



Schaumburg Christian School

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Sports Health Requirements

2020-2021

- In order to try out and participate in interscholastic sports or practices, a sports physical (or full physical exam), dated within one year of the sport start date, must be on file with the Health Office *prior to the tryout date*.
- If the athlete is entering 6th or 9th grade, his/her school physical exam is acceptable as a sports exam - as long as the physician has approved the sport activity; however, a sports exam is not acceptable for a school physical.
- Each parent or guardian of an athlete must sign the Sports Consent and Release form and turn it in to the athlete's coach. This form is distributed by the coach.