## Penn Hills Golf Team 2019 Try-out and Practice Information

**PHYSICAL EXAMS** – No one is permitted to try out without a physical exam after June 1, 2019. There are two dates over the summer to get a free physical exam by the school physician: July 22 at 8am in the High School Nurse's Office and August 5 at 8am in the Linton Nurse's Office. You must have the physical packet completely filled out in order to get a physical by the doctor. You could also get a physical from your family doctor or from any other site offering school physical exams. They simply need to sign off on the form inside the packet.

Monday, August 12<sup>th</sup> – First day of try-outs at Three Lakes Golf Course at 7:00 AM (We will play 9 holes & you will pay your greens fees on this day only.)

Tuesday, August 13<sup>th</sup> – Practice at Three Lakes G.C. at 7:30 AM

Wednesday, August 14th – Practice at 7:30 AM at Three Lakes GC

Thursday, August 15<sup>th</sup> – First scrimmage with Freeport @ Green Oaks G.C

Friday, August 16<sup>th</sup> – Practice at Three Lakes G.C. at 7:30 AM

No one is permitted to participate without all forms filled out and a physical! Forms are available in the Athletic Office or on PHSD website! Practices will end on Monday, Tuesday, Wednesday and Friday at 10:00 AM. You must have your own ride home at 10:00 AM. The coaches cannot leave until each player has left, so make sure you have your transportation lined up ahead of time so we can leave on time.

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