

2021-2022

Plano East Physical Day

Students participating in Plano ISD activities are **REQUIRED** to have a yearly physical prior to participation in **ANY** tryouts, practices or games/competitions. Physicals must be completed on or after **April 1, 2021** for participation in the 2021-2022 school year. **Physicals must be completed on the official UIL physical form.**

If you choose to have your physical completed on your own, it must be completed on the UIL form. The form must be signed by the clinician performing the physical. The form also **requires** them to mark the **DATE OF EXAM** and to list their **NAME, ADDRESS and PHONE NUMBER.**

Date: 5/19/2021

Time: 3:30-6:00 PM

- 3:30- On Campus Athletes
- 4:30- Feeder Athletes
- 5:15 Middle School Athletes

Place: 3000 Los Rios Blvd
Plano, TX 75074

Enter: Gym Doors

Exit: North door, by football locker room

Cost: \$20 CASH *Discount for free/reduced lunch students.

tinyurl.com/eastphysical

Attire: Shorts and T-Shirt*

- There will be **VISION SCREENING** please bring corrective lenses.
- Females-Sports Bra along with Shorts and T-Shirt

Intend to Attend:

If you plan to attend, please fill out this form ahead of time tinyurl.com/eastphysical

Forms:

Go to <https://www.uiltexas.org/athletics/page/pre-participation-physical-evaluation>, print, and fill out medical history form; also print physical form. Bring both with you to exam. Forms will be supplied on site if you don't bring them with you. Medical history form **MUST** be completed before physical is performed.

Online forms: Each athlete must have all online paperwork completed to participate in any athletic activity. Please go to <https://planoisd.rankonesport.com> to complete the online forms. The medical history will also need to be completed online for the 2021-2022 school year.



Scan for quick access to the links listed above.