

# TRYOUT & PAPERWORK REQUIREMENTS 23-24

## **VHSL PHYSICAL FORM**

- Must be the January 2021 version
- Must be dated on or after May 1, 2023
- New every school year
- Form is on our website [www.tjsports.org](http://www.tjsports.org) under FORMS
- Forms can be turned in at the Athletic Training Room (98, Door 11)
  - Mail: Dr. Murphy at TJ 6560 Braddock Rd Alexandria, VA 22312
- DO NOT EMAIL FORMS
- If attending summer workouts, bring to coach on 1st day.

## **ATHLETIC REGISTRATION-ONLINE**

- Must be completed every school year; for 2023-2024
- ONLINE: website "Athletic Registration" AFTER JUNE 25th
  - <https://tjhsst-ar.rschooltoday.com/>
- Complete concussion education
- Complete emergency care card
- Complete weight room permission, field trip driver's information, & insurance



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