

**SPORTS PHYSICAL NIGHT
FREEDOM HIGH SCHOOL**

DATE: 6/6/2019

**LOCATION: SOUTH RIDING PEDIATRICS
25055 RIDING PLAZA, SUITE 150
SOUTH RIDING, VA 20152**

TIME: 6PM TO 8:15PM

GO TO <https://webinter.lcps.org/SPAR/> AND REGISTER FOR YOUR PHYSICAL EXAM.

**THIS IS ONLY FOR THE SPORTS PHYSICALS TO PARTICIPATE IN HIGH SCHOOL ATHLETICS IN 2019 SCHOOL YEAR.
THIS PHYSICAL EXAM DOES NOT REPLACE YOUR ANNUAL PHYSICAL EXAM.**

PAYMENT: \$40.00 CASH OR CHECK (FREEDOM HS) ONLY. **NO CREDIT CARD.**

You can also use LCPS Online Payment system to pay for FHS Sports Physical Night.

Please go to <https://www.lcps.org/Domain/19429> and choose "Athletics-Sports Physical Night".

WE WILL BE COLLECTING **COMPLETED** VHSL PHYSICAL FORMS ON 6/6/2019. PLEASE TURN IN YOUR COMPELETED FORM TO FHS ATHLETICS OFFICE ASAP IF YOU CANNOT COMPLETE IT ON 6/6/2019.

PLEASE GO TO <https://fhs-ar.schooltoday.com/> TO PRINT OUT VHSL PHYSICAL FORM AND COMPLETE OTHER REQUIRED FORMS ONLINE.

If you have any question, you can contact Andrew Lee, Athletic Trainer @ andrew.lee@lcps.org.