

For Freeman Students:

- ImPact testing AND Physicals must be in/completed prior to the first day of practice.
- Physical drop offs will be MONDAYS (1/11, 1/25 and 2/1) from 7:30 until 9AM on DSF bus loop
- Regarding ImPact testing from Suzanne Criswell: "VERY few MS students have signed up to get log in information."
 - Football questions: gbbland@henrico.k12.va.us (2/4 start date)
 - Field Hockey: crperez@henrico.k12.va.us (2/15 Start date)
 - GVolleyball: djloving@henrico.k12.va.us (2/15 start date)
 - Cross Country: bmreutinger@henrico.k12.va.us (NO IMPACT TESTING) (2/15 start date)
 - BVolleyball: tlbjr40@aol.com (2/15 start date)
 - Cheer: eswalthall@henrico.k12.va.us (2/4 start date)

The ImPact link captures the students HCPS STUDENT email which is what I (Suzanne Criswell) must send to ImPact to get a test code for each student. Parents cannot do this for them – each student must complete this test. YOU TAKE IT ONCE, *not once for each sport!* If this is not done prior to tryouts you will not be able to try out!

After I (Suzanne Criswell) submit their email, each student will receive directions and a test code enabling them to take the test from support@impacttestonline.com

[ImPact Schoology](#): (linked here and full link below)

https://docs.google.com/forms/d/e/1FAIpQLSd_BztgIDYu_XF_7J6YY-OpHkLdtn5uyNltUIV2yv39vaDwZw/viewform?embedded=true

Freeman High School Physical Packet Forms link.

[Physical Packet Link](#)