**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.