

2016

Sports Qualifying Physicals


Instruction Sheet

Wednesday June 1st, 4:00pm-6:00pm

Cost: Free

Mayo Clinic Health System Austin

1000 First Drive N.W. Austin, MN 55912

- Fully **COMPLETE THE STUDENT PORTION AND SIGN** the Physical History Form
 - Please use a BLACK ink pen!!!
 - Please note a parent also needs to sign this form BEFORE you can get a physical
 - Be sure to bring **COMPLETED PHYSICAL FORM** with you on the day of the physicals. Forms can be downloaded www.austin.k12.mn.us – under the activities office - Forms
 - This sports qualifying physical meets the requirements for participation, by the Minnesota State High School Leagues
 - This physical is good for three years.
 - **It is NOT intended to replace an annual, comprehensive physical exam.**
 - These physicals are intended for students entering 7-12 grade during the 2016-17 school year.
 - ✓ If an athlete **wears glasses or contacts** please wear them or have them with.
 - ✓ Athletes are asked to **NOT drink any pop and/or energy drinks** the day of the sports physical.
 - ✓ Anticipate **at least one hour** so please plan your drop-off and pick-ups accordingly.
 - ✓ Immunization records are **NOT** needed.
 - ✓ Athletes **WILL NOT** get a copy of their physicals; it will go directly to their school. Please consider the athlete cleared for participation unless otherwise notified.
-  **Please contact Austin High School Activities office with any questions**

Thank you!!!