

# KRMS Athletics

## Requirements for Participation in Athletic Programs

**PHYSICAL EXAMS ARE REQUIRED  
OF ALL SPORTS PARTICIPANTS  
PRIOR TO THE SEASON!**

*PARENTS*, please be sure to check with KRMS Health Office (927-2197) for physical exam status and update.

### **FROM THE KRMS NURSE'S OFFICE:**

If your child needs a sports physical (a ONE-TIME physical covers athletes for all three years at KRMS or if entering 9th grade it covers you for all four years at KRHS), you should make your appointment with your primary care provider soon. Physicals usually need to be booked a few months in advance.

If your child will be playing sports and has either never played here before or has not completed a physical since starting middle school, one will be needed before the start of fall sports. It must be on file with the health office. A physical exam form will be included with quarter 4 report cards.

If you have any questions, please contact the KRMS Health Office at 927-2197.

Students entering the 9th grade who are interested in participating in fall sports at the High School level need to get Physical exams into the KRHS health office before pre-season starts the 2nd or 3rd week of August. If you have any questions, please contact the KRHS Health Office at 927-4261 (ext. 240).

Please link to the KRMS Health Office website for copies of the Physical Exam Form and for a copy of the Emergency Information Form that all athletes need for participation in a middle school athletics program (whether it is a sport or club).

NOTE: Please be aware that all participants in KRMS soccer, field hockey, and basketball are REQUIRED to wear mouth guards at all times during practices and games. Mouth guards will be available for purchase from the coaches during the pre-season! Also, Field Hockey players are required to wear eye protection. Eye guards are available for purchase from the coach.