

MELBA HIGH SCHOOL

HOME OF THE *MUSTANGS*

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*PRINCIPAL
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April 9, 2025

Dear Parent or Guardian,

The Melba School Athletic Department is pleased to announce that Sports Physicals, for 5th graders (planning to participate in Cross Country or wrestling this fall), 6th, 8th, and 10th graders, will be available at Melba High School on Tuesday, May 13 starting at 9:00 AM. Mountain Land Physical Therapy and Saint Lukes Sports Medicine employees generously volunteer their time to perform these physicals.

Melba Schools and the IHSAA require that all students entering 6th, 7th, 9th or 11th grades have a physical to participate in any sport. This is a convenient opportunity to have a physical exam performed during the spring for only \$20.00. Please know that **ALL OF THE PROCEEDS** from these sports physicals are donated back to the Melba Athletic Department!

We hope that you will take advantage of this opportunity. If you would like your student to participate, please complete and sign the medical history portion of the included form. Your student should bring that completed form and a \$20.00 check, made out to Melba High School, NO LATER THAN Monday, May 12th so that we can schedule their physical.

On the day of the physical, it is important that your student dresses appropriately. Mountain Land Physical Therapy recommends wearing shorts or sweats. If skirts are worn, please wear tights or shorts underneath.

If you miss this opportunity, please remember that your student needs a physical BEFORE they can practice for cheerleading, football, volleyball, cross-country, or wrestling next fall.

Thank you,

Cory Dickard
Athletic Director