

ATHLETIC Requirements for 2023 - 2024

(ALL Junior High and High Schools sports + cheer)

- A **Physical Packet**, which contains a physical examination form, is required for all first-time athletes or for athletes whose physical examination is more than two years old (date listed on examination form completed by your physician). This form must be on file in the RHS Activities Office before an athlete can actively participate.

or

- An **Annual Update** is required if it's been more than one year since the physical examination, but less than two years (date listed on examination form completed by your physician). This form must be on file in the RHS Activities Office before an athlete can actively participate.
- Athletic Participation Fee** – this \$55 fee must be paid prior to an athletes first athletic event. Payment can be made through the BULLDOG ATHLETICS ticketing tab on our rollabulldogs.org website OR in person at the RHS Activities Office (entrance located on 10th Street)
- Co-Curricular Requirement** – this requirement must be completed by both the student and parent and may require attendance at a coaches or sponsor meeting each season/activity your student participates.