

VHSL PHYSICALS

Playing sports next year?

If you are planning on participating in school sports next year, *you need a new physical*. Come out to one of the two locations below to get a physical. **All WJCC students currently in grades 6-11 are eligible for the physical days below.**

- **\$25 per athlete.** Cash or checks accepted. Checks should be made out to “Riverside Orthopedics, Sports Medicine, and Physiatry Specialists.”
- In order to have a physical without a parent present, **you must come with pages 1,2, & 4 of your physical completed and signed by a parent.**
- Physicals can be found at:

May 16, 4pm-6pm

James Blair Middle School **OR**
101 Longhill Road

June 6, 3pm-5pm

Toano Middle School
7817 Richmond Road