

Kids First/OMS Football 2022

Sports Physicals 2022-2023

Students may have sports physicals completed at the following facilities:

- Owatonna - Mayo Clinic Health System
- Owatonna Compcare Urgent Care
- Cedar Chiropractic
- Bridges Chiropractic Health Clinic
- Balanced Health Care (Formerly McGregor Chiropractic)

Please contact the activities office or OMS Activities Coordinator if you have any questions. FAX the first page to 507-444-8799.

Also for the '22-23 school year, families need to complete the Application for Educational Benefits (free/reduced lunch application) with the Nutrition Services department in order to determine if eligible for the reduced rate for activities. The form is available at <https://www.isd761.org/district-services/nutrition-services/free-reduced-meal-application>.

Registration site - <https://owatonna2063a.cf.affinitysolutions.com/?p=2815>

Registration fee - \$140 or \$70 with approved School District's Educational Benefits

Game Schedule - www.big9.org

First Day of practice - Monday, August 22, 3:00-5:00 PM, OMS Locker Room
Bring shorts & t-shirt, tennis shoes & cleats, mouthguard,
& combination padlock

Parent/Athlete Mandatory Meeting - Monday, August 22, 6:00 PM,
OMS-Cafeteria (enter door #13)

