



Physical / Rank One information

Athletes and Parents,

Medical History/Dr. Physical: To be eligible to participate in tryouts or play in a UIL Sport, the athlete must have a current 2026-27 Medical History Form and a Doctor Physical dated on or after April 1st 2026 to be valid. The forms must be filled out and signed by both the Athlete and Parent/Guardian. This is the link to the forms and also a QR code.

https://www.nisd.net/sites/default/files/attachments/bp_nisd_attachments/2026/northside-26-27-phy-med.pdf



Asthma Forms: If the Athlete has asthma or will use an inhaler (ONLY) on campus or O'Connor Sports events, please fill out his 2026-27 asthma action plan form. Only fill out if the athlete has asthma or uses an inhaler from their asthma doctor and have the parent/guardian sign, if not, do not fill out the form.

https://www.nisd.net/sites/default/files/attachments/bp_nisd_attachments/2026/asthma-medecine-plan.pdf



Rank one online yearly forms must be filled out by the Athlete and Parent/Guardian every year to be eligible for tryouts/Sports. This is the web link are the instructions and QR code is for for the link to complete the rank one (NISD Compliance) form.

https://www.nisd.net/sites/default/files/attachments/bp_nisd_attachments/2026/rank-one-instructions-26-27.pdf



Physical Paperwork/Doctor Note/Asthma Paperwork Upload

Once these forms are completed, Please upload them to the google form on our website labeled, "Physical Paperwork Upload" and we will respond in a timely manner when we have received the paperwork.

<https://forms.gle/Vgvohx6DhXRuxkdc7>



Do NOT leave them in our teacher box, the front office, or give to coaches. We do not want them to get lost.