

PHYSICALS

According to the SMYFA rules, **physicals are required for ALL football players and cheerleaders.** The physical must be within the calendar year of the start of this year's football season. It must be dated and signed by the physician and the physician must declare the fitness of the player or cheerleader. All physical exam certificates shall be on file with our organization for inspection at all times to any team. **Physicals need to be turned in no later than equipment hand out August 10TH.**

PLAYERS AND CHEERLEADERS WILL NOT BE ALLOWED ON THE PRACTICE FIELDS UNTIL A CURRENT PHYSICAL HAS BEEN TURNED IN

Below are several locations where you can receive sports physicals:

WLC Physical Night

Walled Lake Central is offering sports physicals on Wednesday, May 29th from 5:00p-7:00p in room C102 in the purple pod at Walled Lake Central. The physicals will cover sporting events for the 2018 season. Cost for the physicals are \$20, all ages are welcome

Pontiac Trail Medical Center

Located at 620 Pontiac Trail in Walled Lake. They charge \$30 for a sports physical on a walk in basis.

CVS

Any CVS that has a Minute Clinic will do sports physicals as well.

Lakes Urgent Care

Located at 2300 Haggerty Rd #1010, West Bloomfield. They charge \$45 for a sports physical on a walk in basis.