

PHYSICALS

Girls Basketball Boys Basketball

Spirit Squad Cheerleading

Wrestling

FOOMS

Co-Ed Soccer

Co-Ed Cross Country

Co-Ed Track

Swimming

PHYSICALS

Tips for a successful sports year in Junior High School:

- 6th grade students are welcome to participate in the Interscholastic Sports of Cross Country and Wrestling only.
- Intramural Sports are open to all students (no physical required).
- NOW is a good time to have a discussion with your child to see if they are interested in Interscholastic Sports for the 2006-2007 school year.
- Soccer, Cross Country and Volleyball start within the first couple of days of the start of school. Schedule your exam early.
- Sports physicals are valid for exactly one year from the date the physical was performed and signed by a physician.
- Keep an extra copy of the sports physical in a safe place at home.
- Give your physical to your school nurse as soon as it is completed.

The Illinois School Code requires all students participating in interscholastic athletics to have an annual examination (sports physical). A sports physical is valid for exactly one year from the date the physical was performed and signed by a physician.

A sports physical is not required for participation in intramural sports (after school sports, just for fun, anyone can join, playing with students from your own school building).

A CURRENT SPORTS PHYSICAL MUST BE ON FILE IN THE NURSE'S OFFICE BEFORE ANY STUDENT WILL BE ALLOWED TO PARTICIPATE IN TRYOUTS/PRACTICE. NO EXCEPTIONS CAN BE MADE.

Due to the large number of sports physicals processed each year we strongly encourage you to turn in the completed physical in August, before the start of school, even if your child is not participating in a fall sport. By doing so, the coaches can spend more time coaching and less time tracking physicals.

The majority of facilities that do low cost physicals can do this in part because they do not keep records. Please make a copy of the physical before turning it in to school. You do not need to be an established patient to take advantage of these offers.

Low cost physicals are offered at the following facilities:

River North Convenient Care
634 Raymond
Naperville

(630) 416-2300

7:30 am - 8:30 pm M-F 8 am - 6 pm Sat, Sun
Must be over 6 yrs., walk-in only

Copley Family Practice
Next to Copley Hospital
(630) 978-4850

Aunt Martha's Youth Center
411 N. Bridge St.
Yorkville

(630) 553-1400

OR

W. Galena Blvd.

Aurora

(630) 896-7900

For families without
insurance or with
Medicaid

Edward's Immediate Care
130 N. Weber Rd.
Bolingbrook

(630) 646-5785

walk-in only

\$35 school/sports physical

EquiMed

24024 W. Brancaster Dr.

Naperville

(Rt. 59, between 95th & 111th Sts.)

(630) 904-1220

8 am - 8 pm daily

(630) 904-1220

Oswego Family Physicians

551-0047

\$25 school/sports physical