

Parent/Guardian signature \_\_\_\_\_

Hm phone \_\_\_\_\_

Wk phone \_\_\_\_\_

### **Proof of Insurance**

**Insurance:** Choose either one or both forms of insurance.

1. In compliance with California Education Code 32221, I certify that there is \_\_\_\_\_ this time insurance coverage for medical expenses resulting from bodily injury of \$5,000 for my son/daughter, and that this coverage will remain in effect throughout that he/she participates in sports. I also give my permission for the above named to participate in sports, including regularly scheduled trips by supervised transportation.

Parent/Guardian signature \_\_\_\_\_

Insurance Carrier \_\_\_\_\_

Policy number \_\_\_\_\_

2. I want to purchase school insurance \_\_\_yes\_\_\_no Date: \_\_\_\_\_  
To purchase insurance go to the school website, athletics and follow the insurance link.

### **Athletic/Extra Curricular Pledge Statement**

As a condition of participation in extra curricular activity by \_\_\_\_\_

\_\_\_\_\_(student's name), we acknowledge have read, understand and agree to the Athletic/Extra Curricular Pledge, the CIF Ethics statement, and the Awareness of Risk statement. We realize the importance of sportsmanship and positive behavior as fans and role models.

Student signature \_\_\_\_\_

Print name \_\_\_\_\_

Date \_\_\_\_\_

Parent/Guardian signature \_\_\_\_\_

Print name \_\_\_\_\_

Date \_\_\_\_\_

### **CIF Codes, Violations, Penalties, and Appeals**

I have read, understand, and accept the Policy Statement, Code of Ethics, The Principles of Pursuing Victory With Honor, and the Violations, Minimum Penalties, Appeal Process (on attached page) of the CIF-San Diego Section ETHICS IN SPORTS Policy. I agree to abide by this policy while participating and/or spectating at CIFSS

Student ID #: \_\_\_\_\_ Gender: \_\_\_\_\_

Graduation Year: \_\_\_\_\_

Transfer Student: YES / NO

*San Marcos High School*



*Athletic Department  
Clearance Package  
2018-2019*

Have you ever had chest pain?	Yes	No	
Do you tire more quickly than your friends during exercise?	Yes	No	Phone: Home (    ) _____ Work/Cell (    ) _____
Have you ever had high blood pressure?	Yes	No	
Have you ever been told you have a heart murmur?	Yes	No	Date of Birth _____ Age _____
Have you ever had racing of your heart or skipped beats?	Yes	No	
Has anyone in your family died of heart problems or a sudden death before the age of 40?	Yes	No	
Does anyone in your family have Marfan's Syndrome?	Yes	No	1. Is this the same residence you had last year?      Yes _____
5. Do you have any skin problems (itching, rashes, breaking out)?	Yes	No	
6. Have you ever had a head injury?	Yes	No	2. Where did you <b>start</b> high school? _____
Have you ever been knocked out?	Yes	No	
Have you ever had a seizure?	Yes	No	3. Who were you living with when you started high school or your last school attendance? _____
Have you ever had pain from neck into arm?	Yes	No	
7. Have you ever had heat cramps?	Yes	No	
Have you ever been dizzy or passed out in the heat?	Yes	No	
8. Do you use special pads or braces?	Yes	No	
9. Have you ever injured (broken/fractured, sprained, or dislocated):			4. If you have moved, did you move with the same people, caregivers, guardians, or family members to your current address? _____
____hand/fingers    ____shoulder      ____hip    ____shin/calf      ____wrist/forearm			Ye
____neck            ____thigh            ____elbow    ____chest/ribs      ____knee			
____ankle          ____upper arm      ____back    ____stress fracture			5. Have you ever lived with anyone else? _____
10. Have you ever had?			Ye
____mononucleosis      ____diabetes      ____measles      ____hernia			6. Is your residence within SMUSD boundaries? _____
____sickle cell trait/disease    ____headaches-frequent      ____ulcers    ____hepatitis			
____asthma            ____eye/ear injuries    ____tuberculosis			7. Did any coach influence you to come to this school? _____
11. When was your last tetanus shot? _____			
12. About your weight; do you think you are:			8. What sports and at what level did you play at your last school? _____
____just right    ____too heavy/fat    ____too light/thin			
13. Do you like to drink dairy (milk) products?	Yes	No	9. Were you required to leave your former school? _____
14. For Females:			Ye
When your 1st was period and how old were you? _____			
When was your last period? _____			
15. Please feel free to ask the doctor to address any questions/concerns that you have			Student signature _____ Date _____
Explain all "Yes" responses: _____			Parent/Guardian signature _____ Date _____

to evaluate general health, to disclose existing problems, and to determine my son/daughter's dynamic ability to participate in a given sport so that obvious condition which might be damaged or aggravated by competitive sports can be found, evaluated and treated so as to prevent further injury.

**Awareness of Risk**

Student and Parent: I am aware that playing/practicing sports can be a dangerous activity involving many risks of injury. I understand that the risks of participation include, but are not limited to, serious internal injury to virtually any internal organs, bones, joints, muscles, tendons, or any other aspect of the skeletal system, and serious injury or impairment to other aspects of my body, general health and well-being. I understand that the risks of participation may result not only in serious injury or death but in impairment of my future ability to earn a living, to engage in other business, social and recreational activities, and generally to enjoy a good life. I understand the importance of Shared responsibility for sport safety and agree to obey all coaching instructions

**\*\*Effective May 4, 2011**, screenings may only be performed by a licensed **MD, DO, PAC, and NP**. Also, screening must be performed **AFTER May 28<sup>th</sup>, 2018 for 2018-2019 school year participation\*\***



I understand that California law (Education Code 35330) provides that any field trip or excursion waives all claims against the school district and the State of California for injury, accident, illness, or death occurring during or by reason of or excursion. According, I hereby waive all claims which I/we might have against the school district or the State of California, their officers agents and employees for injury, illness, or death occurring during or by reason of the above described activity.

\_\_\_\_\_  
(Signature of parent or guardian)

**Parent/Student Authorization for Use of Private Vehicles for Student**

I understand that participation in the above-listed field trip or school activity requires transportation by bus or private vehicle. These vehicles are provided by bus drivers, staff members, parents or students themselves. I certify that when the activity is not made available, I will be responsible for transporting my child to the designated activity site. I accept the fact that my child may be released prior to the standard release time in order to be transported to the activity site.

When transportation is not provided, I take full responsibility for arranging transportation for my son/daughter to and from the designated activity site. This may include providing a licensed driver, my son/daughter driving themselves and other licensed minors, as allowed by law (students). I understand and agree that the school administration will not be responsible for supervising transportation of my child is released from school. I waive all claims against the District of California for any injury accident, illness or death occurring during or by reason of the transportation arrangement that I have made to and from the activity. I certify that my daughter/son will be transported by a licensed driver with State of California required insurance coverage, and in a safe manner.

\_\_\_\_\_  
Print student's name

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Type or print

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."
2. It's the duty of School Boards, superintendents, school administrators, parents, and school sports leadership - including coaches, athletic administrators, program directors, and game officials - to promote sportsmanship and foster good character by teaching, enforcing, advocating and modeling these "six pillars of character."
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical, and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules, and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
5. School Boards, superintendents, school administrators, parents, and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents, and spectators.
6. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
7. The importance of character, ethics, and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
8. School Boards, superintendents, school administrators, parents, and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.
9. School Boards, superintendents, principals, school administrators, and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development

"ding" or a bump on the head can be serious. You can't see a concussion. Concussions occur without loss of consciousness. Signs and symptoms of a concussion may not show up right after the injury or can take hours or days to fully appear. If you notice any symptoms of concussion, or if you notice the symptoms or signs yourself, seek medical attention right away.

#### **What can happen if my child keeps on playing with a concussion or if**

athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion can cause a young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain injury (second impact syndrome) with devastating and even fatal consequences. It is important to note that adolescent or teenage athlete will often under report symptoms of concussion because the symptoms are no different. As a result, education of administrators, coaches and students is the key for student-athlete's safety.

#### **If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from play and practice immediately. No athlete may return to activity after an apparent concussion, regardless of how mild it seems or how quickly symptoms resolve, without a medical clearance. Close observation of the athlete should continue for several days. CIF Bylaw 313 now requires implementation of long and well-established concussion guidelines that have been recommended for several years:

A student-athlete who is suspected of sustaining a concussion or head injury at any time during a game shall be removed from competition at that time and for the remainder of the game.

A student-athlete who has been removed may not return to play until evaluated by a licensed health care provider trained in the evaluation and management of concussions and received written clearance to return to play from that health care provider.

You should also inform your child's coach if you think that your child has a concussion. Remember it's better to miss one game than miss the whole season. If in doubt, the athlete sits out.

For current and up-to-date information on concussions you can visit the website at <http://www.cdc.gov/ConcussionInYouthSports/>

practice, or attending (site and sound) any sports contest, until the first of the following occurs: the ejected person serves the tentative penalty recommended by the commissioner; or a meeting is held among the school administration, coach, player, and custodial parent(s)/guardian(s) with CIFSDS staff member(s) to discuss and impose an appropriate penalty which is served before participation resumes.

Any player ejected by a contest official from any contest for any reason is suspended from participation in the next contest(s) until the tentative penalty recommended by the commissioner is served; or a meeting is held among the school administration, coach, player, and custodial parent(s)/guardian(s) with CIFSDS staff member(s) to discuss and impose an appropriate penalty which is served before participation resumes.

**Players are permitted to practice with the team and attend contests, but not in game uniform, during the period of suspension. (Approved June 3, 2008, Board of Managers).**

Meetings will be scheduled at a time to be announced. There is no appeal of the Commissioner's decision. Telephonic and electronic meetings are not permitted. Additionally, any person ejected (coach, player, spectator) is required to attend a CIFSDS Ethics in Sports Sportsmanship Meeting, which will be held at a time to be announced. Failure to attend the sportsmanship meeting will result in immediate suspension of athletic eligibility or attendance (site and sound) at contests or practices until such time as the ejected person attends a Sportsmanship Meeting. (Approved June 7, 2005, Board of Managers).

## 2. Illegal participation in next contest by athlete ejected from previous contest.

Ineligibility for remainder of season for athlete. A written appeal may be made by the individual or school to the commissioner.

## 3. Second ejection of athlete or coach from any contest during one season.

Ineligibility of athlete for remainder of season or suspension of coach for remainder of season. A written appeal may be made by the school principal within two school days to the commissioner for reduction of penalty. Official to make report by the next school day to the commissioner.

### Code of Standards

1. Each team is an individual situation and could have its own are more restrictive than district or school policy. Violating result in disciplinary action and possible removal at the discretion of the coach and the school administration. If a student is suspended from school; he/she is suspended from all activities until reinstated to classes. Students shall not:

- Smoke or be in possession of tobacco (including chewing tobacco Code 48900, 48901)
- Drink or be in the possession of alcoholic beverages (EHS Code 11-53)
- Use or be in the possession of a controlled substance (EHS Code 11053)

Students shall

- Maintain high standards of citizenship and behavior.
- Respect school personnel and property.

### Violations of Extra Curricular Policy

A. Any member of a team apprehended with or under the influence of any other controlled substances (drugs) will be automatically suspended from school. While suspended from school he or she may not attend practices or contests. He or She will also be suspended from a minimum of two (2) weeks.

B. A second offense will result in a one year suspension from all extra curricular activities for one calendar year from the date of offense, and possible expulsion from the school.

C. Reinstatement after a suspension can be attained as follows:

1. The student must initiate a request for a hearing with the review board.

2. The Athletic Review board shall consist of an Assistant Football Director, and the athlete's coaches and parents.

3. The review board may or may not grant reinstatement. Final

II. I will be neat in appearance.

III. I will attend all practice sessions, meetings and contest. If for any reason I must miss a practice, meeting, or contest, I will contact my coach or advisor in advance.

IV. I will be punctual at all meeting and practices, and at school for all classes.

V. I will put forth 100% effort at all times.

VI. I realize there is a minimum two week suspension and/or removal from my team for off and on campus involvement in drugs, alcohol, tobacco, anabolic steroids or criminal offenses.

VII. I will use clean language to show respect for my parents, coaches, school and opponents.

VIII. I will respect my teammates, their abilities, weaknesses and rights. The team will come before the individual.

IX. I will study hard, complete my assignments and make every effort to earn a better than average academic grade.

X. I will respect my equipment as if it were my own. I will pay for all issued items which are damaged or not returned. I realize I will not be allowed to participate on any team until previous athletic debts have been paid.

XI. If I participate on an outside team in a different sport, my first obligation is to my sport at school. I am not allowed to participate in the same sport on an off campus team during the high school season.

Integrity, and Fairness are embodied in that mission. CIF and CIFSDS be safe, courteous, fair, controlled, and orderly for the benefit of all athletes, officials, and spectators, and behavior by all involved at all times shall meet the highest standards of conduct.

It is the intent of the section membership that poor sportsmanship, use of force and violence, in any form, will not be tolerated in athletic contests or participation. To enforce this policy, the membership, through its Board of Managers shall establish rules and regulations.

Coaches assume the responsibility to teach and demand high standards of behavior from their athletes both on the field of play and in everyday life, in season and off season.

- It is the school principal's responsibility to enforce all CIFSDS rules and demand high standards of conduct from coaches, athletes, parents, and spectators. The principal shall demand strict adherence to all the CIFSDS rules, regulations, and procedures.

- Participation in interscholastic athletics and section playoffs is a privilege.
- The CIFSDS Board of Managers requires that the following Code of Ethics be signed by each student-athlete, parent, coach, and officials' association for failure to submit a signed Code of Ethics are:

1. Athlete Ineligibility for participation in CIF-San Diego Section
2. Coach Restricted from coaching in CIF-San Diego Section
3. Officials Association Not approved to officiate in the CIF-San Diego Section
4. Parent Prohibition/Removal from attendance at CIF or CIFSDS events

- Failure to abide by the standards of behavior as agreed will result in suspension from participation and including disqualification to participate.

#### **CODE OF ETHICS FOR STUDENT-ATHLETE, PARENT/GUARDIAN/CAREGIVER, COACH, CONTEST OFFICIAL**

A. Comply with the six pillars and 16 Principles of the Pursuing Victory with Integrity.

B. Be courteous at all times with school officials, opponents, game officials and spectators.

C. Exercise self-control.

D. Know all rules of the contest, CIF State, and the CIFSDS and agree to abide by them.

E. Show respect for self, players, officials, coaches, and spectators.

F. Refrain from the use of foul and/or abusive language at all times.

G. Respect the integrity and judgment of game officials.

H. An athletic director, sports coach, school official or employee or booster may not provide any muscle-building nutritional supplement to any athlete at any time. A school may only accept an advertisement, sponsorship or endorsement from a supplement manufacturer that offers only non-muscle building nutritional supplements.

- Expectations of athlete and team
  - Location and times of all practices and games
  - CIF, District, school and team rules
  - Athlete's role on the team
- B. Communication that coaches can expect from parents:
- Concerns expressed directly to the coaches
  - Specific questions about philosophy or expectations
  - Notification of any injuries or illness
  - Any absences prior to practices or games
- C. Appropriate concerns to discuss with coaches:
- Treatment of your child (mentally or physically)
  - Ways a parent can help his/her student athlete improve
  - Concerns about your child's behavior
  - Failure to meet Coaching Responsibilities listed in Philosophy Statement
- D. Inappropriate concerns to discuss with coaches:
- Playing time
  - Team strategy
  - Play calling
  - Another athlete

It can be very difficult to accept when your athlete is not playing as much as you may have hoped. Coaches make decisions based on what they believe to be in the best interest of the team. The coach must take into account all members of the team-not just one individual. As noted in the above lists, certain concerns should be discussed with the coach. Other decisions, like the examples on the list of "Inappropriate Concerns" must be left to the discretion of the coach.

#### Procedures of discussing concerns with coaches

If you have a concern to discuss with the coach, please follow the procedures below:

##### **Step 1**

Call the coach at school and set up an appointment. Ask for the coach by name. If the coach is a JV or Frosh coach and is not a staff member, leave a message with the Varsity coach of that sport. If the Varsity coach is not a staff member, ask for his/her voicemail and call the Athletic Director to leave a message. Please do not attempt to confront a coach before or after a contest. This can be an emotional time for both the parent and the coach. Confrontations of this nature do not promote positive resolutions.

If a satisfactory resolution between the parent and coach does not take place after the initial communication:

##### **Step 2**

next contest, probation for remainder of season. Those players in identified, ineligible for next contest and probation for remainder of written appeal may be made by the individual(s) or school to the Commissioner Official to make report by the next school day to the commissioner.

#### **5. When more than two athletes leave the bench area or field begin a confrontation or leave the bench area or fielding position altercation.**

Contest will be stopped by officials and coaches. Ejection from the contest those athlete(s) designated by the officials. The team(s) that left the contest must forfeit the contest, record a loss, and the team(s) and player(s) will be on probation for the remainder of the season. A written appeal may be made by the school(s) principal to the commissioner. A second infraction will result in the cessation of the season for the team(s) and/or athlete(s). A written appeal may be made by the school(s) principal to the commissioner. Official to make report by the next school day to the commissioner.

#### **6. Other acts committed by individuals or teams or acts committed by a team.**

The Commissioner, as authorized by Green Book, to determine and impose penalties up to and including career suspension for individuals and teams for penalties for teams.

#### **7. Use of an ineligible player in a contest.**

If a team uses an ineligible player in a contest(s), the contest(s) shall be forfeited. The number of forfeited contest(s) exceeds the maximum number of forfeited contests in accordance with the CIFSDS Forfeit Policy (see Green Book) the team shall be excluded from CIFSDS playoffs.

If an ineligible individual is permitted to participate in an individual contest, the individual is excluded from playoffs, and the school is subject to penalties for a willful violation of a rule.

The Commissioner, as authorized by Green Book, may determine and impose additional penalties up to and including career suspension for individuals and teams for following year penalties for teams.

"ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

**Symptoms may include one or more of the following:**

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Headaches</li> <li>• "Pressure in head"</li> <li>• Nausea or vomiting</li> <li>• Neck pain</li> <li>• Balance problems or dizziness</li> <li>• Blurred, double, or fuzzy vision</li> <li>• Sensitivity to light or noise</li> <li>• Feeling sluggish or slowed down</li> <li>• Feeling foggy or groggy</li> <li>• Drowsiness</li> <li>• Change in sleep patterns</li> </ul> | <ul style="list-style-type: none"> <li>• Amnesia</li> <li>• "Don't feel right"</li> <li>• Fatigue or low energy</li> <li>• Sadness</li> <li>• Nervousness or anxiety</li> <li>• Irritability</li> <li>• More emotional</li> <li>• Confusion</li> <li>• Concentration or memory problems (forgetting game plays)</li> <li>• Repeating the same question/comment</li> </ul> |
|--|---|

**Signs observed by teammates, parents and coaches include:**

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit

demand that their student-athletes refrain from disrespectful behavior, including verbal abuse of opponents and officials, profane trash-talking, taunting, and inappropriate celebrations.

12. School Boards, superintendents, and school administrators schools must ensure that coaches, whether paid or voluntary to coach. Training or experience may determine minima. These competencies include basic knowledge of: 1) The characteristics of sports, including techniques and methods of reinforcing the core values comprising sportsmanship and (2) The physical capabilities and limitations of the age group (as first aid and CPR. 3) Coaching principles and the rules of the sport.

13. Because of the powerful potential of sports as a vehicle for personal growth, a broad spectrum of school sports experiences should be available to all of our diverse communities.

14. To safeguard the health of athletes and the integrity of their sports programs must actively prohibit the use of alcohol, tobacco, and performance-enhancing substances, as well as comply with all laws and regulations, including those related to gambling and drugs.

15. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school's name. There should be no undue interference or influence of commercial interests. In addition, sports programs must be prudent, avoiding unnecessary dependency on particular companies or sponsors.

16. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimension of their sport, coaches and words and example, must also strive to build the character of their students by teaching them to be trustworthy, respectful, responsible, and good citizens.



Check one box:

☐ There has **no** pre-enrollment contact of any kind whatsoever during the previous 24 months with anyone at or associated with the school or its athletic programs.

☐ There has been pre-enrollment contact during the previous 24 months with individuals at or associated with the school and its athletic programs. A true, correct, accurate, and complete disclosure of that contact is **explained below**:

---

---

---

\_\_\_\_\_  
Parent/Caregiver signature    Date

\_\_\_\_\_  
Student signature                      Date

State CIF Bylaws require that all information provided in regard to any aspect of student eligibility to participate in high school athletics must be true, correct, accurate, and complete. State CIF Bylaws also require that parents, students, coaches and schools must disclose any pre-enrollment contact of any kind whatsoever with the parent or student during the 24 months prior to enrollment in the school.

**Participation in this activity must be disclosed to the CIFSDS when requesting eligibility to participate in high school athletics beginning in the ninth grade. Participation in this activity may affect student eligibility to participate in high school athletics.**

**San Marcos High School  
ALMA MATER**

**Hail to San Marcos, silver and blue  
Knights we will always be,  
loyal and true to you.  
Hail, Alma Mater, our hearts  
and minds we offer thee.  
May your guiding spirit be with us  
in every word and deed.  
Truth and honor; our motto  
this will ever be.  
Blue and silver, colors symbolic  
of our creed.**



Winter Sports: Basketball, Wrestling, Girls Water Polo, Soccer Vision (optional) Left eye 20/ \_\_\_\_\_ Right eye 20/ \_\_\_\_\_

Spring Sports: Baseball, Boys Golf, Boys Tennis, Softball, Boys Volleyball, Swimming, Lacrosse, Track

Year Round: Band, Cheer, Dance, Color Guard.

**\*\*\*\*IMPORTANT\*\*\*\***

No athlete will be allowed to participate or try out without athletic clearance. All Athletic Clearance Packets must be turned in to the Athletic Director. There is a drop off box in the front office where books may be turned in.

The following payments can be made at the beginning of the school year at the finance office, or online at the SMHS Web Store.

1.	Skin	
2.	Head	
3.	Eyes (PERL, EOMI, Fundi)	
4.	Ears, nose, throat	
5.	Neck	
6.	Lymphatic	
7.	Respiratory	
8.	Cardiovascular	
9.	Heart (murmurs?)	
10.	Abdomen	
	Genitalia (including hernia exam-opt)	

11.	Extremities
12.	Neurological
13.	Orthopedic
	Cervical spine/
	Arms/elbows/w
	Hips
	Knees
	Ankles / feet
14.	Developmental
	Tanner staging

√ = WNL  
X = omitted  
+ = see "Notes" below

**Transportation Donation:**

All transportation for athletic events will be funded through Athletic Transportation Donations. Please make checks payable to SMUSD, with the student ID number and sport in the memo section.

**Please check one:**

\_\_\_\_\_ Full, unrestricted clearance  
\_\_\_\_\_ Not cleared. Needs clearance by specialist: (Please refer to \_\_\_\_\_)  
\_\_\_\_\_ Orthopedist \_\_\_\_\_ Cardiologist \_\_\_\_\_ Other

**ASB Stickers:**

To help defray the cost of Officials and Tournaments, all athletes are encouraged to purchase an A.S.B. Sticker. This sticker provides free admission to all regular season home athletic events, discounted dance tickets, student store discounts, and show/production discounts. The cost of an A.S.B. Sticker is \$45.00. Please make checks payable to SMHS.

Notes: \_\_\_\_\_  
\_\_\_\_\_

If you have any questions, please contact the Athletic Director, Jeff Meyer at 760-290-2318

\*\*Effective May 4, 2011, screenings may only be performed by a licensed MD, DO, PAC, and NP. Also, screening must be performed AFTER May 28<sup>th</sup>, 2018 for 2018-2019 school year participation.

**Athletic Angel Donation – Booster Club**

If you can help support our athletes with an additional donation, please use this opportunity to do so.

**Athletic screening performed by:**

**Physician Office**