

MINOOKA JUNIOR HIGH SCHOOL SPORTS PHYSICAL PARENT INFORMATION

5TH GRADE SPORTS PHYSICAL REQUIREMENTS

All fifth graders involved in Minooka Junior High Athletics (currently only wrestling and cross country) are required to have a sports physical on file with the athletic office.

- 1) Physicals accepted are the IHSA/IESA sports physical that is online on our Minooka District Website.
- 2) It is the responsibility of the parents to ensure that the form is completed. BEFORE leaving the doctor's office, verify it is completely filled out and that the Doctor has signed and dated the form.
- 3) Physicals are valid for 395 days from the exam date, however, physicals have to be valid through the dates of the sport your child is participating in.
- 4) Physicals have to be valid through the dates of the sport your child is participating in.

6TH GRADE SPORTS PHYSICAL REQUIREMENTS

All sixth graders involved in Minooka Junior High Athletics are required to have a Sports physical on file with the Junior High Athletic office. (IHSA/IESA form). Since 6th graders are required to also have a health physical to enter the sixth grade, this form may be used as long as the Interscholastic section is marked YES, and the Doctor has signed and dated the physical.

- 1) Physicals accepted are the IHSA/IESA sports physical, or a 6th grade physical.
- 2) It is the responsibility of the parents to ensure that the form is completed. BEFORE leaving the doctor's office, verify it is completely filled out and that the Doctor has signed and dated the form.
- 3) Even if a 6th grade physical is used, it is only valid for sports for 395 days from the date of the physical.
- 4) Physicals have to be valid through the dates of the sport your child is participating in.

7TH/8TH GRADE SPORTS PHYSICAL REQUIREMENTS

All seventh and 8th grade students participating in a tryout or in a sport are required to have a Sports physical (IHSA/IESA form).

- 1) Physicals accepted are completed on the IHSA/IESA sports physical form.
- 2) It is the responsibility of the parents to ensure that the form is completed. BEFORE leaving the doctor's office, verify it is completely filled out and that the Doctor has signed and dated the form.
- 3) Sports Physicals are valid for 395 days from the date of the physical.
- 4) Physicals have to be valid through the dates of the sport your child is participating in.

SPORTS PHYSICALS ARE REQUIRED TO BE TURNED IN TO THE ATHLETIC OFFICE BY REQUIRED DEADLINES BEFORE A CHILD WILL BE ALLOWED TO PARTICIPATE WITH TRYOUTS AT ALL GRADE LEVELS.

IF YOU ARE USING A 6TH GRADE PHYSICAL FOR SPORTS, IT IS THE RESPONSIBILITY OF THE PARENT TO MAKE A COPY AND GET IT TO THE MINOOKA JUNIOR HIGH ATHLETICS OFFICE.