



CHS ATHLETICS  
HEALTH AND PHYSICAL INFORMATION

Athletic Trainer: Kate Chagnon  
Email: [ChagnonK@chelmsford.k12.ma.us](mailto:ChagnonK@chelmsford.k12.ma.us)

**PHYSICAL**

All Student-Athletes must have an Up-To-Date Physical turned into the Athletic Trainer before they can participate in Athletics. Physicals are good for 13 months. Players with an expired physical can not compete. Please book your physicals ASAP if you have not all ready to avoid missing out. Athletes will not be allowed to tryout without a current Physical On File.

If you would rather send your Physical Form via email, please send it to Kate Chagnon at:  
[ChagnonK@chelmsford.k12.ma.us](mailto:ChagnonK@chelmsford.k12.ma.us)

All forms should be sent in as soon as possible.