

## Do I Need a Physical this Year??

Use the chart below to determine if your athlete will need a sports physical or alternate year card:

On File at John Muir	What you need:
Physical dated April 1, 2025 or after	Good
Physical dated April 1, 2024 to March 31, 2025	Need Alternate Year Card <ul style="list-style-type: none"><li>signed by parent/guardian</li></ul>
Physical dated before April 1, 2024	Need Physical <ul style="list-style-type: none"><li>signed by Doctor and Parent<ul style="list-style-type: none"><li>If the form is faxed to school, you will need to stop in to sign the form.</li></ul></li></ul>

[Physical Form](#)

[Alternate Year Card](#)

If you are unsure if a physical is on file or when a physical was last completed please email Kate Peterson [kapeterson@wausauschools.org](mailto:kapeterson@wausauschools.org) in the John Muir Main Office.

Thank you,

Luann LaRue  
JMMS Athletic Director