

SPORTS PHYSICALS

For All School Activities



The specialists at Houston Methodist Orthopedics & Sports Medicine are providing sports physicals in partnership with Huffman Independent School District.

Huffman Junior High

3407 Huffman Eastgate Rd.
Huffman, TX 77336

Thursday, April 30
11 a.m. – 4 p.m.

Cost: Tickets can be purchased for \$20 using “My School Bucks” only.

Registration will close April 27. Plan ahead: See your coach or athletic trainer to obtain a consent form and physical packet. You may also visit houstonmethodist.org/athlete.

Don't Forget:

- Wear light, comfortable clothing.
- Bring glasses or wear contacts, if you have corrected vision.
- Please bring your school physical form with medical history completed.
- Please bring a signed physical consent form.



Please Print in Box

School: _____

Student Name: _____

**Confirmation of Understanding of Limited Scope and Purpose of the
Extracurricular/Cocurricular Preparticipation Physical Exams**

I, _____, (Print Parent/Legal Guardian Name) am aware that my child/ward, _____ (Print Child's Name), will attend an event providing preparticipation physical exams for student athletes at _____ on _____, _____, 20____ ("the event"). The event is sponsored and provided by Houston Methodist ("Houston Methodist") for the sole purpose of clearing students for participation in extracurricular/cocurricular programs. The screening physical exam will be performed by volunteer health care providers. By signing this form, I am confirming I understand and agree to the following:

- **I consent to the extracurricular/cocurricular physical exam for the above-named child.**
- This is **NOT** a comprehensive physical exam and should not take the place of routine medical care; I understand that this is a **screening physical for clearance for participation in extracurricular/cocurricular activities ONLY;**
- Any patient-physician relationship created during the event will terminate immediately upon completion of the screening physical;
- I understand that my child may need additional testing before/he can be cleared for participation in athletic activities and it is my sole responsibility to obtain such additional testing or medical care: I understand that if it is determined that my child needs additional medical treatment; I will be notified of any such recommendation. I understand that a limited number of non-invasive tests may be available and performed at the event for my convenience; **I consent to any and all additional non-invasive testing as deemed necessary by the screening physician during the event without notification to me prior to the testing;** and
- I consent to the release of the results of my child's physical screening exam to his or her school (including a coach, athletic trainer, teacher or administrator) present at the event. This consent is valid for 180 days and I understand that I may revoke this consent at any time. I understand that the information released may not be protected under the law once it is disclosed and may be subject to re-disclosure by the Recipient.

Parent/Guardian's Signature

Date

RELEASE FROM LIABILITY AND INDEMNIFICATION

I hereby release, waive, discharge and covenant not to sue Houston Methodist and its subsidiaries, officers, directors, trustees, employees, agents and affiliated companies from any and all liability, claims, demands, actions and causes of action whatsoever arising out of or related to any loss, damage, or injury, including death, that may be caused by or related to my child's participation or presence at the extracurricular/cocurricular Physical Examination Event.

I acknowledge that I have read and understand the foregoing Release and that my signature below acknowledges the statements made in the Release.

Parent/Guardian's Signature

Date

☐ I would like to stay connected with Houston Methodist on upcoming events, health tips and newsletters.

Please Print

Parent Name: _____

Parent Email Address: _____

Parent Address: _____

City: _____ State: _____ ZIP: _____

2026-2027

Athletic Physical & ECG

PHYSICAL April 30,2026 11:00 am-4:00 pm Comp Gym \$20

ECG May 5,2026 7:30 am- noon Comp Gym \$20

Parents DO NOT need to be present for the physical or the ECG. You are welcome to attend if you wish.

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Athletic Physicals - On Campus 2026

- **April 30, 2026 (Thursday)**
- **11:00 am to 4:00 pm** [Students will be assigned a time by grade and sport after registration]
- **\$20 NO REFUNDS**
- **THE NEST (Competition) & HMS Gyms ENTER THE NEST Gym doors**

PARENTS SIGN UP EARLY!!! All participants **MUST sign up** for physical **BEFOREHAND**.

Registration Portal will close Monday, April 27,2026

We will NOT accept any WALK-UPS or any payments on the day of the physicals!!!!

On April 30, 2026 ALL PARTICIPANTS **MUST HAVE:**

1. **Registered** and **paid** the **\$20** fee on **My School Bucks** **NO REFUNDS**



https://www.myschoolbucks.com/ver2/prdembd?ref=ZZIRC13B6P00V8S_ZZ62A2HGW8QRNIG

2. The **physical form** must be in hand. (Student must have the form with them)
3. The **medical history** must be filled out and signed by parent & student.
4. **Houston Methodist Physical waiver**. Signed by parent. (On the back of the flyer)

Parents: If your child has a pre-existing condition and are currently under the care of a physician (diabetes, heart problems, epilepsy, etc.) Please send documentation with your child from your physician clearing them for athletic participation or opt to have your personal physician to perform the physical.

REGISTER for PHYSICAL, make PAYMENT & obtain a PHYSICAL FORM

1. Log into MY SCHOOL BUCKS [myschoolbucks.com](https://www.myschoolbucks.com) and search for Physicals or use this link https://www.myschoolbucks.com/ver2/prdembd?ref=ZZIRC13B6P00V8S_ZZ62A2HGW8QRNIG or the **QR CODE**



2. Pay the \$20 fee
3. Follow the link to **RANK ONE!!!**



4. **Go to RANK ONE** <https://huffmanisd.rankone.com/New/NewInstructionsPage.aspx>

- LOG IN to Rank One if you have an account OR create a NEW ACCOUNT.
- Print out a copy of the **Physical**. Fill out the Medical History Questions & Sign the bottom of the physical form.
- Print out a copy of the **Houston Methodist Waiver**. Fill out and sign the waiver.
- Proceed to the online forms.
- **Fill out ALL the Online Forms, Travel Form and Athletic Handbook**

ECG On Campus Testing 2026

NOTE: The ECG is NOT part of the physical it is a separate event on a different day

- **May 5, 2026 (Tuesday)**
- **7:30 am to noon** [Students will be assigned a time by grade after registration]
- **\$20 NO REFUNDS**
- **The NEST (Competition Gym)**

PARENTS MUST SIGN UP EARLY !!!

All participants **MUST sign up** for ECG **BEFOREHAND**.

Registration Portal will close Friday May 1, 2026

We will NOT accept any WALK-UPS or any payments on the day of the ECGs !!!!

FOR the ECG On May 5, 2025 ALL PARTICIPANTS MUST BE:

1. Registered and paid the \$20 fee at the Cody Stephens Website

ECG REGISTRATION & PAYMENT

- 1. Go to Cody Stephens Foundation <https://gbogh.as.me/Huffman2026>
- 2.
- 3. Fill out all the registration information and health questions.
- 4. Pay the **\$20 fee NO REFUNDS**



FAQ

WHO NEEDS A PHYSICAL FOR 2026-2027?

All students 7th -12th GRADES participating in 2026-2027 will need a **NEW PHYSICAL**

- **High School**- all athletes, band, cheer, dance, JROTC, and Student Athletic Trainers
 - **Middle School**- all athletes, cheer, and any HMS band members who will be marching with the HS. HMS DANCE DOES NOT NEED PHYSICALS!
- 6th Graders in Pre-Athletics DO NOT NEED A PHYSICAL or ECG

WHO NEEDS AN ECG FOR 2026-2027?

- **High School- Incoming 9th-grade students** (current 8th-grade) involved in athletes, band, cheer, dance and JROTC, and Student Athletic Trainers. Any 10th or 11th student who did NOT participate in 2025-2026.
 - **Middle School- Incoming 7th-grade students** (current 6th-grade) involved in athletes and cheer. Any current 7th-grade student who did NOT participate in 2025-2026.
 - Also any **new student** to the district who is involved in the above activities.
- 6th Graders in Pre-Athletics DO NOT NEED A PHYSICAL or ECG

What is the difference between an ECG and an EKG?

The fact of the matter is that an **ECG** and an **EKG** are the exact same thing. That's right, the most surprising **difference between** an **ECG** and an **EKG** is that there is no **difference** at all. ... It's quite simple—when the word electrocardiogram is translated into the German language, it is spelled Elektro-kardiographie.

What forms do I need to take to the family doctor for the ECG?

NO FORMS are needed. We **DO need a report/note from the doctor** stating that an ECG was completed and passed, allowing the student to participate.

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We are going to our family doctor. Where do I get a copy of the physical form for my doctor to sign?

1. Go to **RANK ONE**

<https://huffmanisd.rankonesport.com/New/NewInstructionsPage.aspx>



2. LOG IN to Rank One if you have an account OR create a NEW ACCOUNT.
3. Print out a copy of the **Physical Form**.
4. Proceed to online forms.
5. **Fill out ALL the Online Forms, Travel Form and Athletic Handbook**
6. **Upload COMPLETED physical form from Doctor**

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Any more questions??

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Pay for Physical --MY SCHOOL BUCKS

Registration Portal will close Monday, April 27, 2026

\$ 20 NO REFUNDS

https://www.myschoolbucks.com/ver2/prdembd?ref=ZZIRC13B6P00V8S_ZZ62A2HGW8QRNIG



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Pay for ECG- CODY STEPHENS FOUNDATION

Registration Portal will close Friday May 1, 2026

\$ 20 NO REFUNDS <https://gbogh.as.me/Huffman2026>



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RANK ONE- Print Physical Form, Fill Out Online Forms, Upload Physical and ECG from Family Physician

<https://huffmanisd.rankonesport.com/New/NewInstructionsPage.aspx>

