

2026 FISD ATHLETIC PHYSICAL FAQ

Q: WHEN ARE PHYSICALS HELD AT THE HIGH SCHOOL

A. **Saturday April 25th, 2026 from 8:30 am -2:00pm** at the new Competition Gym at the High School.

Q: WHERE IS THE HIGH SCHOOL LOCATED?

A. The High School is located at 702 Greenbriar. The Competition Gym is located on the behind the Performing Arts Center

Q: WHO NEEDS A PHYSICAL?

A. Any student thinking about trying out or participating in any athletics at either the Junior High or High School including – Drill, Cheerleading, Lacrosse, Water Polo, or High School Band.

Q: HOW MUCH DO THE PHYSICALS COST?

A. \$30- CASH ONLY

Q. DO I NEED TO CALL AND SCHEDULE AN APPOINTMENT FOR THE PHYSICALS?

A. No, they are done on a first come first serve basis.

Q. DO I NEED TO PRE-REGISTER FOR THE PHYSICAL DAY?

A. No, there will be no pre-registration.

Q. WHEN IS THE BEST TIME TO GET THERE?

A. The doors open at 8:30 am; it is generally really busy then and during the lunch hours. Expect a line and physicals to take a minimum of 30-45 min to complete.

Q. WILL EKG OR ECHO'S BE OFFERED?

A. Yes. Echo's will be offered on site and will be \$50 CASH ONLY, in addition to the physical cost. Completing an Echo will be an additional 30-45 minutes of time to the physical day. Email blapier@fisdk12.net if your child will be receiving an echocardiogram. This will help save time.

Q. I HAVE A CONFLICT ON APRIL 25TH AND CANNOT MAKE IT TO THE PHYSICAL OFFERED AT FHS, IS THERE ANOTHER DATE THAT PHYSICALS WILL BE DONE AT SCHOOL?

A. At this time, we do not anticipate offering physicals on another day. If you are unable to make it on **APRIL 25TH**, please schedule an appointment with your physician. Should this change, we will post that information on both the FJH and FHS websites.

Q. CAN I HAVE A PHYSICAL DONE PRIOR TO APRIL 25th BY MY OWN PHYSICIAN?

A. Yes, however we ask that the physical form be dated by the doctor no earlier than **April 25th, 2026**. The physical is only valid for one calendar year. Therefore, should an athlete have a physical done prior to **April 25th, 2026** and still be participating in a sport when that physical expires, they will no longer be able to continue to participate.

Q. WHEN WILL THE FORMS BE AVAILABLE FOR MY ATHLETE?

A. The 2026-2027 Physical Forms will be available on the FHS Athletics and Friendswood Athletic Training website in the Spring. The rest of the RankOne forms (athletic forms) are to be completed online beginning **April 28th, 2026**.

Q. I HAVE A FORM FROM LAST YEAR, CAN I USE THAT?

A. No. UIL makes changes to the forms every year. These changes make previous forms invalid. Any physical that is done on a previous years form will be returned and the athlete will be required to fill out the current years forms.

Q. WHEN DO I HAVE TO HAVE THE PHYSICAL TURNED IN BY?

A. Physicals must be completed and uploaded into RankOne before an athlete is allowed to try out, practice, participate, or compete in any FJH/FHS sport (including athletic periods). It is strongly recommended that you upload all forms into RankOne as soon as they are completed. Please see the link below. No physical/hard copies will be accepted in person.

**IF YOU HAVE ANY FURTHER QUESTIONS OR NEED MORE INFORMATION
PLEASE CONTACT THE FHS ATHLETIC TRAINERS:**

EMAIL – blapier@fisdk12.net

PHONE- 281-996-6553

**www.friendswoodathletictraining.com
<https://fhs.myfisdk.com/departments/athletics>**