

**PENN HILLS HIGH SCHOOL & LINTON MIDDLE SCHOOL
2023-24 FALL SPORTS
(FREE!) DOCTOR'S PHYSICAL EXAMS**

Updated 6/8/23

DATE & PLACE	GRADE IN 2023-2024 SCHOOL YEAR
WEDNESDAY, JULY 5, 2023	GRADES 9-12
FRALIC CENTER – 7:30 A.M. TO 8:30 AM	VARSITY FOOTBALL
FRIDAY, JULY 21, 2023	GRADES 9-12
SENIOR HIGH NURSE'S OFFICE – 8:00 AM TO 9:00 AM	VARSITY/JV BOYS' SOCCER
	VARSITY CO-ED GOLF
	VARSITY CO-ED CROSS COUNTRY
	VARSITY GIRLS' TENNIS
	VARSITY/JV GIRLS' SOCCER
	VARSITY/JV GIRLS' VOLLEYBALL
	VARSITY/JV CHEERLEADING (Teams were selected in May 2023)
WEDNESDAY, AUGUST 2, 2023	GRADES 7-8
LINTON NURSE'S OFFICE – 8:00 AM TO 9:00 AM	7 TH AND 8 TH FOOTBALL
	7 TH AND 8 TH BOYS' SOCCER
	7 TH AND 8 TH GIRLS' SOCCER
	7 TH AND 8 TH CHEERLEADING (Team was selected in May 2023)
WEDNESDAY, AUGUST 9, 2023	GRADES 7-12
SENIOR HIGH NURSE'S OFFICE – 8:00 AM TO 9:00 AM	MAKE-UP ALL SPORTS (Middle School & High School)
WEDNESDAY, AUGUST 23, 2023	GRADES 7-8
LINTON NURSE'S OFFICE – 8:00 AM TO 9:00 AM	LINTON MIDDLE SCHOOL SPORTS
WEDNESDAY, AUGUST 30, 2023	GRADES 7-8
LINTON NURSE'S OFFICE - 8:00 AM TO 9:00 AM	MIDDLE SCHOOL GIRLS BASKETBALL
	MIDDLE SCHOOL COED SWIMMING
	MAKE UP DATE FOR LINTON SPORTS

**PHYSICAL FORMS MUST BE 100% COMPLETED ONLINE AT WWW.PLANETHS.COM
IN ORDER TO ATTEND THE FIRST OFFICIAL PRACTICE/TRYOUT DATE**

STEPS FOR COMPLETING ONLINE PHYSICAL FORMS:

1. GO TO WWW.PLANETHS.COM. If you already have an account, please login to your existing account.
2. If you do NOT already have an account, click "Create New Account". Choose Parent or Student based on who is creating the account. Students and parents MUST have separate accounts with different/unique email addresses.
3. Click on "Linked Accounts" and link to your parent's or student's account.
4. Click on "Athletic Forms" and start electronically completing/signing the forms.
5. Upload a photo of your signed doctor's physical exam under Section 6 (must be dated after 6/1/23)

MONDAY, AUGUST 7, 2023 - FIRST PRACTICE DATE FOR VARSITY & JV FOOTBALL
MONDAY, AUGUST 14, 2023 - FIRST PRACTICE DATE FOR ALL OTHER FALL SPORTS
TUESDAY, AUGUST 22, 2023 - FIRST DAY OF SCHOOL FOR 2023-24 SCHOOL YEAR

Questions? Please email Ms. Stephanie Strauss at ssrau@phsd.k12.pa.us