

INCOMING 7TH GRADE ATHLETICS: All incoming 7th graders interested in athletics are required to complete online paperwork and have a pre-participation physical exam. A parent/guardian and student both are required to go to www.planeths.com to complete the online forms. Instructions for creating accounts through PlanetHS can be found on the Borger Athletics website. The Pre-Participation Physical Exam must be completed by a physician, physician assistant, chiropractor, or nurse practitioner. The Golden Plains Walk-In Clinic is offering **FREE PHYSICALS July 13 – August 1**. Due to COVID-19, the clinic has asked that you call them at (806) 467-5804 PRIOR to going. Please make sure a parent/guardian is present for the physical. Please turn the hard copy of the physical into the Athletic Department, Athletic Trainer, or your Coach. **The physical exam and online paperwork must be completed prior to participation in athletics.** If you have any questions or forgot your login information please contact the Athletic Department at 806-273-1033 or email Coach Gilmore at tyler.gilmore@borgerisd.net.

INCOMING 8TH-12TH GRADE ATHLETICS: All 8th-12th graders interested in athletics are required to complete online paperwork at www.planeths.com. **Only students new to athletics and those whose medical history indicate the need for further evaluation are required to receive a Pre-Participation Physical Exam.** If you are required to receive a physical exam, your medical history will be **denied** through PlanetHS. If you are new to athletics at Borger ISD, instructions for creating accounts through PlanetHS can be found on the Borger Athletics website. The Pre-Participation Physical Exam must be completed by a physician, physician assistant, chiropractor, or nurse practitioner. The Golden Plains Walk-In Clinic is offering **FREE PHYSICALS July 13 – August 1**. Due to COVID-19, the clinic has asked that you call them at (806) 467-5804 PRIOR to going. Please make sure a parent/guardian is present for the physical. Please turn the hard copy of the physical into the Athletic Department, Athletic Trainer, or your Coach. **The physical exam and online paperwork must be completed prior to participation in athletics.** If you have any questions or forgot your login information please contact the Athletic Department at 806-273-1033 or email Coach Gilmore at tyler.gilmore@borgerisd.net.

HIGH SCHOOL BAND: All high school marching band members are required to complete online paperwork at www.planeths.com. If you are new to band/athletics at Borger ISD, instructions for creating accounts through PlanetHS can be found on the Borger Athletics website. **Only students new to band/athletics and those whose medical history indicate the need for further evaluation are required to receive a Pre-Participation Physical Exam.** If you are required to receive a physical exam, your medical history will be **denied** through PlanetHS. The Pre-Participation Physical Exam must be completed by a physician, physician assistant, chiropractor, or nurse practitioner. The Golden Plains Walk-In Clinic is offering **FREE PHYSICALS July 13 – August 1**. Due to COVID-19, the clinic has asked that you call them at (806) 467-5804 PRIOR to going. Please make sure a parent/guardian is present for the physical. Please turn the hard copy of the physical into the Athletic Department, Athletic Trainer, or Mr. Kuehler. **The physical exam and online paperwork must be completed prior to participation in band.** If you have any questions or forgot your login information please contact the Athletic Department at 806-273-1033 or email Coach Gilmore at tyler.gilmore@borgerisd.net.