

# JULY HEALTH REMINDER...

## Is your child due for a sports physical?

Sports physicals are required for all students who participate in sports including football, cheer, soccer, cross country, volleyball, basketball, track, swimming and wrestling. Student athletes are required to have a sports physical every 2 years as a minimum. The physical is required before practice or competition begins.



Make your child's appointment with the  
**Ko-Kwel Wellness Center**  
541-888-9494 or 1-800-344-8583, option 1.