

## **Proof of Physical**

**August 15<sup>th</sup> 2011 is the opening practice date for Portland High School fall Athletes. In order to compete, all athletes must have a proof of physical to give to their coach. If your son or daughter has had a physical in the last year please please be sure to have your physician send a copy to Portland High School via fax @ 874-8248 attention Mike McCullum.**

**Athletes will not be allowed to practice until they have proof of a physical within the last year. Portland High School will be offering physicals on August 16<sup>th</sup> and August 19<sup>th</sup> at the school, but space is limited. PLEASE DO NOT WAIT!!**

**If you have any questions please feel free to call Mike McCullum, Director of Athletics at 874 8257.**