An updated Sports Physical is required to participate in Utica City School District’s Athletic Program.

Sports Physicals are offered and open to all 7th-12th grade students enrolled in the Utica City School District.

They will be offered on August 17, 18, 21, 22 from 8am-2pm at the Proctor High School Nurses’ Office.

Enter through Proctor High School main entrance and a parent/guardian must accompany all athletes.

Private Physician Sports Physical Exam must be administered after 8/1/23 for JV/Varsity Sports; 8/1/23 for Modified Sports.  
Proof of an updated Sports Physical may be attached/uploaded to the online registration page at familyid.com.

If not uploaded, an updated Sport Physical must be submitted to the Nurse’s Office of the school that your child attends.