

NORTHRIDGE HIGH SCHOOL
PHYSICAL NIGHT
CURRENT 8TH GRADERS THROUGH 11TH GRADERS
PRE-REGISTRATION DEADLINE: May 27th, 2011
YOU MUST HAVE PAPER WORK INTO THE ATHLETIC OFFICE!
PRE-REGISTRATION CONSISTS OF A COMPLETED PHYSICAL FORM,
CODE OF CONDUCT AND A \$25.00 CHECK
PHYSICAL DATE: June 2nd, 2011
TIME: 6:00 P.M. - 7:00 P.M. ~ Incoming 11th & 12th graders
7:00 P.M. – 7:45 P.M. ~ Incoming 9th & 10th graders
Cost: \$25.00
Location: North Lobby of Northridge High School
Please enter through Door # 1

YOU MUST HAVE YOUR PHYSICAL BEFORE YOU ATTEND ANY SUMMER
OPEN PLAY FOR THE SCHOOL YEAR 2011-2012.
PHYSICAL NIGHT IS AN OPPORTUNITY TO HELP ATHLETES GET READY
FOR SUMMER PLAY AND FALL CHECK-IN. PLEASE TAKE ADVANTAGE OF
THIS!!

Northridge High School will have area doctors here for your convenience on Thursday, June 2nd, 2011.

Location: Northridge High School (North Lobby). Any incoming freshman as well as any current high school student may take advantage of this opportunity. The cost of the physical will be \$25.00 (make checks out to Northridge High School). We require a **pre-registration** to help with the issue of getting kids through in a timely manner. Parents are not required to come to this event. Please turn in Physical (payment of 25.00) and code of conduct to the NHS athletic office or NMS Main Office by May 27th. All signatures must be signed (both parents and/or legal guardians signatures are required) as well as the medical history section filled out by a parent. If you answer “Yes” to any of the medical history questions you must explain your answer. Please note you must have the current IHSAA physical form. You can find this at either office or at the school Website ~ www.mcsin-k12.org ~ go to Northridge Athletics and both forms are present.

Specific requirements:

No students will be allowed that have any history of heart disease, seizures, or are currently taking any medicine for chronic illnesses. These students should see their own family doctor. Also, we will be checking athletes into their fall sports for the 2011-2012 school year. This process seems to help our fall sports out tremendously.

We would like to thank our team physician Dr. Keith Barkow for all of his time in organizing this physical night for our Northridge Athletes.