to be their student ID# so they can recover it easily. *Can also go to <https://planeths.com/> & complete "SIGN UP" not Sign In*

****Additional PlanetHS & Big Teams video resources/tutorials.**

<https://www.youtube.com/@bigteams2455/videos>

~For any questions regarding PlanetHS/Big Teams or Physicals, reach out to the Athletic Trainers: Laws Kidwell-Cox kidwell@littleelmisd.net & Mark Stine mstine@littleelmisd.net

++The next page includes Local Physical Exam Costs Listed in order of Pricing.

Local Physical Exam Locations & Costs

***Specialty Care Clinics / Stat MD:**

\$25 Cash Pay (Sports Physical with EKG is \$50) -ALL YEAR; Appointments recommended

Address: 1395 E Eldorado Pkwy Suite 400, Little Elm, TX 75068

Hours: 9am-5pm (Mon.-Fri.) Last appt. @ 4pm (*Closed weekends*)

Phone: [\(469\) 200-5974](tel:(469)200-5974)

Online Appointments: zocdoc.com (recommended)

***BSW Primary Care South Frisco**

\$25 Cash Pay/No Insurance filings -ALL YEAR

Address: 4461 Coit Rd. Ste 301, Frisco, TX 75035

Hours: 7:30am-5pm (Mon-Thur.); 7:30pm-3:30pm Friday

Phone: (469) 800-6120

Online Appointments/Check ins: <https://www.bswhealth.com/locations/primary-care-and-geriatrics-south-frisco>

***Texas Health Breeze Urgent Care:**

\$35 Cash Pay/No Insurance filings -ALL YEAR; Appointments or Walk-ins accepted

Address: 2552 Eldorado Pkwy #550, Frisco, TX 75033

Hours: 8am-8pm 365 days a year

Phone: [\(469\) 495-9114](tel:(469)495-9114)

<https://breeze.care.texashealth.org/Locations/urgent-care-eldorado-frisco>

***CareNow Urgent Care:**

\$45 - Cash Pay/No Insurance filings -ALL YEAR

\$35 ****June 1st-Auguts 31st is EARLY BIRD Summer Pricing****

Recommend Web Check-in & Appointments; Walk-ins accepted

Address: 301 W Main St., Frisco, TX 75036

Hours: 8am-8pm (Mon.-Sat.) 8am-5pm (Sun.)

Phone [\(972\) 335-0030](tel:(972)335-0030)

Online Appointments/Check ins: <https://www.carenow.com/locations/dallas-fort-worth/frisco-west/>

***Children's Health Andrews Institute for Orthopaedics & Sports Medicine**

\$35 Cash Pay/No Insurance filings -ALL YEAR @ Plano, Frisco, & Prosper locations Must make an Appt.

Phone [\(469\)303-3000](tel:(469)303-3000)

Frisco Address: 6950 Stadium Ln, Frisco, TX 75033

Hours: 9:30am-6pm (Mon.-Thur) 7am-12pm (Fri.) (*Closed Weekends*)

Prosper Address: 1300 Childrens Wy Ste 130, Prosper, TX 75078

Hours: 7:30 AM–10 PM (Mon.-Fri.) 10am–10 pm (Sat. & Sun.)

Online Appointments/Check ins: childrens.com/andrews

***iCare Urgent Care**

\$35 Cash Pay/No Insurance filings -ALL YEAR

Address: 2955 Eldorado Pkwy, Suite 100 TX, Frisco, TX 75033

Hours: 7am-8pm Everyday

Phone (214) 407-8668

Online Appointments/Check ins: <https://www.icare-er.com/location/frisco/>