

Sports Physical Requirements

All students are **REQUIRED** to have a **CURRENT** sports physical on file at school **BEFORE** they can try out or participate in any interscholastic sports. *This includes “conditioning” activities.*

The physical must remain “current” during the entire sports season, meaning that it has been completed within the past 12 months of the participation dates.

Those who need sports physicals need to present an “[IHSA Pre-participation Examination](#)” form completed by the physician and the parents. An “[Illinois Certificate of Child Health](#)” form may also be used.

If you are entering 6th grade or are in 8th grade, it would be advised to have the Illinois form filled out by the physician, as it will “count” for your physical requirement for 6th or 9th grade.

- **It is highly recommended that you call your existing pediatrician first for an appointment.** If you cannot get an appointment in the required time frame, ask your pediatrician for a recommendation of where you should go.
- **If you do not have a doctor and cannot get a timely new patient appointment with a local pediatrician, you can try calling:**

Centegra Immediate Care

(walk in sports physicals for \$40)

- 10350 Haligus Road, Huntley, IL 815-338-6600
- 8am – 8pm (be there by 7:30)

Provena Med Care

(walk in school physicals for \$40)

- 2250 W. Algonquin Rd., Lake in the Hills 847-854-5511

Walgreen’s Take Care Clinic

(walk in sports physicals for \$60)

- 151 W. Northwest Highway, Crystal Lake, IL 866-825-3227
- Need to bring proper form with you

Centegra Primary Care (at the following locations)

- Huntley, 11650 S. Rt. 47 847-669-3880
- Crystal Lake, 285 Memorial Drive 815-477-2310
- Woodstock, 3707 Doty Rd. 815-338-6600