

MINOOKA 201 ATHLETICS 25-26  
SPORTS PHYSICAL PARENT INFORMATION

**5TH GRADE SPORTS PHYSICAL REQUIREMENTS-** All fifth grade students involved in Minooka Junior High Athletics (currently only Wrestling, Cross Country, and Bowling Club) are required to have a current sports physical on file with the Minooka Intermediate School Health Office.

- 1) Physicals accepted are the IHSA/IESA sports 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) Sports Physicals are valid for 395 days from the exam date.

**6TH GRADE SPORTS PHYSICAL REQUIREMENTS-** All sixth grade students involved in Minooka Junior High Athletics are required to have a current sports physical on file with the Minooka Intermediate School Health Office.

Since 6th graders are required to also have a health physical to enter the sixth grade, this form may be used as the sports physical 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.

**7TH /8TH GRADE SPORTS PHYSICAL REQUIREMENTS-** All seventh and eighth grade students participating in a tryout or in a sport in Minooka Junior High Athletics are required to have a current sports physical on file with the Minooka Junior High School Health Office.

- 1) Physicals accepted are the IHSA/IESA sports 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) Sports Physicals are valid for 395 days from the exam date.

**Please note-** Upon check-in for tryouts, if we do not have current sports physical on file at the MIS/MJHS Health Office, we will have the student reach out to you as they will not be able to tryout until we receive a copy of a current sports physical. This also includes a completed athletic registration in PowerSchool prior to the tryouts or first practice of a non-tryout sport.

**3 Ways to deliver the Sports Physicals:**

1. **Upload** all completed pages of the Sports Physical to the Sports Physical Portal [Located on Athletic Page](#)
2. **Fax** to 815-467-5087 with Attention: School Nurse
3. **Drop off a hardcopy** to MIS/MJHS