



Highland Athletics

Hello Highland Families

Fall sports season is quickly approaching and practice will be starting in a couple of weeks. In an effort to ensure all of our athletes are ready to participate on the first day of practice we want to make sure you are aware if your student athlete will need a physical.

It is a requirement if IHSA and a Highland School Board policy that all athletes in grades 6, 9, 11, and all those who did not participate in athletics the previous year, receive a physical prior to the first day of practice. We also recommend that all 7 and 8 grade athletes receive a physical due to changes in their physical development. Those not required to get a new physical will need to complete an Interim Questionnaire; these will be provided by coaches.

Athletes who do not have the proper paperwork will not be able to participate in practice until the documents are received.

Physicals are being offered at St. Mary's clinic in Cottonwood on August 1 from 5:00-6:30; no appointment necessary. The cost is \$25 and all proceeds from each physical will be donated back to Highland School.

If you need financial assistance please email Tana Kellogg at tkellogg@sd305.org.

