

2023 OWASSO ATHLETICS PHYSICAL INSTRUCTIONS



SPORTS MEDICINE

****Please read the instructions carefully and complete each step****

Pre-Screen, April 20th-April 27th

1. You will need to come with your team to get pre-screened (height/ weight/ blood pressure) for your physical. Your coach will let you know the date and time of your pre-screen.
2. Pay the \$20 fee through the Owasso Public Schools InTouch receipting system (QR Code provided)
 - <https://ok-owasso.intouchreceipting.com/>
 - Email Receipt to yourself
 - You will need to present this receipt when you come with your team to be pre-screened prior to physical night. A printed copy or a screenshot of the email will be fine.
3. Download and print the physical paperwork
 - Click and download the Physicals Form in the InTouch Receipting system when you check out
 - Please fill out Parent Consent/ History form COMPLETELY with the parent signature.

Physical Night, May 1st, 5:00 PM

1. Park or drop off in the football stadium parking lot off 129th
2. Check in at the south gate of the football stadium next to the student section/ jumbotron.
3. Wear athletic clothes that allow physical movement



****Remember this is a courtesy screening physical -- additional physician follow up may be required**

All money collected is donated back to the Owasso High School Sports Medicine Program. Physician and athletic trainer services are provided by Tulsa Bone and Joint.

Tulsa
Bone & Joint