

The 2<sup>nd</sup> and final Physical date for fall will be given on Thurs., July 25<sup>th</sup>, from 4:00 to 5:00, in the Senior High (aux gym) School. The time schedule is attached.

If an athlete cannot make this free physical, the responsibility for obtaining a physical will belong to the family.

You should try to inform prospective athletes of this second date as soon as possible to avoid as many conflicts with vacations and other activities.

#### NOTES

1. All athletes MUST have the new PHYSICAL FORM. Please have athletes instruct their parents to sign for all sports that the students will participate in for the 2019-20 school year.
2. All athletes must wear a T-shirt, shorts and sneakers for the physical. Girls should wear a bathing suit under the T-shirt and shorts.
3. All forms will remain in the Trainers Office at all times. Coaches will receive lists of athletes that can practice. **Athletes will not be permitted to participate without approval of the trainer.**

Times for 2<sup>nd</sup> and final Fall Sports Physicals are as follows:

Physical Date: Thurs., July 25, 2019

#### Time Schedule

4:00	HS Football and Golf, HS B XC
4:10	HS B Soccer and B Water Polo
4:20	HS G Soccer, G Tennis, HS G XC, G Water Polo
4:30	HS G Volleyball, HS Field Hockey, HS Cheer
4:40	JH Football, JH B Soccer, JH B XC
4:50	JH G Soccer, JH Cheer, JH Field Hockey, JH Volleyball, JH G XC