

## **2025-2026 Physical Requirements**

Students participating in any athletic activity must have a current physical on file with the main office of the high school prior to the first date of practice. Students without forms on file will not be allowed to practice until one is on file. **Valid physicals must be dated on or after April 1, 2024.** Students with physicals dated between April 1, 2024 and March 31, 2025 must also have an **alternate year card** on file. Students with physicals dated on or after **April 1, 2025** only need the physical. Forms are available by clicking on the name of the form (on the right hand side of this webpage).