

TRYOUT & PAPERWORK REQUIREMENTS 22-23

VHSL PHYSICAL FORM

- Must be the January 2021 version
- Must be dated on or after May 1, 2022
- New every school year
- Form is on our website www.tjsports.org under FORMS
- Forms can be mailed to TJ
 - 6560 Braddock Rd Alexandria, VA 22312
 - C/O Heather Murphy
- DO NOT EMAIL FORMS

ATHLETIC REGISTRATION-ONLINE

- Must be completed every school year
- ONLINE: website “Athletic Registration”
 - <https://tjhsst-ar.schooltoday.com/>
- Indicate all sports for the 2022-23 school year
- Complete concussion education
- Complete emergency care card
- Complete weight room permission, field trip driver’s information, & insurance



@TJ_AthleticTrainers



@TJHSST_AT