



FROM THE DESK of Nathan Kok

Welcome to UC Academy athletics! I am so excited to be a part of this growing, dynamic, and loving community. Christian education and athletics are two of my passions, and I've held the roles of Athletic Director, HS AP teacher, basketball and baseball coach, and Physical Education Coordinator throughout my 17 years of working in Christian education. Athletics has played a huge developmental role in my life, and I'm excited to walk alongside our coaches, athletes, and families as we look to grow and develop UC Academy athletics.

At UC Academy we believe athletics plays a vital role in developing the whole person, preparing, and training our students to impact their world for Christ. We recognize the benefits of a healthy active lifestyle, the character traits and life lessons that come from athletic competition, the important relationships built between coaches and student athletes, and the tight knit community that athletics can help cultivate within our school.

We seek to provide as many opportunities for students to participate and succeed in athletics as possible throughout their school years. Our coaches are dedicated people who are passionate and gifted both in their specific sport as well as their commitment to growing and developing young people. The development of Christian character and learning how to compete from a Christian perspective are staples of our program and values that students will take with them throughout their lives.

Our administration, coaches, athletes, and parents all play a vital role in helping our athletics program succeed. One sign of a healthy athletics program is how involved and supportive the greater school community is. When we work together towards a common athletic goal of growth, joy, and healthy competition at all levels, then we truly do become, United.

I look forward to meeting each of you and hearing your stories of what brought your family to UCA. I am also an avid sports fan, so whether it's talking over coffee about the latest UCA victory or chatting at a home game about why the Dodgers can't win the 'big one', I'm looking forward to connecting with you. Please feel free to contact me with any questions regarding athletics at UCA.

In Christ,

Nathan Kok Athletic Director UC Academy <u>nkok@UCAcademy.org</u>

UNITED 📚 CHRISTIAN ATHLETICS

SEASON	SPORT	TEAM	COACH	EMAIL
HS FALL	Cheer	Varsity	Bethanie Lafond (Advisor)	cheer@UCAcademy.org
		Varsity	Becky Cass	cheer@UCAcademy.org
	Cross Country		Charles Mounday	cmounday.gmail.com
	Football	Varsity	Xavier Forte	Xforte@UCAcademy.org
	Volleyball	Varsity	Micah Langston	mlangston@UCAcademy.org
			Antoinette Langston (AC)	
		JV	Christine Barnes	cbarnes@UCAcademy.org
			Renee Carr (AC)	
HS WINTER	Boys Basketball	Varsity	Adrian Alvarez, Sr	ucabball@gmail.com
			Jimmy Mettias (AC)	
	Girls Basketball	Varsity	Michael Edwards	Edwards.mike1979@gmail.com
			Leilani Edwards (AC)	
		JV	Louis Martinez	MartinezLM1980@gmail.com
	Cheer	Varsity	Bethanie Lafond (Advisor)	cheer@UCAcademy.org
	COED Soccer	Varsity	Ilyas Tasci	Coachily@gmail.com
			Sebastian De Rada (AC)	
HS Spring	Baseball	Varsity	Anthony Echeveste	War.coach23@gmail.com
			Adam Montes	
	Boys Golf	Varsity		
	Softball	Varsity	Bill Seybert	Bill_imaginechurchsb@verizon.net
	Boys Track & Field	Varsity	Irwin Benjamin	Jus4biggbenn@gmail.com
			Gabriel Perez (AC)	
			Cristian Perez (AC)	
	Girls Track & Field	Varsity	Kali Sipes	kali.simone@hotmail.com

UNITED 📚 CHRISTIAN ATHLETICS

SEASON	SPORT	TEAM	COACH	EMAIL
JH FALL	Cross Country		Richard Reyes	richreyes929@gmail.com
	Cheer		Bethanie Lafond (Advisor)	cheer@UCAcademy.org
	Flag Football		Jimmy Mettias	kingtutj24@gmail.com
	Volleyball	Silver	Jessica Davis	jndavis0923@icloud.com
		Navy	Brenda Powers	brenpoweredfit@gmail.com
JH WINTER	Baseball	Silver	Andrei Espino	Andrei.Espino@icloud.com
		Navy	Adrian Alvarez Jr.	Adrianalvarez1106@gmail.com
	Cheer		Bethanie Lafond (Advisor)	cheer@UCAcademy.org
			Sammy Peterson	cheer@UCAcademy.org
	Softball		Bill Seybert	Bill_imaginechurchsb@verizon.net
JH SPRING	Boys Basketball	Silver	Jimmy Mettias	kingtutj24@gmail.com
		Navy	Dan Whipple	danieljwhipple@gmail.com
			Joel Plitt (AC)	
	Girls Basketball		Michael Edwards	Edwards.mike1979@gmail.com
			Leilani Edwards (AC)	
	COED Golf			
	Boys Soccer		Jeff Dubransky	Jdub3432@gmail.com
	Girls Soccer		Chloe Perez	chperez@ucacademy.org



Athletic Sport Fee Schedule

Each individual sport may have additional costs: Spirit pack, personal equipment, yearly physical evaluation. Please contact coach for additional costs. *Refer to "Coach Contact List"*

Junior High Sports - \$150.00 per sport

Baseball Basketball Cheer (additional fees will apply) Cross Country Flag Football Golf Soccer Softball Volleyball

High School Sports - \$200.00 per sport

Basketball Baseball Cheer (additional fees will apply) Cross Country Football Golf Soccer Softball Track & Field Volleyball

**Should you have any questions about billing your FACTS account for the above sport fees please contact Krystal Quetel at <u>kquetel@ucacademy.org</u>

UNITED 🛸 CHRISTIAN ATHLETICS

TRYOUTS CHECKLIST & WHAT TO EXPECT

Tryouts can be a stressful time, particularly when you don't know what to expect. Please review the checklist below.

BEFORE SHOWING UP TO TRYOUT/PRACTICE:

- 1) You must be enrolled at United Christian Academy.
- 2) There is no cost to tryout, but once your student makes the team your account will be billed upon being placed on a roster and payment can be expected to be paid within 14 days. *Refer to the Athletic Fee Schedule*.
- Register online <u>www.HomeCampus.com</u> Please allow 24 business hours to receive a clearance confirmation email. The entire registration process must be completed before clearance is granted to your student. Every student must register each calendar school year, beginning August 1st for the school year.

Tips & Tricks for a successful registration:

a) Use emails that <u>everyone</u> checks daily, for parent(s), guardian(s) and student when registering your student. Coach will make contact through this source.
 Hint: use school email for your student.

Hint: use school email for your student.

- b) All signatures from parent/guardian and student must be completed for online documents.
- c) Insurance information filled in and proof provided (photo of card is REQUIRED)
- d) Physical Evaluation Form filled out by a licensed medical doctor. Feel free to download a blank physical evaluation form here: <u>https://www.ucacademy.org/wp-content/uploads/2020/07/Physical_Froms.pdf</u> *NOTE: Physicals expire after 1 calendar year.*
- e) Upload physical evaluation form to <u>www.HomeCampus.com</u>. Should you need assistant contact Susan Mahony at <u>smahony@UCAcademy.org</u> or 909-581-7793

TRYOUTS vs. PRACTICE:

- 1) Tryouts are different from practice. Your student could be in tryouts for up to 5 days depending on the popularity of the chosen sport. Lasting approximately 1 ¹/₂ 2 hours per day.
- 2) Typically begins after school (student can change into dress code appropriate P.E./workout clothing in the locker room located in the Gym)
- 3) At the end of tryouts, coach will notify your student whether he/she made the team by email(s) you gave in the registration on <u>www.AthleticClearance.com</u>. The email will be from our coaching software, Home Campus. (*Refer to vocabulary key below*)

CONGRATULATIONS! Your student made the team! Now what?

Upon acceptance to the team, you and your student can expect:

- 1) Coach will contact parent(s), guardian(s), and student via email with important information.
- 2) You will receive an invoice for sport fee. Finance will bill your FACTS account and payment will be automatically deducted.
- 1) Meet your student's coach online, at the very least. (Refer to Coach Contact List)
 - a) Please go to <u>www.UCAcademy.org</u> > Athletics > Teams, find your coach, add their contact information to your mobile device.
- 2) Download the "iCalendar" to your mobile device. Start with your mobile device, go to <u>www.UCAcademy.org</u> > Athletics > Athletic Calendar (a real-time calendar you can adjust to your athlete's sport) > scroll to the bottom of the page and click "Mobile Calendar" > choose Event Type: Sport: Level: > click "create iCal"

Vocabulary Key

- Home Campus Athletic software system between athletic director, parents, athletes, opponents, and CIF.
- **Physical Evaluation** A form the doctor completes his exam on to clear the student to participate in a sport. Exam expires one calendar year from date of exam.
- **Proof of Insurance** a picture of the insurance card <u>*required*</u> to upload in <u>www.HomeCampus.com</u> at the time of registration.
- **Denied** Issued by athletic department through Home Campus
- **Cleared** Issued by athletic department through Home Campus
- **Sport Calendar** Go to <u>www.UCAcademy.org</u> > Athletics > Athletics Calendar. Use radial buttons to filter your personal needs.
- **Spirit Pack** Items your coach will request to make your athletes season more successful. Visit our oncampus store, The Eagles Bookstore or go online to <u>www.UCASpiritWear.org</u>
- Jersey/Uniforms: Issued and must be returned at the end of the season. If not returned your FACTs account will be billed automatically.





ALL TRANSFERS MUST BE COMPLETED ONLINE. NO PAPER COPIES WILL BE ACCEPTED! SCHOOLS WILL UPLOAD THIS SIGNED DOCUMENT TO THE CASE FILE IN CIF-SS HOME.

1)	Student Name		M				
	Name of Parent(s)/(Guardian(s)/Caregiver(s)		Date of Birth	Grade	Area Co	de/Home Phone
•		dardian(s)/Caregiver(s)					
2)	Current Address	House Number and Stree	et Name		City/Stat	e/Zip	
	PUBLIC SCHO	DOL DISTRICT YOUR CURRENT ADDF	RESS IS IN	SPECIFIC PUB	LIC H.S. YOUR CUR	RENT ADDRES	S BELONGS TO
	Date entire family ur	it occupied current address:					
		3 IF YOUR ENTIRE FAMILY UNIT ITENDANCE AREA. IF YOU HAV			SCHOOL ATTEN	NDANCE ARE	A INTO A
3)	Former Address						
		House Number and Stree	et Name		City/Stat	e/Zip	
	PUBLIC SCHO	OL DISTRICT YOUR FORMER ADDRE	SS WAS IN	SPECIFIC PUB	LIC H.S. YOUR FOR	MER ADDRESS	BELONGED TO
	Date entire family ur	it vacated previous address:					
		GH SCHOOLS STUDENT HAS ATTEN	DED SINCE STARTING	THE 9TH GRADE IF T	HIS IS YOUR FIRST	TRANSFER SIN	CE STARTING 9TH
		Y NEED TO FILL OUT THE 1ST LINE O					
4)	Transfer From:			Enrolled from:	Date MM/DD/YY	_ to	ate MM/DD/YY
	Transfer From:	Name of Former High Sch	1001	Enrolled from:		4.0	
		Name of Former High Sch	lool	-	Date MM/DD/YY		ate MM/DD/YY
	Transfer From:	Name of Former High Sch	lool	Enrolled from:	Date MM/DD/YY	_ to	ate MM/DD/YY
5)	Within the last calen	dar year, what sport/s did the st	udent play (during	the official high sch	ool season) at y	our former scl	nool/s? List
		ERY level (novice, frosh-soph, J		0	, ,		
	FALL SEASON: WINTER SEASON: SPRING SEASON:		_				
	NOTE: E	BELOW YOU WILL		6 <u>OR</u> ITEM D CAREFUL		T SIGN	<u>BOTH</u>
	CIF and to discuss e determination. I am a further affirm that I u	FAPPLICATION: I authorize an inrollment and/or extra curricula authorized to execute this reque nderstand that if subsequent to a, erroneous, inaccurate or income and the subsequent or income and the subsequent or income and the subsequent of the subseque	r participation with est. I affirm that all of the approval of this	the CIF. I authorize of the above statem s athletic eligibility a	the CIF to use t ents are true to application, it is d	hat information the best of my liscovered that	n in making its / knowledge. I t this approval
	booster club of Scho or otherwise with this the completion of the on any non-school a	wit, I certify that no person/s color of "B", including anyone acting s transfer student, student's par e enrollment process at School ' thletic team* (i.e., AAU, America (School "B"). (*See Bylaw 510 f	on their behalf, has ents, legal guardia "B". I also certify th an Legion, club tea	had communication n or caregiver, or ar at the student has r m, etc.) that is asso	on, directly or ind nyone acting on not participated o ociated with or co	irectly, throug behalf of this during the pre	h intermediaries student, prior to vious 24 months
6)		EMENTS (UNDER CERTIFICATIO IOT CERTIFY THE ABOVE STATI					
	PARENT SIGNATURE	DATE		STUDENT SIGNATURE		DATE	
	B		OR				
7)		RTIFY THAT SOME OR ALL OF T EN DISCLOSURE OF THE SPEC					AM SUBMITTING
	PARENT SIGNATURE	DATE	<u> </u>	STUDENT SIGNATURE		DATE	

PREPARTICIPATION PHYSICAL EVALUATION

HISTORY FORM

(Note: This form is to be filled out by the patient and parent prior to seeing the physician. The physician should keep this form in the chart.)

Date of Exam					
ame			Date of birth		
ex Age Grade Sc	hool		Sport(s)		
Medicines and Allergies: Please list all of the prescription and ove	r-the-co	ounter m	nedicines and supplements (herbal and nutritional) that you are currently	y taking	
Do you have any allergies?	entify sp	ecific al	lergy below. Food Stinging Insects		
plain "Yes" answers below. Circle questions you don't know the ar	swers 1	to.	a dia mandri di seconda		
GENERAL QUESTIONS	Yes	No	MEDICAL QUESTIONS	Yes	N
1. Has a doctor ever denied or restricted your participation in sports for any reason?			26. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
2. Do you have any ongoing medical conditions? If so, please identify		<u> </u>	27. Have you ever used an inhaler or taken asthma medicine?		
below: 🗆 Asthma 🗋 Anemia 🖨 Diabetes 🖾 Infections			28. Is there anyone in your family who has asthma?		
Dther: 3. Have you ever spent the night in the hospital?			29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
4. Have you ever had surgery?			30. Do you have groin pain or a painful bulge or hernia in the groin area?	+	├
IEART HEALTH QUESTIONS ABOUT YOU	Yes	No	31. Have you had infectious mononucleosis (mono) within the last month?	+	├
5. Have you ever passed out or nearly passed out DURING or			32. Do you have any rashes, pressure sores, or other skin problems?		
AFTER exercise?	L	<u> </u>	33. Have you had a herpes or MRSA skin infection?		\square
6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?			34. Have you ever had a head injury or concussion?		
7. Does your heart ever race or skip beats (irregular beats) during exercise?	<u> </u>		35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?		
8. Has a doctor ever told you that you have any heart problems? If so,			36. Do you have a history of seizure disorder?	+	
check all that apply: High blood pressure A heart murmur			37. Do you have headaches with exercise?	+	
High blood pressure And And And And And And And And And			38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		
9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG			39. Have you ever been unable to move your arms or legs after being hit		

Kawasaki disease Other:			legs after being hit or falling?	
9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram)			39. Have you ever been unable to move your arms or legs after being hit or falling?	
10. Do you get lightheaded or feel more short of breath than expected			40. Have you ever become ill while exercising in the heat?	
during exercise?			41. Do you get frequent muscle cramps when exercising?	
11. Have you ever had an unexplained seizure?		ļ	42. Do you or someone in your family have sickle cell trait or disease?	
12. Do you get more tired or short of breath more quickly than your friends during exercise?			43. Have you had any problems with your eyes or vision?	
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No	44. Have you had any eye injuries?	
13. Has any family member or relative died of heart problems or had an	103	NU	45. Do you wear glasses or contact lenses?	
unexpected or unexplained sudden death before age 50 (including			46. Do you wear protective eyewear, such as goggles or a face shield?	
drowning, unexplained car accident, or sudden infant death syndrome)?			47. Do you worry about your weight?	
 Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT 			48. Are you trying to or has anyone recommended that you gain or lose weight?	
syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?		i i	49. Are you on a special diet or do you avoid certain types of foods?	
15. Does anyone in your family have a heart problem, pacemaker, or			50. Have you ever had an eating disorder?	
implanted defibrillator?			51. Do you have any concerns that you would like to discuss with a doctor?	
16. Has anyone in your family had unexplained fainting, unexplained			FEMALES ONLY	
seizures, or near drowning?			52. Have you ever had a menstrual period?	
BONE ANO JOINT QUESTIONS	Yes	No	53. How old were you when you had your first menstrual period?	
17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?			54. How many periods have you had in the last 12 months?	
18. Have you ever had any broken or fractured bones or dislocated joints?			Explain "yes" answers here	
 Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches? 				
20. Have you ever had a stress fracture?				
21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism)				
22. Do you regularly use a brace, orthotics, or other assistive device?				
23. Do you have a bone, muscle, or joint injury that bothers you?				
23. Do you have a bone, muscle, or joint injury that bothers you?24. Do any of your joints become painful, swollen, feel warm, or look red?				

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete

_ Signature of parent/guardian ___

Date ____

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PREPARTICIPATION PHYSICAL EVALUATION PHYSICAL EXAMINATION FORM

Name

PHYSICIAN REMINDERS

1. Consider additional questions on more sensitive issues

- Do you feel stressed out or under a lot of pressure?
- · Do you ever feel sad, hopeless, depressed, or anxious?
- Do you feel safe at your home or residence?
- Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
- During the past 30 days, did you use chewing tobacco, snuff, or dip?
- Do you drink alcohol or use any other drugs?
- · Have you ever taken anabolic steroids or used any other performance supplement?
- . Have you ever taken any supplements to help you gain or lose weight or improve your performance?
- Do you wear a seat belt, use a helmet, and use condoms?

2. Consider reviewing questions on cardiovascular symptoms (questions 5-14).

CAMINA	IUN												
Height				Weight			Male		emale				
BP	1	(1)	Pulse		Vision	R 20/		L 20/	Corrected	ΠY	11
MEDICAL									NORMAL		ABNORMAL FI	NDINGS	
 Appearance Marfan arm spa 	stigmata (kypi	hoscoliosis, /perlaxity, m	high-an Iyopia, N	ched pa /IVP, aor	late, pectus ex tic insufficienc	cavatum, arachr y)	nodactyly,						
Eyes/ears/r • Pupils e • Hearing													
Lymph nod	es												
Heart* • Murmura	s (auscultation of point of m				alva)			-					
Pulses Simultar 	neous femoral	and radial j	pulses							_	174		
Lungs													
Abdomen													
Genitourina	ry (males only	/) ⁶				•							
Skin • HSV, lesi	ons suggestiv	ve of MRSA,	tinea co	orporis									
Neurologic *	10								10 II.				
MUSCULOS	SKELETAL		1 2 1				1.11						
Neck								[
Back													
Shoulder/ar	π												
Elbow/forea	um												
Wrist/hand/	fingers												
Hip/thigh													
Knee													
Leg/ankle													
Foot/toes													
Functional Duck-wa	ulk sinale lea	hon											

Date of birth

*Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam. *Consider GU exam if in private setting. Having third party present is recommended.

*Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

Cleared for all sports without restriction

Cleared for all sports without restriction with recommendations for further evaluation or treatment for

Not cleared			
	Pending further evaluation		
] For any sports		
] For certain sports		
	Reason		
Recommendation	ons	-	

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physical may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of physician (print/type)	Date
Address	Phone
Signature of physician	

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PREPARTICIPATION PHYSICAL EVALUATION CLEARANCE FORM

1 Cleared for all sports without restriction 2 Cleared for all sports without restriction with recommendations for further evaluation or treatment for 2 Not cleared Pending further evaluation For any sports Por certain sports Reason ecommendations	Name	Sex □ M □ F Age	Date of birth
Divid cleared Proding further evaluation For any sports Procentian sports Reason Reason R	Cleared for all sports without restriction	· · · ·	
Pending further evaluation For any sports Reason	I Cleared for all sports without restriction with recommenda	tions for further evaluation or treatment for	
Pending further evaluation For any sports Reason Reason Reason Reason ror certain sports Reason	N		
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For certain sports Reason Reaso	Pending further evaluation		
Reason	□ For any sports		
commendations	For certain sports		
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Inical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office nd can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlend ame of physician (print/type)			
e physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlend parents/guardians). me of physician (print/type) Date Date Phone ND or merginature of physician MD or MERGENCY INFORMATION ergies	inical contraindications to practice and participat	e in the sport(s) as outlined above. A copy of th	ne physical exam is on record in my office
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ame of physician (print/type) Date three information Date mergency information, MD or mergency information ther information		roblem is resolved and the potential consequer	nces are completely explained to the athle
Iddress			
gnature of physician, MD or MERGENCY INFORMATION lergies	ame of physician (print/type)		Date
MERGENCY INFORMATION lergies	ldress		Phone
	gnature of physician		, MD or D
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