

Physical Date: Nov. 6, 2018

To be held in the Senior High Gym
Doctors will be here from 4:50 to 6:15 pm

Athletes who had a sports physical for the fall MUST have a parent complete a recertification form. The Athletic Trainer will decide if the recertification forms need to be signed by a physician. Recertification forms must be returned to athletic office or the athletic training office by Nov. 1st .

Times for Winter Sports Physicals are as follows:

4:50 PM - B/G Bowling & Rifle

5:00 PM - B/G Swimming

5:15 PM - S.H. Cheerleading & Wrestling

5:30 PM – S.H.. Boys & Girls Basketball

5:45 PM –J.H Boys & Girls. Basketball

6:00 PM - J.H. Cheerleading & Wrestling

NOTES

1. Please try to have one coach present with each group.
2. All athletes MUST have their Physical forms completed and signed by a parent before they report for their physical.
3. All athletes must wear a T-shirt & shorts or loose fitting clothing and sneakers for the physical.
4. All physicals will remain in the Athletic Training Room at all times. Coaches will receive lists of athletes that can tryout/practice. Athletes will not be permitted to participate without approval of the trainer.