

# TULARE JOINT UNION HIGH SCHOOL DISTRICT

## 2023-2024 ATHLETIC PHYSICAL SCHEDULES

TJUHSD has partnered with Adventist Health to offer FREE athletic physicals for all incoming 9th graders as well as current high school students.

Prior to attending please complete the following:

1. Online 2023-2024 Athletic Physical Clearance Registration on FamilyID.com
2. Complete and bring the Pre-Medical History form signed by parent/guardian
3. Complete and bring the TJUHSD Athletic and Activity/Club Registration Form
4. Complete the Adventist Health Consent for Health Screening Form
5. Please bring a copy of your insurance card for physical clearance

ALL FORMS CAN BE PICKED UP AT YOUR SCHOOL NURSE'S OFFICE.  
PARENTS ARE ENCOURAGED TO ATTEND.

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>	<u>GROUP</u>	<u>LOCATION</u>
TUE	May 16	3-5 pm	T.W. ATHLETES	TULARE WESTERN
WED	May 17	3-5 pm	T.U. ATHLETES	TULARE UNION
WED	May 24	3-5 pm	M.O. ATHLETES	MISSION OAK

**Students must attend the physical at their school.**

Please contact your school nurse or athletic director with any questions.

Mission Oak 686-7308  
AD-Osama Hamid  
Nurse: Taylor Molina

Tulare Western 686-8751  
AD-Mike Powell  
Nurse: Mimi Shirey

Tulare Union 686-4761  
AD: Diana Nalbandian-Hatton  
Nurse: Maria Moreno

