

# 2025 FISD ATHLETIC PHYSICAL FAQ

## **Q: WHEN ARE PHYSICALS HELD AT THE HIGH SCHOOL**

A. Saturday April 26th, 2025 from 8:30 am -2:00pm at the new Competition Gym at the High School.

## **Q: WHERE IS THE HIGH SCHOOL LOCATED?**

A. The High School is located at 702 Greenbriar. The Competition Gym is located on the backside of the school. Please enter the cafeteria doors, facing Mustang Drive.

## **Q: WHO NEEDS A PHYSICAL?**

A. Any student thinking about trying out or participating in any athletics at either the Junior High or High School including – Drill, Cheerleading, Lacrosse, Water Polo, Gymnastics or High School Band.

## **Q: HOW MUCH DO THE PHYSICALS COST?**

A. \$30- CASH ONLY

## **Q: ARE THERE ANY DISCOUNTS FOR FRIENDSWOOD ISD EMPLOYEES?**

A. Unfortunately, no. The doctors we use are from an outside entity and paying for physicals covers their cost, in addition to fundraising for the athletic training programs supplies.

## **Q. DO I NEED TO CALL AND SCHEDULE AN APPOINTMENT FOR THE PHYSICALS?**

A. No, they are done on a first come first serve basis.

## **Q. DO I NEED TO PRE-REGISTER FOR THE PHYSICAL DAY?**

A. No, there will be no pre-registration this year.

## **Q. WHEN IS THE BEST TIME TO GET THERE?**

A. The doors open at 8:30 am; it is generally really busy then and during the lunch hours. Expect a line and physicals to take a minimum of 1 hour to complete.

## **Q. WILL EKG OR ECHO'S BE OFFERED?**

A. Yes. Echo's will be offered on site and will be \$50 CASH ONLY, in addition to the physical cost. Completing an Echo will be an additional 30-45 minutes of time to the physical day.

## **Q. I HAVE A CONFLICT ON APRIL 26TH AND CANNOT MAKE IT TO THE PHYSICAL OFFERED AT FHS, IS THERE ANOTHER DATE THAT PHYSICALS WILL BE DONE AT SCHOOL?**

A. At this time, we do not anticipate offering physicals on another day. If you are unable to make it on APRIL 26TH, please schedule an appointment with your physician. Should this change, we will post that information on both the FJH and FHS websites.

## **Q. CAN I HAVE A PHYSICAL DONE PRIOR TO APRIL 26th BY MY OWN PHYSICIAN?**

A. Yes, however we ask that the physical form be dated by the doctor no earlier than April 24th, 2025. The physical is only valid for one calendar year. Therefore, should an athlete have a physical done prior to April 24th, 2025 and still be participating in a sport when that physical expires, they will no longer be able to continue to participate.

## **Q. WHEN WILL THE FORMS BE AVAILABLE FOR MY ATHLETE?**

A. The 2025-2026 Physical Forms will be available on the FHS Athletics and Friendswood Athletic Training website in the Spring. The rest of the RankOne forms (athletic forms) are to be completed online.

## **Q. I HAVE A FORM FROM LAST YEAR, CAN I USE THAT?**

A. No. UIL makes changes to the forms every year. These changes make previous forms invalid. Any physical that is done on a previous years form will be returned and the athlete will be required to fill out the current years forms.

## **Q. WHEN DO I HAVE TO HAVE THE PHYSICAL TURNED IN BY?**

A. Physicals must be completed and uploaded into RankOne before an athlete is allowed to try out, practice, participate, or compete in any FJH/FHS sport (including athletic periods). It is strongly recommended that you upload all forms into RankOne as soon as they are completed. Please see the link below. No physical/hard copies will be accepted in person.

**IF YOU HAVE ANY FURTHER QUESTIONS OR NEED MORE INFORMATION  
PLEASE CONTACT THE FHS ATHLETIC TRAINERS:**

**EMAIL – [blapier@fisd12.net](mailto:blapier@fisd12.net)**

**PHONE- 281-996-6553**

**[www.friendswoodathletictraining.com](http://www.friendswoodathletictraining.com)**

**<https://fhs.myfisd.com/departments/athletics>**

**<https://friendswoodisd.rankonesport.com/New/NewInstructionsPage.aspx>**