****TURNING IN PHYSICALS FOR THE 2019-2020 SCHOOL YEAR. PHYSICALS MUST BE TURNED INTO THE ATHLETIC TRAINER ONLY. NEVER TURN IN A PHYSICAL TO A COACH, ASSISTANT COACH, THE FRONT OFFICE, ATHLETIC DIRECTOR, NURSE, OR ANYONE OTHER THAN YOUR ATHLETIC TRAINER****

Physicals must be completed on or after APRIL 1, 2019 to be eligible for the 2019-2020 school year.

BE SURE THAT YOU HAVE THE UPDATED APS PHYSICAL PACKET FOR 2019-2020 WHEN YOU GO TO YOUR DOCTOR.

- https://vvhs.aps.edu/athletics. Link is under the tryout forms heading.

Please include ALL sports the athlete may participate in on your physical. Please make sure ALL information is filled out on all pages of the physical packet. NO INCOMPLETE PHYSICAL PACKETS WILL BE ACCEPTED.

It is mandatory to include the NFHS Concussion for Students Certificate with your APS physical packet. Athletes will not be cleared to try-out without this certificate. The link is below:

- https://nfhslearn.com/courses/61059/concussion-for-students
- https://vvhs.aps.edu/athletics. Link is under the tryout forms heading.

Upon turning in all paperwork athletes will obtain a clearance form for all sports they plan to participate in from Mr. Ochoa.

Athletes MUST turn in their clearance form to respective coaches.

School Day Hours for Physical Turn In
Mr. Ochoa will accept physicals during lunch hour in the Athletic Training Room C-124 or my classroom G-115.
Mr. Ochoa will accept physicals after school in the Athletic Training Room C-124. Please keep in mind that in-season athletes receive priority for taping, treatments, and evaluations.

Special Dates for Physical Turn
Mr. Ochoa will also accept physicals during early registration hours on VVHS campus. Dates still TBD. Be on the lookout on the VVHS website for early registration dates.

Summer Dates for Physical Turn in (Recommended for all FALL SPORTS)
June 6, 2019 in C-124 10 am-1pm
July 24, 2019 in C-124 10 am-1pm