

# Physical Information

Dear Parent/Guardian:

Outgoing 6<sup>th</sup>, 8<sup>th</sup>, and 10<sup>th</sup> graders are required by the UIL to have a physical examination for athletic participation in middle school and high school. This examination must be performed by a physician, physician's assistant, chiropractor, or nurse practitioner prior to any summer conditioning programs offered by Lampasas ISD and/or prior to the first day of your child's athletic period as an incoming 7<sup>th</sup>, 9<sup>th</sup> or 11<sup>th</sup> grader for the 2026-27 school year.

We are offering UIL physical examinations at your child's campus. Exams will be given by Advent Health clinic providers. You may take advantage of this physical date even if your child utilizes such places as Copperas Cove, Darnell, or Killeen clinics. However, if taken to another facility, the physical exam **needs to be performed on the form issued by LISD or respective forms from the UIL website.**

The medical history page must be signed **PRIOR** to your child receiving a physical examination. If the medical history IS NOT signed, then the doctors will not perform the exam. All "YES" answers checked on the Medical History portion also need to be explained. Your child needs:

- ★ **A completed and signed medical history**
- ★ **\$20 for the physical** (Cash or make checks payable to LISD)
- ★ Bring eyeglasses if student has any

Insurance cards will **not** be accepted on this physical date. I strongly recommend that you take advantage of this opportunity for your athletic physical.

If you have any questions, feel free to call me at 512-564-2330 or email me at [bristerj@lisdtx.org](mailto:bristerj@lisdtx.org)  
Thank you,  
Jan Brister  
LISD Athletic Trainer

## **PHYSICAL SCHEDULE:**

Tuesday, May 5<sup>th</sup> – LMS 8:00 – 10:45 (BF Gym)

Wednesday, May 6<sup>th</sup> – LMS 8:00 – 10:45 (BF Gym)

Friday May 8<sup>th</sup> – LHS 8:00a.m. – 10:00a.m.(Field House)