



## 2026 HERITAGE HALL ATHLETIC PARTICIPATION FORMS AND OSSAA PHYSICALS FORMS

Rising 7th-12th graders enrolled in a sport must submit all required forms to the school before participating in any school-sponsored practice or competition. Parents must electronically submit six athletic participation forms (student ID numbers are not required). The required OSSAA physical forms cannot be submitted online and must be printed and signed by parents and physicians. Forms must be dated on or after May 1, 2026.

As a courtesy to our patrons, the Athletic Department has scheduled sports physicals on Monday, May 13<sup>th</sup>, in the McClendon Athletic Center (MAC). High school from 6:00pm-8:00pm on a first come, first served basis. The cost is \$20; please bring cash or make checks payable to Heritage Hall Sports Medicine.

Access the required participation forms via the HH Portal or by using this QR code:



**NOTE:** The OSSAA will release its Updated Physical Form on May 4, 2026. The Athletic Department will email out Form and Touchdown Club will post the Form on GroupMe. Athletes can bring the form to the Heritage Hall sports physicals opportunity or to your own physician.