

## Required Athletic Sports Physical and Health History Update Chart

<b>Sport</b>	<b>Season Start Date</b>	Submit <a href="#">Complete Sports Physical</a> (5 pages) if your last physical was before:	Submit <a href="#">Health History Update</a> (can only be submitted via parent portal) if your last physical was completed less than 365 days before the start of the season, AND/OR your last Health History Update was submitted more than 90 days before the season start date.
CHEERLEADING	August 7, 2023	August 7, 2022	90 Days: May 7, 2023
CROSS COUNTRY	August 21, 2023	August 21, 2022	90 Days: May 21, 2023
FIELD HOCKEY	August 18, 2023	August 18, 2022	90 Days: May 18, 2023
FOOTBALL	August 7, 2023	August 9, 2022	90 days: May 7, 2023
GYMNASTICS	August 21, 2023	August 21, 2022	90 Days: May 21, 2023
SOCCER, BOYS	August 21, 2023	August 21, 2022	90 Days: May 21, 2023
SOCCER, GIRLS	August 21, 2023	August 21, 2022	90 Days: May 21, 2023
TENNIS, GIRLS	August 16, 2023	August 16, 2022	90 Days: May 16, 2023
ULTIMATE FRISBEE	August 21, 2023	August 21, 2022	90 Days: May 21, 2023
VOLLEYBALL, GIRLS	August 21, 2023	August 21, 2022	90 Days: May 21, 2023