**You must complete the following things to be eligible for Southbridge Athletics:**

1. **Physical Exams -** No student may participate in any practice, tryout, or game until an up-to-date physical exam has been submitted to the Southbridge High School Nurse's office. The physical exam must be dated no more than 12 months through the course of a given season to be eligible to participate.
2. **Online Registration -** Please click the "Register Now" button on the Athletics Home Page. Make sure to complete all steps and save your information.