

La Cañada Preparatory  
KNIGHTS



Interscholastic Athletics

ATHLETIC PACK

2011-2012

# LCP ATHLETICS

## PARTICIPATION

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In order for a student athlete to participate on an LCP athletic team, all of the following must be completed:

1. Athletic Release signed and submitted. (Once per school year.)
2. Student Athletic Contract signed and submitted. (Once per school year.)
3. Parental Code of Conduct signed and submitted. (Once per school year.)
4. LCP Physical Form completed by parent and doctor. (Once per school year.)
5. \$100.00 Athletic Fee submitted. (Must be paid for each sport.)
6. \$100.00 Uniform Deposit. (Due for each sport if applicable, can be rolled over.)

Failure to complete the above checklist will result in a student athlete's suspension from the dress squad.

To check on your student-athlete's status, contact Miss Dodie at 818-952-8099.

# LCP ATHLETICS

## MISSION STATEMENT

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We recognize sports as an allegory for life. That the lessons learned apply to more than just a singular athletic event.

### **Teamwork**

Working within a group is an important life skill. Our student athletes will learn how to lead and follow their peers towards a set of known goals while overcoming not unknown obstacles.

### **Discipline**

To be physically and mentally disciplined while coping with the vicissitudes of athletic events is an important lesson that our athletes can apply to the rest of their lives.

### **Character**

We expect our athletes to demonstrate the kind of character that allows them to win and lose with class, grace, and respect for their teammates and their opponents. Furthermore, we expect them to work hard not only to improve their own skills, but to be helpful and supportive to their teammates.

### **Fundamentals**

Our athlete's must have a grasp of not only the physical skills necessary to play, but an understanding of the rules and strategies of a particular sport. As their knowledge increases, so too will their ability to accomplish their goals.

Teaching our athletes how to be successful in their competitive endeavors will involve confronting and overcoming challenges. We may not always be the most talented team. At times, we might even be younger and smaller than our competition, but the LCP Knights will be taught to *embrace* that challenge: to never give up, to never surrender. We will not deny ourselves the opportunity to teach persistence and perseverance.

We play the games as a way to measure our success in teaching these skills. But ultimately, it's not about whether we win or lose a game. **It's about giving our student athletes the tools to be winners for the rest of their lives.**

*Below is an article I recently found in a popular youth coaching blog, CoachDeck.com. I have chosen to include this article with this mailing because it so clearly expresses my feelings as an athletic director toward playing time.*

## Parents and Playing Time

**By Brian Gotta**

We love that our kids play sports for the many life lessons that are learned. But when we intervene and try to influence our son or daughter's coach relative to playing time or positions, what lesson are we really teaching?

Parents want what's best for their children. But far too many parents feel that they must control every aspect of what happens to their kids – and ensure its all positive – in order for their children to be happy. And while this may lead to more happiness in the short term, it can have severe, negative long-term consequences.

We all know that life is filled with ups and downs. Everyone reading this article has suffered substantial setbacks at one time or another. And for the most part, when we're adults, there is no mommy or daddy to swoop in and save the day when we face adversity. We must pick ourselves up and forge ahead on our own. We have to cope. And most of our coping mechanisms were learned as children. Part of our growth process was figuring out that life isn't always fair, and that sometimes things don't go our way. And as painful as those lessons are to learn, they're what develop character in us so that we can handle struggles in our lives.

Where better for our children to learn these lessons, than in sports?

Let's say your son or daughter plays a sport where foot speed is an advantage, and a teammate who is faster is getting more playing time. You and your child have a few options: You could speak to the coach, try to

influence him, and maybe even pressure him into playing your child more. Or, maybe your child could work on his speed or try to develop other skills that make him valuable to the team. Or, if that sport isn't the right one for him, maybe he could use this setback as motivation to find a new activity that better suits him.

Because let's fast-forward ten or fifteen years: Imagine now that your child really wants to become an architect but has no talent in drawing. He has a few options: He could work hard to improve his drawing skills. Or maybe he could sharpen other talents to compensate. Or maybe he might just have to give up that dream and find something else to do. But it is unlikely you'll be able to storm into an architectural firm and demand they give your child a job he's not qualified to do.

However, if we've been doing this for our children all their lives, what else would they ever expect?

Our job as parents is not to make sure our children never have any pain or disappointments – quite the contrary. Our job as parents is to prepare them as best we can for the inevitable time that they are on their own, without us to catch them when they fall. By trying to pressure our child's coach into doling out more playing time we are weakening our children, making life miserable for the coach, and being unfair to other kids whose parents *are* playing by the rules. And we are teaching our children that if things don't go well for them, it is not their fault, but the fault of someone else. Think about how successful someone will be

(over)

carrying that attitude with them through life.

Below is a paragraph addressing playing time, from the letter I always send out to parents prior to each season:

*Regardless of where your son shakes out in the playing time or lineup mix, it is important that your communication to him be positive. If he hears you talking about what a bad deal he's getting, or something similar, his attitude is going to suffer. And if his attitude suffers, there is nearly no chance that he'll earn more playing time or time at a different position he likes better. Conversely, if he really is deserving of more playing time and I'm just missing it, if he keeps working hard, trying his best and bringing a positive attitude to the field, I'll notice it. I can tell you that if a parent comes to me to complain about position or playing time, then forever after that, if the player does move up or play more, you'll have to wonder if it was something he earned himself, or if it was something that came as a result of your complaint. On the other hand, if everyone takes the attitude that "the cream will rise to the top," and is patient, then you'll know that everything your son gets is deserved. (The latter feels much better). Everyone will have their chances to show what they can do in the game. It is important that they are prepared for those opportunities, and make the most of them.*

And what if your child really is getting a raw deal? What if you know his plight is clearly based on favoritism or politics?

First of all, unless you've been at every practice – not just the games, you *don't* know. Children don't see it objectively, so you can't just take their word for it. Or maybe you can. I have a son playing Pop Warner and he began the season as the starting running back. For the past two games, he's been replaced by the coach's son. And don't get me wrong, the coach's son is good, but I haven't seen anything in the games that he did to supplant my boy. And I was angry about it. Then I asked my son, "So what happened to make Johnny the starter over you?" And my son said, "Probably that I had a terrible week at practice and messed up my assignment on a couple plays and fumbled." Oh. OK.

And finally, if you're sure after really waiting for things to change, after observing practices and getting an "honest" assessment from your child, you still feel like its not going the way it should be, what should you do? Nothing.

That's right, YOU, should do nothing. But it would be very appropriate for your child to approach the coach and tell him he feels he could be helping the team more and ask what he can do to improve his playing time or position. The coach will respect that much more, and your child's self-esteem and communication skills will get a big boost. And, unless we plan on spending the rest of our days clearing the path of any obstacles for our children, isn't them standing up for themselves exactly what they're going to have to do all their lives anyway?

*Brian Gotta is a former professional youth baseball coach and current volunteer Little League coach and board member. He is the President of CoachDeck and also author of four youth sports novels which can be found at [www.sportsbooks4kids.com](http://www.sportsbooks4kids.com). He can be reached at [brian@coachdeck.com](mailto:brian@coachdeck.com).*

**The Learning Castle**  
**Athletic Release**

**La Cañada Preparatory**

**Participant's Name:** \_\_\_\_\_ (Student)

The undersigned do hereby release, forever discharge and agree to hold harmless The Learning Castle, Inc. d.b.a. The Learning Castle and La Cañada Prep (collectively "TLC") from and against any and all liability, claims, demands, lawsuits and expenses of any kind arising from personal injury, sickness, death or property damage of any kind whatsoever which may be incurred or suffered by the Student while participating in the LCP Athletics Program.

The undersigned further agree to indemnify and hold TLC and its respective members, director, employees, and agents (collectively, the "Indemnities,") harmless from and against any and all claims, demands, actions, lawsuits, and liabilities, including attorney fees and expenses and costs sustained by the Indemnities as a result of negligent, willful or intentional acts of the undersigned and/or participant.

I (we) the parent(s) acknowledge that an athletic event may include older participants of greater size and athletic ability and carries with it the potential for death and serious injury.

I (we) the parent(s) or legal guardian(s) of the participant, do hereby grant permission for our child to participate fully in all events associated with the athletics program at TLC and hereby give permission to TLC to take said participant to a doctor or hospital and hereby authorize medical treatment, including but not limited to emergency surgery and I (we) fully and completely assume all responsibility for all medical bills.

Further, should it be necessary for the participant to return home due to medical reasons, disciplinary action or otherwise, I (we) assume all responsibility and transportation costs.

This release, unless revoked in writing, shall remain in effect for the entirety of the 2011-2012 school year.

I (we) hereby warrant that I (we) am (are) the parent(s) and/or legal guardian(s) of the above-named Student.

**X**

\_\_\_\_\_  
Parent/Guardian #1 Signature

\_\_\_\_\_  
Date

**X**

\_\_\_\_\_  
Parent/Guardian #2 Signature

\_\_\_\_\_  
Date

# LCP ATHLETICS

## PARENTAL CODE OF CONDUCT

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As a parent, you play a special role in contributing to the needs and development of your student athlete.

Through your encouragement and good example, you can greatly aid the LCP athletic department in preparing our student athletes for competition at this and the next level.

Please read the Parental Code of Conduct, sign at the bottom and return to the LCP office.

### Support Your Student Athlete

- ✓ Supporting your student athlete by giving encouragement and showing interest in their team is very important.
- ✓ Help your student athlete work toward skill improvement and good sportsmanship in every practice and game. Teach your child that hard work and an honest effort are often more important than victory.

### Support Our Mission

- ✓ The mission of the LCP athletic program is to provide an environment in which our student athletes can learn the importance of teamwork, sportsmanship and leadership as they prepare for the transition to athletic competition at the high school level.
- ✓ The LCP athletic program teaches that the above qualities are expected in every area of the student athletes' life: at home, in the classroom, and on the field/court.
- ✓ It is important that parents, teachers and administrators join with the athletic department to help reinforce and foster these ideals.

### Be Positive

- ✓ Parents are role models. Be aware of this fact and work to be a positive role model for all our student athletes. Applaud good plays as well as good plays by the opposing team. Support all efforts to remove verbal and physical abuse from youth sports.
- ✓ It's very important to let your student athlete establish his/her own goals. Take care not to impose your own standards and goals on them. Don't put too heavy an emphasis on winning games.

### Reinforce Positive Behavior

- ✓ Positive reinforcement is the best way to help your student athlete achieve his/her goals and overcome the natural fear of failure.
- ✓ Nobody likes to make mistakes; however, it is through mistakes that an athlete learns and improves. So, encourage your student athlete's efforts and point out the good things he/she accomplishes in each contest.

### Don't Be a Sideline Coach or Referee

*(It's not only good sportsmanship, it's the law.)*

- ✓ The Foothill Sports League is committed to the enforcement of their sportsmanship policies on and off the field/court. That means spectators will be held to the same standards as our players and coaches with regard to their behavior at FSL contests.
- ✓ Each team's coach is responsible for parental behavior. Parental behavior in violation of FSL sportsmanship policies could result in team penalties up to and including expulsion of the coach and the parent from an FSL athletic contest.
- ✓ LCP coaches operate under the sole auspices of LCP administration. Any conflicts or concerns with an LCP coach should first be brought to the attention of administration. Inappropriate behavior towards LCP coaching staff will not be tolerated.

I have read and understand what is expected of a parent of an LCP student athlete.

X \_\_\_\_\_

*Signature of Parent/Guardian*

\_\_\_\_\_ *Date*

# La Cañada Preparatory

## Athletic Department

### Student-Athlete's Contract

Date: \_\_\_\_\_

Between: \_\_\_\_\_ and La Cañada Preparatory School  
Student's Name

#### **Purpose:**

Participation in athletics is a privilege, not a right. Dedication, desire, discipline, and good citizenship are essential personal characteristics which every athlete needs to successfully participate on any team.

The goal of the LCP Athletic Department is to nurture these characteristics. By so doing, it is our belief that each student athlete will develop a sense of pride in himself/herself, the school, and the community. Furthermore, the faculty and administration of La Cañada Preparatory believe that the pursuit of these stated principles is essential to conducting a proper and successful program. In order to help the athlete achieve these goals, the following "Athletic Policies" must be understood and agreed upon by the student athlete and his/her parents.

#### **A. Academics**

We expect the students to maximize their efforts in achieving their full academic potential. Good grades are a necessary component for successful participation on any athletic team. Therefore, certain standards must be met:

1. Student athletes must maintain at least a 3.0 overall GPA to participate in athletics.
2. Those who fail academic assignment(s) in a course during a term may be required to participate in the after-school homework room.
3. Those who fail multiple assignments may be suspended from games and/or practice for an agreed upon period of time up to and including the entire season.

#### **B. Commitment**

By joining an LCP sports team, both parent and student are making a season-long commitment to the school, the team, and to the other participating student athletes. Athletic participation in interscholastic athletics should not be used as a means of parental discipline. If at-home behavior or academic performance is of serious concern, parents should schedule a meeting with the coaches and teachers to discuss alternative solutions that do not adversely affect the team as a whole. If after an official meeting, all parties agree that non-participation is the best course of action, the student athlete will be dropped from the team but will not suffer a Breach of Contract penalty.

#### **C. Behavior**

We expect our student athletes to be role models for the student body. Hence, if an athlete consistently violates school rules, he/she may be suspended from games and/or practice for an agreed upon period of time up to and including the entire season. Any student who accumulates two athletic suspensions during one season will remain ineligible for the remainder of the academic year.

#### **D. Practice/ Games**

All team members of each sport must attend all scheduled practices, games, and meetings. If circumstances arise whereby the athlete cannot attend a practice, game, or meeting the coach must be notified by personal contact or phone call.

1. First Unexcused Absence: Warning
2. Second Unexcused Absence: Sit out for at least one-half game.
3. Third Unexcused Absence: Sit out for one full game.
4. Fourth Unexcused Absence: Dismissed from the team. "Breach of Contract Penalty"

*(over)*

**E. Injured Player and Attendance**

If injured, an athlete still must attend the games and lend their support to the team unless physically unable to do so.

**F. Behavior/Language**

As representatives of our school, we expect our athletes to be on their best behavior and to act as gentlemen and ladies. Hence, unsportsmanlike conduct and other negative behavior will not be tolerated and may result in being ejected from the team.

**G. Requirements and Fees**

In addition to adherence to the aforementioned rules, all participants must submit a signed *Athletic Release*, a signed *Student Athlete’s Contract*, a uniform deposit, and a non-refundable Athletic Fee.

**Fees**

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- 1. Athletic Fee: \$100.00
  - 1.1. Non-refundable fee to be paid for each sport**
  - 1.2. Covers league fees, coaching fees, and referee fees
  - 1.3. Covers court and field rentals, field equipment, etc.
- 2. Uniform Deposit: \$100.00
  - 2.1. Refundable fee to be paid for each sport that applies
  - 2.2. 100% refundable if uniform is returned in good condition within one (1) week of end of season. (See Section I: **Uniforms and Equipment**)

**H. Uniforms and Equipment**

- 1. Each athlete will be issued a uniform and equipment appropriate to each sport.
- 2. A refundable \$100.00 uniform deposit will be required to receive a uniform.
- 3. Each athlete is responsible for his/her uniform and equipment and the care thereof. If lost or damaged other than from game use, the athlete is responsible for replacement.
- 4. All uniforms and equipment will be returned within one (1) week of end of season. Failure to do so will result in monetary penalties up to and including the loss of the uniform deposit, loss of eligibility to play in all other interscholastic and intramural sports programs. Additional disciplinary consequences may be assigned at the discretion of Administration.
- 5. If uniform is returned in good condition within one (1) week of end of season, the full deposit of \$100.00 will be refunded.

It is with a sense of pride in my school and an understanding that it is a privilege to participate in the athletic program of my school that I am prepared to enter into this agreement with the athletic department in order to participate. In doing so, I understand that I must meet all the requirements set forth in this agreement.

Student-Athlete Signature: \_\_\_\_\_ (See Below)

Parent Signature: \_\_\_\_\_

**BREACH OF CONTRACT:** Failure to abide by the guidelines set forth in the student athlete’s contract will result in a breach of contract as determined by the administration. A student who is in breach will not be permitted to participate in any interscholastic or intramural activities for the next season. A student having proper grounds to resign from the team and personally informs the coach with a parent present will not be considered to have breached his/her contract and will have left the team in good standing. A student who simply stops attending games and practices, and then quits, will be considered in breach of contract. Unforeseen special circumstances will be evaluated by the administration on a case-by-case basis.

Revised: 8/12/2010

*(end)*

**PREPARTICIPATION PHYSICAL EVALUATION -- MEDICAL HISTORY**

REVISED 8-13-10

This **MEDICAL HISTORY FORM** must be completed **annually** by parent (or guardian) and student in order for the student to participate in athletic activities. These questions are designed to determine if the student has developed any condition which would make it hazardous to participate in an athletic event.

Student's Name: \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Grade \_\_\_\_\_ School \_\_\_\_\_

Personal Physician \_\_\_\_\_ Phone \_\_\_\_\_

*In case of emergency, contact:*

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_

**As a minimum requirement, this Medical History Form must be completed prior to each year of LCP athletic participation. Explain "Yes" answers below. Circle any questions to which you don't know the answer.**

	Yes	No		Yes	No
1. Have you had a medical illness or injury since your last check up or sports physical?	<input type="checkbox"/>	<input type="checkbox"/>	10. Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you been hospitalized overnight in the past year? Have you had surgery in the past year?	<input type="checkbox"/>	<input type="checkbox"/>	11. Are you missing any paired organs?	<input type="checkbox"/>	<input type="checkbox"/>
3. Are you currently taking any prescription or non-prescription (over-the-counter) medication or pills or using an inhaler?	<input type="checkbox"/>	<input type="checkbox"/>	12. Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?	<input type="checkbox"/>	<input type="checkbox"/>	13. Have you ever had a sprain, strain, or swelling after injury? Have you broken or fractured any bones or dislocated any joints? Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints? If yes, check appropriate box and explain below.	<input type="checkbox"/>	<input type="checkbox"/>
5. Have you ever passed out during or after exercise? Have you ever been dizzy during or after exercise? Have you ever had chest pain during or after exercise? Do you get tired more quickly than your friends do during exercise? Have you ever had racing of your heart or skipped heartbeats? Have you had high blood pressure or high cholesterol? Have you ever been told you have a heart murmur?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Head	<input type="checkbox"/> Elbow	<input type="checkbox"/> Hip
Has any family member or relative died of heart problems or of sudden unexpected death before age 50? Has any family member been diagnosed with enlarged heart, hypertrophic cardiomyopathy, long QT syndrome, Marfan's syndrome, or abnormal heart rhythm?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Neck	<input type="checkbox"/> Forearm	<input type="checkbox"/> Thigh
Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month? Has a physician ever denied or restricted your participation in sports for any heart problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Back	<input type="checkbox"/> Wrist	<input type="checkbox"/> Knee
6. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Chest	<input type="checkbox"/> Hand	<input type="checkbox"/> Shin/Calf
7. Have you ever had a head injury or concussion? Have you ever been knocked out, become unconscious, or lost your memory? If yes, how many times? _____ When was the last concussion? _____ How severe was each one? (Explain below) Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Shoulder	<input type="checkbox"/> Finger	<input type="checkbox"/> Ankle
Do you have frequent or severe headaches?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Upper Arm		<input type="checkbox"/> Foot
Have you ever had numbness or tingling in your arms, hands, legs, or feet? Have you ever had a stinger, burner, or pinched nerve?	<input type="checkbox"/>	<input type="checkbox"/>	14. Do you want to weigh more or less than you do now? Do you lose weight regularly to meet weight requirements for your sport?	<input type="checkbox"/>	<input type="checkbox"/>
8. Have you ever become ill from exercising in the heat?	<input type="checkbox"/>	<input type="checkbox"/>	15. Do you feel stressed out?	<input type="checkbox"/>	<input type="checkbox"/>
9. Have you ever gotten unexpectedly short of breath with exercise? Do you cough, wheeze, or have trouble breathing during or after activity? Do you have asthma? Do you have seasonal allergies that require medical treatment?	<input type="checkbox"/>	<input type="checkbox"/>	16. Record the dates of your most recent immunizations (shots) for: Tetanus _____ Measles _____ Hepatitis B _____ Chickenpox _____		
	<input type="checkbox"/>	<input type="checkbox"/>	17. Are you under a doctor's care?	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<b>Females Only</b>		
	<input type="checkbox"/>	<input type="checkbox"/>	18. When was your first menstrual period? _____ When was your most recent menstrual period? _____ How much time do you usually have from the start of one period to the start of another? _____ How many periods have you had in the last year? _____ What was the longest time between periods in the last year? _____		
	<input type="checkbox"/>	<input type="checkbox"/>	<b>*Explain "Yes" answers here: (A "yes" on questions 1, 2, 5, 7, 11 or 17 requires a further medical evaluation which may include a physical examination. Written clearance from a physician, physician assistant, or nurse practitioner is required before any participation in LCP practices, games or matches.)</b>		
	<input type="checkbox"/>	<input type="checkbox"/>	_____		
	<input type="checkbox"/>	<input type="checkbox"/>	_____		
	<input type="checkbox"/>	<input type="checkbox"/>	_____		

It is understood that even though protective equipment is worn by the athlete, whenever needed, the possibility of an accident still remains. Neither the Foothill Sports League nor LCP assumes any responsibility in case an accident occurs.

If, in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given said student by any physician, trainer, nurse or school representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said student.

If, between this date and the beginning of athletic competition, any illness or injury should occur that may limit this student's participation, I agree to notify the school authorities of such illness or injury.

**To the Parent:**  
 Check any activity in which this student is allowed to participate.  Flag Football  Basketball  Softball  Track & Field  
 Volleyball  Baseball  Tennis

**I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.**  
 Student Signature: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*(Physical Examination Form on Reverse Side)*

**PREPARTICIPATION PHYSICAL EVALUATION-- PHYSICAL EXAMINATION**

Student's Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Height \_\_\_\_\_ Weight \_\_\_\_\_ % Body fat (optional) \_\_\_\_\_ Pulse \_\_\_\_\_ BP \_\_\_\_/\_\_\_\_ (\_\_\_\_/\_\_\_\_, \_\_\_\_/\_\_\_\_)  
 Vision R 20/\_\_\_\_ L 20/\_\_\_\_ Corrected: Y N Pupils: Equal \_\_\_\_\_ Unequal \_\_\_\_\_

As a minimum requirement, this **Physical Examination Form** must be completed prior to each year of LCP athletic participation.

<b>MEDICAL</b>	<b>NORMAL</b>	<b>ABNORMAL FINDINGS</b>	<b>INITIALS*</b>
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart-Auscultation of the heart in the supine position.			
Heart-Auscultation of the heart in the standing position.			
Heart-Lower extremity pulses			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			

**MUSCULOSKELETAL**

Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

\*station-based examination only

**CLEARANCE**

- Cleared (for activities listed on the reverse side.)  
 Cleared after completing evaluation/rehabilitation for: \_\_\_\_\_  
 \_\_\_\_\_  
 Not cleared for: \_\_\_\_\_ Reason: \_\_\_\_\_  
 Recommendations: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

*The following information must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner will not be accepted.*

Name (print/type) \_\_\_\_\_ Date of Examination: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_  
 Signature: \_\_\_\_\_

Must be completed before a student participates in any practice, before, during or after school, (both in-season and out-of-season) or games/matches.

*(Medical History Form on Reverse Side)*