

Are you ready for 2025-26 Athletics? Do you have an updated physical on file?

Under MSHSL and HM rules, students are not allowed to participate without a physical on file. **Please note that if your student is playing middle school level sports, a physical is not needed.** If your middle school student is playing on a high school level team (9th, B, JV, V) then they will need a physical. ALL HIGH SCHOOL ATHLETES NEED A PHYSICAL.

Please let us know if you have a current physical. If you do not have a current physical, please take the following document to a minute clinic or a health care provider such as TCO, TRIA, etc. to be filled out.

Here is a link to the form that needs to be filled out by a doctor:

<https://www.mshsl.org/sites/default/files/2025-04/2025-2026-ppe-4-4-25-english.pdf>

Please scan a completed physical back to us (1st page only), or you can drop it off or mail to school (attn: Sarah Turner). Please make a copy for your records.

Once again, TCO and TRIA are offering FREE physicals this summer! Please follow the links below to register:

Visit this link for TCO FREE physicals:

<https://tcomn.com/sportsphysicals/>

Visit this link for TRIA FREE physicals:

<https://www.healthpartners.com/care/tria-orthopedics/services/sports-medicine/sports-physicals/>

Please email Sarah Turner sturner@hill-murray.org if you have any questions or concerns.

Thanks for getting this taken care of this summer so that your athlete will be ready to participate on August 11th.