

Dear Parent/Guardians,

Smithton student athletes will still be required to have updated physicals this year for sports. The past few years we have been able to hold a “physical night” at the school for our student athletes. Unfortunately, this year we will not be able to have our own night before the Fall sports season will begin on Monday August 10th. If conditions allow us to hold a “physical night” prior to the Winter and Spring sport seasons then we will consider it if the need is high enough.

This means that any student athlete in grades 7-12 who is planning on participating in Cross Country, Volleyball, or Soccer this fall must have an updated physical before they can practice on Monday August 10th.

Reminder: MSHSAA sports physicals now are good for 2 years. Each year athlete insurance information must be updated, but the portion of the physical handled by a physician is good for 2 years. This means if your student athlete had a physical last year then they are good for this year once their insurance information is updated.

Pre-participation physical forms can be found at the link below from the MSHSAA website.

<https://www.mshsaa.org/resources/PDF/Current%20Pre-participation%20Physical%20Evaluation%20-%20PPE-History%20Form-English.pdf>

Sincerely,

Bryan Werner

Smithton R-6 Athletic Director