

Sports Physical: You must have a current physical on file to participate (they are good for two years). Take the [Sports Physical Form](#) to your physician for completion. It is wise to keep a copy of the most current physical for your own records as well as bringing one to the high school office for us to keep on file. We can make you a copy. Just ask. Final Forms will ask you to upload an image of your athlete's updated Sports Physical during registration. [¡Formulario de examen físico de idioma Spanish disponible aquí!](#)

Online Registration: Registration is through Final Forms. Final Forms is a secure registration platform that provides you with an easy, user-friendly way to register for our programs, and helps us to be more administratively efficient and environmentally responsible. When you register through Final Forms, the system keeps track of your information in your Final Forms profile. You enter your information only once for each family member for multiple uses and multiple programs.

[Siuslaw Final Forms Site](#)