



2022-2023

Plano West Physical Day

Students participating in Plano ISD activities are **REQUIRED** to have a yearly physical prior to participation in **ANY** tryouts, practices or games/competitions. Physicals must be completed on or after **April 1, 2022** for participation in the 2022-2023 school year. **Physicals must be completed on the official UIL physical form.**

If you choose to have your physical completed on your own, it must be completed on the UIL form. The form must be signed by the clinician performing the physical. The form also **requires** them to mark the **DATE OF EXAM** and to list their **NAME, ADDRESS and PHONE NUMBER.**

Date: 5/11/2022

Time: 3:00-6:00 PM

Place: 5601 West Parker Road
Plano, TX 75093

Enter: Indoor Athletic Facility (SAC) North Entrance

Exit: Indoor Athletic Facility (SAC) South Exit

Cost: Go to <https://www.studentquickpay.com/PISD/> to pay.
(Do not use your phone to log in. Use a PC, LAPTOP or TABLET.)
PLEASE SCAN THE QR CODE ABOVE FOR PAYMENT INSTRUCTIONS!

Attire: Shorts and T-Shirt *There will be **VISION SCREENING** please bring corrective lenses.
Females (Sports Bra) along with Shorts and T-Shirt

Forms: Go to <https://www.uiltexas.org/athletics/page/pre-participation-physical-evaluation>, print, and complete the medical history form. Bring with you to the exam. Forms will be supplied on site if you don't bring them with you. Medical history form **MUST** be completed before physical is performed.

Online forms: Each athlete must have all online paperwork completed to participate in any athletic activity. Please go to <https://planoisd.rankonesport.com> to complete the online forms. The medical history will also need to be completed online for the 2022-2023 school year. Wait to hear from your coach or athletic director to give you the date it will become available to fill out.