**PHYSICAL POLICIES**

A completed Certificate for Athletics must be on file in the FHS Athletic Training Room before any student may participate in a tryout, a practice session, an athletic period, a scrimmage or a game. This applies to all High School and Junior High Athletes that compete in the following sports/events:

FOOTBALL VOLLEYBALL

BOY’S CROSS COUNTRY GIRL’S CROSS COUNTRY

CHEERLEADING WRANGLERETTES/DRILL

BOY’S BASKETBALL GIRL’S BASKETBALL

WRESTLING GYMNASTICS

BOY’S SOCCER GIRL’S SOCCER

TENNIS BOY’S TRACK AND FIELD

GIRL’S TRACK AND FIELD BASEBALL

SOFTBALL BOY’S GOLF

GIRL’S GOLF LACROSSE

SWIMMING WATER POLOC

BAND (HIGH SCHOOL ONLY)

* All athletes are required to have a complete physical done every year of their participation in athletics at both the Junior High and High School level.
* Physicals that are completed prior to the date of the annual FHS Sports Physical will not be accepted for the following year.
* Physicals are to be turned in to the Staff Athletic Trainers only. Coaches are not to gather or collect their athletes’ forms.
* Each individual athlete is responsible for turning their own forms into the Athletic Training Room.