

SAVE THE DATE

2020-2021 RMHS Sports Physicals (screening)

WHEN: Wednesday May 20, 2020

WHO: All athletes who are new or going into 9th or 11th grade in the Fall of 2020

TIME: **GIRLS: 4:15 – 5:45PM** **BOYS: 5:50 – 7:20PM**

(no one admitted after 7:20PM)

WHERE: RMHS gym

COST: \$20 at the door (cash, check, card accepted)

Medical History: The history portion of the physical form must be **completed and signed by the parent or guardian PRIOR** to admission to the examination. Forms will be available at the screening OR can be printed from our RMHS Athletics website. <https://www.westada.org/domain/3512>

Parents/Guardians: To help minimize congestion, parents are asked to wait for their student athletes in the cafeteria, you can fill out the online athlete profile and 2 online forms at this time. **If you are NOT accompanying your child to this event, please be sure that they arrive with signed physical forms** (read Medical History above for form information).

What to wear: Shorts and T-shirts!

Important Date: Players are not required to obtain a physical through this opportunity. However, the physical must be completed **after May 1** to be valid for the upcoming year. Any physicals performed before May 1 will not be accepted.

*It is an IHSAA requirement that student athletes receive a physical exam prior to the beginning of their freshman and junior years. To keep this cost effective for parents and convenient for students, your school's athletic training department has developed a relationship with the Ada County Medical Society. For more than twenty years, we've come together on one day to deliver a comprehensive sports exam to our athletes! *

