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## Athletic Training Information

### **Athletic Online forms:**

All athletes are required to fill out the Rank One online forms for the 25-26 school year.

Click [here](#) to be directed to online forms.

### **Physicals: Note: Physicals for Saturday, May 3rd are full and not accepting any more spots.**

All incoming 7-12th grade students for the 2025-26 school year involved in athletics, cheer, dance, marching band and ROTC are required to have an annual physical. Completed physical forms should be emailed to [greg.goerig@midlothianisd.org](mailto:greg.goerig@midlothianisd.org) Physicals for the 2025-2026 school year must be dated after April 1, 2025 in order to be valid for the 2025-2026 school year. Click [here](#) to read important information regarding physicals and online forms.

Athletic physicals for the district should be completed on the [official UIL physical form](#)

Click [here](#) for Frequently Asked Questions regarding physicals and how to turn them in

Click [here](#) for the Spanish Version of FAQ's regarding physicals and how to turn them in

Click [here](#) for electronic online athletic forms

Click [here](#) to see a list of medical care providers in the Midlothian area.

### **EKG Information:**

EKG can be signed up on the Methodist website at:

<https://www.methodisthealthsystem.org/sports-physicals-sign-up/>

