



Portola Cross Country - 4th and 5th grade students No experience needed. A physical is required to participate.

Student-Athletes in Grades 3-8 next year: Free physicals
VUSD is pleased to offer free sports physicals for students who intend to participate in athletics during the 2024-25 school year. The kind doctors at Community Memorial Hospital are donating their time for this purpose. Please fill out the attached Parental Consent form and Physical Evaluation form and bring them to Midtown Medical Group at 2721 E. Main St. Ventura, on **Saturday, August 3**, with your child to complete their sports physical. **To reduce the time you will have to wait, we ask that families attend during the hour based on their last name (see chart).**

Physical Attendance Times:

| Time | Last Name |
|-------------|-----------|
| 8:00-9:00 | A-C |
| 9:00-10:00 | D-F |
| 10:00-11:00 | G-J |
| 11:00-12:00 | K-N |
| 12:00-1:00 | O-R |
| 1:00-2:00 | S-V |
| 2:00-3:00 | W-Z |

REQUIRED FORMS:

- [Physician Exam - Parent/Legal Guardian/Conservator Consent Form](#)
- [Physical Evaluation Form - English](#)
- [Formulario de Evaluación Física - Español](#)