

# LAS PLUMAS & OROVILLE HIGH

## ATHLETIC DEPARTMENTS

### FREE SPORTS PHYSICALS

**LOCATION:** LAS PLUMAS HIGH SCHOOL

Please be dropped off and picked up in front of the east gym.  
The line will be formed at the entrance to the quad.

**DATE:** WEDNESDAY, May 15<sup>TH</sup>, 2024

#### TIMES:

6:00—6:45: Volleyball, Cheer & Cross Country

6:45—7:30: Football, Girls Tennis & Swimming

7:30—8:15: All other sports

This physical will be valid for the 2024-2025 school year.

**All returning students and incoming 9<sup>th</sup> grade students  
are eligible for a physical, both boys and girls.**

Prior to the physical, all students must have the physical form filled out and signed by themselves and their **PARENTS**.

Physical Forms may be picked up at:

**Las Plumas** and **Oroville High** Schools main office  
or printed from their school websites, athletic pages.

**For more information please contact**

Las Plumas Athletic Director Allie Bruce at [abruce@ouhsd.net](mailto:abruce@ouhsd.net)

Oroville Athletic Director Tom Frazier at [tfrazier@ouhsd.net](mailto:tfrazier@ouhsd.net)