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# Physicals

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- Physicals are not required for the Summer Workouts, but they are required by the mandatory practices in August.
- The links below can also be found on the SFSD website under “Athletics”.
- BOTH documents below concerning physicals MUST be completed with a doctor before the start of the season mandatory practices (August 12, 2024)
- Physicals must be dated AFTER June 1, 2024, to be valid
- Physical Forms links:
  - [https://resources.finalsite.net/images/v1621866310/springford/ykte1lgb9e33uzcyslv7/\\_Sec-on 6HealthHistory.pdf](https://resources.finalsite.net/images/v1621866310/springford/ykte1lgb9e33uzcyslv7/_Sec-on 6HealthHistory.pdf)
  - [https://resources.finalsite.net/images/v1621866359/springford/qksweuwztrhteisozkkg/\\_Sec-on 7Physical.pdf](https://resources.finalsite.net/images/v1621866359/springford/qksweuwztrhteisozkkg/_Sec-on 7Physical.pdf)