



#### WHAT TO BRING

- Glasses or Contacts
- Completed physical form packet

**La Marque HS**  
**2025-2026**  
Pre-Participation  
**PHYSICALS**  
**Thursday, May 8th**  
**1:00pm-4:00pm**  
**LOCATION: LMHS**  
**COST: \$10**

All current Giles students who are scheduled to participate in athletics in the 2025-2026 school year will be bused over

Bring your completed 2025-2026 physical form  
**Must have ALL PARENT SIGNATURES.**

2025-2026 Forms are available starting April 1<sup>st</sup> @ Athletic Training Room TCHS & LMHS, Stadium Athletic Office and [www.tcisd.org](http://www.tcisd.org) > Document Center

Students participating in any UIL athletic activity must have an annual physical completed and on file with the Texas City Athletic Training Staff, prior to participation. (This includes all Sports, Show Choir, JROTC, Band, Cougarettes, Stingarettes & Cheerleaders)

*TCISD*  
*SPORTS MEDICINE*

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