

Late last week, we received notification from the CIF Sac-Joaquin Section that there is a "strong chance" that the winter season of athletics will be delayed and will not start on time. We will continue our conditioning activities to prepare for the start of the athletic season, and will move forward when we are given permission to do so.

In the meantime, please ensure your student-athlete gets a sports physical so they will be ready to go. Use the High School Athletic Physical Screening form linked below. Unfortunately, due to the pandemic, we are unable to partner with Doctors Medical Center to host an event for sports physicals this year, so your student will need to pursue other options.

We will share additional information as it becomes available.

[www.bit.ly/athletic-physical-screening](http://www.bit.ly/athletic-physical-screening)