June 6, 2023

Dear Parents,

In preparation for the fall 2023 sports season, please take note of the following information.

Athletes are required to have a current (after April 15, 2023) sports physical signed by a physician. This form must be uploaded into your athletes [FinalForms](https://houghtonportage-mi.finalforms.com) account before they can participate. Please make an appointment with your primary care provider and bring the following items with you to the appointment.

1. Print and complete the[**MHSAA Physical Form**](file:///C:\Users\jsanregret\Downloads\Physical%20Form%20-%20Jan.%202023.pdf)**. Must be signed by parent and physician.**
2. Eyeglasses or contact lenses for the vision test.
3. Athletes **DO NOT**need to bring a urine sample for the physical.
4. UPLOAD THE PHYSICAL FORM TO YOUR FINALFORMS ACCOUNT IMMEDIATELY AFTER APPOINTMENT

There will be summer workouts scheduled throughout the summer (No workouts July 3-7). Coaches will communicate details via [FinalForms](https://houghtonportage-mi.finalforms.com). Be sure to select the sports that you plan to participate in so you receive emails specific to those sports. All athletes are encouraged to make a commitment to participate in the summer workout program for their respective sports.

All high school fall sports begin on Monday, August 7th. Athletes are expected to be present on the first day of practice/tryouts. Middle school fall sports begin on Monday, August 21st. Details will be communicated via [FinalForms](https://houghtonportage-mi.finalforms.com) as the fall season approaches.

Lastly, [FinalForms](https://houghtonportage-mi.finalforms.com) registration is a requirement for participation in athletics. [FinalForms](https://houghtonportage-mi.finalforms.com) allows you to complete and sign all the required athletic participation forms and upload the required sports physical without having to hand deliver anything to the school! Please register at: <https://houghtonportage-mi.finalforms.com> and follow the prompts to create your account. You will only receive sport specific emails if you are signed up in [FinalForms](https://houghtonportage-mi.finalforms.com).

ADDITIONAL INFORMATION:

HS Volleyball Tryout Information: [Fall 2023 HHS Volleyball Tryout Information](file:///C:\Users\jsanregret\Downloads\Fall%202023%20HHS%20VB%20Tryouts.pdf)

GoFan Individual and Family Passes: <https://gofan.co/app/events/1004215?schoolId=MI19257>

Booster Club Information: [https://www.hpts.us/sports-boosters.php#](https://www.hpts.us/sports-boosters.php)

Sports Physical Form: [MHSAA Physical Form](file:///C:\Users\jsanregret\Downloads\Physical%20Form%20-%20Jan.%202023.pdf)

MHSAA 2023-24 Calendar – [Quick Reference Calendar](file:///C:\Users\jsanregret\Downloads\23-24%20Quick%20Ref%20Calendar.pdf)