

Step 1: Complete a FHSAA physical form revised (5/18). Have it notarized, signed by a physician and your legal guardian or parent.

Step 2: Schedule concussion assessment with Mr. Alfonso (the trainer) if the student has not had one or is an incoming 9th grader. In addition, complete the concussion in sports video, heat illness prevention and sudden cardiac arrest @ nfhslearn.com and print the certificates.

Step 3: Turn completed physicals to the athletic office and allow 24-48 hours for processing.

Step 4: Students will now be eligible to purchase athletic insurance at the athletic office.