

Attention all MHS Athletes

*****All Athletic Packets from the 2023-2024 school year will expire on May 25, 2023**

Starting May 1, 2023, parents/guardians can complete the Athletic Packet for all **2023-2024** sports seasons by going to the MHS **SportsNet** site listed below:

[Mills High School SportsNet link](#)

First time users will need to set-up an account (you must have your student's Identification Number to create an account; incoming students will receive their Student Identification Numbers from the District Office both on the registration letter & on the summer census letter). **Returning users** should enter their previously selected username (email) & password to log-in. Each student can only have one account. After the packet is completed & submitted, a confirmation email will be sent from SportsNet.

Physicals that have not yet expired (were completed within the last year) and are on file in the MHS Health Office, can be used until they expire and do not need to be resubmitted. Physicals must be completed by a physician with a Doctor of Medicine, Doctor of Osteopathic Medicine, Physician Assistant or Nurse Practitioner degree in order for clearance to be renewed.

Please ensure the **Date of Exam, Physician Signature & Stamp are included** on the Medical Examiner's Statement (physical) form.

- [Physical Forms \(Click Here\)](#)
- You may log back into SportsNet at any time during the year to upload a new physical or to complete the Adult/Student Driver portion.

****Student athletes must be cleared through SportsNet before they can participate in athletics (once tryouts and practices begin)!**

If your athlete is due for a physical exam but you are unable to schedule one, you may request an extension note from their physician. The note must state that the athlete is medically cleared for athletics through (date of upcoming physical). This will allow us to extend their clearance in SportsNet.

Any questions about getting medical clearance please contact Mrs. Lori Durham @ ldurham@smuhsd.org Health Office. Families who are unable to pay for a physical examination can contact Mrs. Lori Durham. Any other questions about sports, please contact our Athletic Director, Tim Keller at tkeller@smuhsd.org