

Ridgeview Athletics

Requirements for Try-outs and Participation in Sports

A current and valid physical is required prior to any student athlete being permitted to try-out or participate in a sport. Physicals can be obtained at most medical facilities, including pediatricians, doctors, and urgent care clinics. Physical packets must be fully completed; otherwise, incomplete physical packets will be returned to the student-athlete and will prohibit attendance and/or participation at try-outs or games.

Complete physical packets should be turned in to Coach Dixon or Coach Lloyd (Room 209) or Ms.Toler (Room 627).

No emailed copies, no electronic copies. Hard copies ONLY.

The "Required Athletic Paperwork" section at right has the sports physical packet.

Sports Offered

Fall Sports	Winter Sports	Spring Sports
(FCS) designated an RCMS and school-supported opportunity (7 th & 8 th grade participants only)		
(F) designates an RCMS Foundation-supported opportunity (6 th -8 th grade participants)		
Boys & Girls Cross Country (F)	Gymnastics/Tumbling (FCS)	Boys Baseball (F)
Boys Soccer (F)	Boys & Girls Tennis (FCS)	Girls Soccer (F)
Girls Softball (F)	Girls Basketball (FCS) (F)	Boys & Girls Track (FCS)
Girls Volleyball (FCS) (F)	Boys Basketball (FCS) (F)	
	Boys Volleyball (FCS)	

Fall Sports Physical Due Dates: August 07,2026

Winter Sports Physical Due Dates: September 8,2026

Spring Sports Physical Due Dates: January 8, 2027

*****No Exceptions**