

Middle School and High School Sports Physical Information for 2023-2024

MIDDLE SCHOOL STUDENTS ONLY:

- *Any physical dated after April 16, 2023 is valid for the 2023 - 2024 school year.
- *Remember there MUST be a **physical on file** in order to TRYOUT, PRACTICE or PLAY !
- *Physicals can be turned in at Jr. Viking Days (August 24th & 25th), or during regular office hours.

FOR HIGH SCHOOL STUDENTS ONLY:

- *Any physical dated after April 16, 2023 is valid for the 2023 - 2024 school year.
- *Remember there MUST be a **physical on file** in order to TRYOUT, PRACTICE or PLAY !
- ***High School Physical Forms will be accepted in the HS Athletic Office starting:
April 18th until June 23rd**
- *High School Physical Forms need to be turned in for the **FALL** season **PRIOR** to **August 7th**
- ***After June 23rd High School Physical Forms can ONLY be turned in TO THE HS ATHLETIC OFFICE ON Wednesday August 2nd OR Thursday August 3rd between 8 am and 3 pm.**
Please enter through the athletic doors on the west side of the building.

MIDDLE AND HIGH SCHOOL SCHOOL PHYSICAL MUSTS:

- *ALL PHYSICALS MUST BE **SIGNED BY STUDENT**
- *ALL PHYSICALS MUST BE SIGNED BY PARENT
- *ALL PHYSICALS MUST HAVE **HISTORY FILLED OUT**
- *ALL PHYSICALS MUST BE COMPLETE FRONT AND BACK
- *ALL PHYSICALS MUST BE **SIGNED AND DATED BY A DOCTOR**
- *INCOMPLETE FORMS WILL NOT BE CONSIDERED ON FILE