

# SCVAA WARRIOR FOOTBALL

April 16

# 2010

This packet includes information containing a Letter from the Board, General Purpose statement, Certification Process, General Information, Important Dates, Divisions with Age and Weights, PYFL Physical Form

# PARENT PACKET

# Santa Clarita Valley Athletic Association

**To:** All Parents and Athletes

**From:** SCVAA Football Board

On behalf of the SCVAA Warrior Football Board, it is our pleasure to welcome you to the 2010 Season. SCVAA is a non-profit organization that promotes youth sports of the Santa Clarita Valley (Cheerleading, Football, and Track & Field).

Warrior Football is made up of board members, coaches and support staff that are ALL volunteers. Many of these volunteers are parents just like you. Since this organization depends on volunteers, your support and cooperation are critical to ensure success. We sincerely hope and encourage every parent/guardian to participate in our program. There are many jobs to be done in the administration of a complex program like ours. With the assistance of many, we have made youth football a reality in the Santa Clarita Valley for over 40 years.

To assist you in understanding the philosophy of our organization, we have produced this parent packet. Enclosed, you will find useful information regarding our clubs purpose, rules and other important information. Please read the parent packet thoroughly. It will undoubtedly answer some valuable questions.

If after reading the parent packet you still have questions, please feel free to contact us. If during the season you should have any problems or questions that cannot be answered by your team manager, please call one of the following board members to assist you. We cannot help fix a problem we do not know about.

Rett Hicks  
Director  
(818) 535-7999  
rhicks@scvaa.com

Eric Kaufman  
Asst Director  
(310) 245-9000  
ekaufman@scvaa.com

Steve Presley  
Athletic Director  
(661)-433-9242  
SPresley@scvaa.com

Ronda Chobanian  
Secretary  
(661) 803-8169  
r.ronda@ca.rr.com

Andrea Adam  
Treasurer  
(661) 645-0590  
andrea.adam@att.net

Mike Post  
Equipment Mgr  
(661) 713-5249  
mapost2@juno.com

Keith Lieberman  
Member at Large  
citha2@aol.com

For a complete list of board members please visit: <http://football.scvaa.com>

# Santa Clarita Valley Athletic Association

## General Purpose Statement

The Santa Clarita Valley Athletic Association (SCVAA) came into existence to provide and promote a healthy atmosphere for training the youth of our community in the sport of football. The SCVAA is a non-profit organization and all coaches and adult personnel are volunteers. Our coaches, some of who are coaching for the first time, become involved primarily to share in the experience with the children. They are concerned with promoting safety, teaching the fundamentals of the game, and providing a fun environment. Winning is always secondary to these objectives.

Our organization is committed to providing a safe, healthy and fun place to cultivate the qualities that are inherent in the game of football. We believe that football teaches camaraderie, teamwork, discipline, and respect for others and a competitive drive.

This friendly spirit of competition is also embraced by similar, self-supporting organizations that are listed below. Together, these organizations and the SCVAA form the Pacific Youth Football League (P.Y.F.L.). [www.pyfl.com](http://www.pyfl.com)

## PYFL MEMBER CHAPTERS

Agoura/Oak Park Eagles - Burbank Vikings - Calabasas Raiders - Camarillo Roadrunners -  
Canyon Country Outlaws - Castaic Cougars - Moorpark Saints - Newbury Park Steelers -  
North Oxnard Warriors - Oxnard 49.ers - Port Hueneme Rhinos - Santa Clarita Valley Warriors -  
Simi Valley Patriots - Thousand Oaks Titans – Valley Bengals - Ventura Packers

# Santa Clarita Valley Athletic Association

## Key Dates – tentative

- **Monday, March 1<sup>st</sup>** , Registration Begins – Online Registration – see web site for more details
- **Friday, April 30<sup>th</sup>** , Online Registration closes
- **Saturday, May 1<sup>st</sup>** , Mandatory In-Person Documentation Turn-In to complete Registration – Location: Valencia High School see website for times - Paper Work, Boundary Check, Apparel Sale
- **TBA** , Physical Night – Valencia High School – Multi Purpose Room
- **Monday, July 19<sup>th</sup>** , Two Week Conditioning Program begins
  - Location and Time: TBA
  - Very important to attend
- **Friday and Saturday, July 30<sup>th</sup> – 31<sup>st</sup>** , First two Official days of practice
  - Mandatory
  - *All paperwork must be handed in prior to practice. Without a physical, your child DOES NOT practice.*
- **Sunday, August 1<sup>st</sup>** – Draft Day - Children’s team assignment and coach’s notification
- **Monday, August 2<sup>nd</sup>** – First practice as a team
  - Practices will be held Monday thru Friday and possibly Saturday for the first two weeks for 2 hours a day.
  - Each child is required to complete 20 hours of practice prior to any physical contact and hitting in full equipment.
  - Any days missed during this time will extend their mandatory conditioning hours ultimately delaying when they can start full contact.
- **TBA** – Equipment Handout
- **Saturday, August 21<sup>st</sup>** – Team Certification Day
  - Mandatory
  - Between 08:00 and 12:00
- **Saturday, September 11<sup>th</sup>** – First Game
- **Sunday, TBA** – Playoff Certification
  - Location and Time: TBA
  - Mandatory

# Santa Clarita Valley Athletic Association

## Certification Day

Certification Day will be held on **Saturday, August 21<sup>st</sup>, 2010.**

**THIS IS A MANDATORY WEIGH IN. IF YOU DO NOT WEIGH IN, YOUR CHILD DOES NOT PLAY.**

Each team must certify their players with the P.Y.F.L. by showing proof of age, and address along with weighing in. In order to certify your child, will need the following items:

1. SCVAA Registration Form - completely filled out and signed. This is available to download on our website. <http://football.scvaa.com>
2. Physical Examination Form - proving that the player has completed a physical examination by a physician within the past six (6) months, and has been cleared to play tackle football. The form is attached towards the end of this packet. SCVAA offers a low-cost physical in July. Please check our website, <http://football.scvaa.com> for the exact date and time. This form is available to download on our website.

Physical forms **MUST** be presented the first practice day. Any child that comes to practice without a physical form **WILL NOT** be allowed to practice. This is a requirement of our insurance company and there are **NO EXCEPTIONS**.

**ALL PHYSICALS MUST BE DONE ON THE P.Y.F.L FORM PROVIDED IN THIS PACKET.**

3. Utility Bill - for proof of residence. The Utility Bill used must match the players Name and Address and must be current (one month old). Please be advised, *any parent found falsifying residence shall be banned from playing for the SCVAA Warriors program and is subject to the same action from the P.Y.F.L.*
4. Birth Certificate - We need an **ORIGINAL** or a **CERTIFIED COPY** of your child's birth certificate. Xerox copies are **NOT** acceptable. The birth certificate will be returned after certification day. You may send for your child's birth certificate by writing to the Los Angeles County Registrar or by visiting their Lancaster office:

### **By Mail:**

Birth, Death and Marriage Records Section  
P.O. Box 53120  
Los Angeles, CA 90053-0120  
(562) 462-2137

### **In Person Request:**

Birth, Death and Marriage Records Section  
1028 West Avenue J2  
Lancaster, CA  
(661) 945-6446  
8:30 to 4:30 Monday - Friday

Call the office in Los Angeles to verify the cost **BEFORE** sending your request for a birth certificate. Mailed requests could take approximately thirty (30) days to receive. Please start your request **NOW**. You can get more information by going to the following:

[http://www.lavote.net/RECORDER/BDM\\_Records.cfm](http://www.lavote.net/RECORDER/BDM_Records.cfm)

# Santa Clarita Valley Athletic Association

## General Information

### PRACTICE DATES

The First day of practice is Friday, **July 30<sup>st</sup>, 2010**

Practice will be conducted Monday through Friday during the month of August. Beginning in September, after Labor Day practices will be conducted Tuesday through Thursday and some occasional Fridays. Practice times are not yet available. You will be contacted by your coach after try-outs and notified of your practice time and location.

### DROP OFF AND PICK-UP

Athletes should not be brought to the practice facility more than 15 minutes prior to the start of practice. Please pick up your children on time. Coaches are responsible for unattended children and cannot leave until those children have been picked-up. Please be considerate to our volunteers. We do not want our coaches to become babysitters. You are welcomed and encouraged to stay and observe all practices. In fact, this would be a good opportunity to help the team. Sometimes your interest goes a long way towards your child excelling.

### CONDITIONING

Every athlete is required to have a minimum of twenty (20) hours of conditioning before they are permitted to participate in one-on-one contact. All conditioning must be done at an official practice under the supervision of a coach. Conditioning activities from other sports are not acceptable and do not count towards the 20 hours. The SCVAA conditioning clinic does not apply towards the 20 hours. It is critical that your child attends every practice during the first two weeks, so they do not fall behind. Any time missed must be made up prior to physical contact. Athletes that miss regularly scheduled practices at any point in the season are subject to removal from the team by the coaching staff or board. This is a safety issue. Players are less likely to become injured when they keep a high level of physical conditioning. Removal for this reason is considered self-imposed.

### PRACTICE UNIFORMS

During the first week or first (10) hours of conditioning (week 1 of practice), players should wear a pair of comfortable shorts, football cleats and their issued practice jersey. Underwear may not extend below the shorts or above the waistband. They must also wear a mouthpiece and after the third practice of (week 1), dependent on the coach's discretion, helmets may be worn, although there will be no contact during this period.

# Santa Clarita Valley Athletic Association

## General Information continued

During the second ten (10) hours of conditioning period (week 2 of practice), players will still be in shorts, but will wear their helmet and shoulder pads. They will be permitted to hit tackling bags only. After twenty hours of conditioning has elapsed, players will be required to wear all Issued protective gear, including:

Certified Helmet with Chin Strap	Shoulder Pads	(2) Knee Pads
White Practice Pants	(2) Hip Pads	(1) Tail Bone Pad
Practice Jersey	(2) Thigh Pads	(1) Belt

Protective equipment, i.e. Helmet that is issued by the league shall not be altered in any form, including facemasks.

Items that are mandatory to wear and must be purchased that are not provided by SCVAA are:

Mouth guards/Mouth piece (with color)	Protective cup/jock strap
Girdle (holds lower seven pad set in place)	Cleats

It is strongly recommended that all players bring a water bottle with their name on it to all practices.

### **NO JEWELRY MAY BE WORN AT ANY PRACTICE OR GAME**

### UNIFORMS

SCVAA provides a certified helmet, chin strap, shoulder pad and game pants to each player. These items are on loan to the players and must be returned in good condition at the end of the season. SCVAA gives each player practice pants, belt, game/practice jersey, tail pad, hip pads (2), thigh pads (2) and knee pads (2) and these items are yours to keep. Players may not throw helmets, or cut or alter jerseys in any way. Good condition also means clean. Cleaning and/or repair costs will be charged to parents if necessary.

**Equipment hand-out day occurs in early August. All parents will be required to sign for their players' equipment.** If a player is unable to attend this first hand-out, a make-up day is scheduled. Parents should make every effort to attend the first handout. For the protection of the athlete, they are required to wear a protective cup/jock strap combo, football cleats and a mouthpiece at all games. A girdle is recommended to hold the lower body pad sets in place.

### RAIN

Games and practices are almost always held regardless of the weather. If it is raining and you are in doubt, please contact your team manager.

# Santa Clarita Valley Athletic Association

## **General Information** continued

### ATHLETE'S CONDUCT

Athletes are expected to conduct themselves in a respectful manner. Disrespect to any coach, Game Official, adult staff member or other athlete will not be tolerated. Athletes are not to engage in any verbal or physical abuse of others. All athletes are to remain in the designated area(s) under the supervision of a member of the coaching staff.

### PARENT'S CODE OF CONDUCT

Parents and Guests are expected to conduct themselves in a respectful manner. Disrespect to any coach, adult staff member or to any athlete will not be tolerated. Parents and Guests are not to engage in any verbal or physical abuse of others. All parents must sign the SCVAA Parents' Code of Conduct form found at the end of this package.

### GAME DAY

- All home games will be played on Saturdays at Valencia High School or Hart High School. Our first regular season game will be on Saturday, **September 11, 2010**. We will have an eight (8) or nine (9) game season depending upon the need for a bye in a particular age division. Most games will be played between 8:00 a.m. and 7:00 p.m. There may be night games if our teams play at a facility that has lights.
- Away games will be played at the venue of the hosting P.Y.F.L. team (see page 3). Coaches will notify players of the appropriate time to arrive at game sites.
- Playoff games will run through November and the Superbowl will be held in December. Please note that schedules will not be available until the Wednesday prior to the first game. Your team manager will notify you as soon as they are available.

### GENERAL RULES

Only authorized personnel are allowed on the field during a game. That includes the sideline area. Parents are asked to watch the games from the stands. Decisions made by an official will be accepted as fair and called to the best of their ability. Players, cheerleaders, coaches, officials or fans shall not be criticized verbally or by gesture. Physical or verbal abuse **WILL NOT TOLERATED UNDER ANY CIRCUMSTANCES**. Participants or spectators that are unable to conduct themselves appropriately will be removed from the facility. Parents shall exhibit a demeanor of teamwork and respect at all times. Parents shall notify the team manager if their child will be absent or late for any practice or game.

### EDUCATION

SCVAA believes that education is the most important priority for a child. Athletes are required to maintain a "C" average throughout the season to be eligible to play. If your child's grades drop, please speak to the coach. A player maintaining a "B" grade average is eligible for a Scholastic Award given by the SCVAA. Players maintaining an "A" average will be eligible for the Presidential Award given by the SCVAA.

### REFUND POLICY

**ABSOLUTELY NO REFUNDS. NO EXCEPTIONS!**

# Santa Clarita Valley Athletic Association

## General Information *continued*

### RETURNED CHECKS

There will be a \$30.00 service fee on ANY RETURNED CHECK. You may be responsible for paying up to three times the amount of the returned check. Checks are accepted with proper identification. Any returned check will not be processed through the bank a second time. Cash payment must be made on all returned checks.

FAILURE TO MAKE SAID PAYMENT WOULD RESULT IN YOUR CHILD BECOMING INELIGIBLE TO PARTICIPATE AND/OR THE CHAPTER HOLDING YOUR TROPHY, TEAM PICTURES, ETC.

### AGE AND WEIGHT DIVISIONS

December 2nd is the day used to determine the playing age of a player for the current season. A player must be at least age seven and forty-five pounds to be eligible for participation. A onetime Post-Season weigh-in will be held for all teams playing in the playoffs prior to the first playoff game. The location and time for the weigh-in will be scheduled at the seeding meeting each year.

2010 PYFL Weight Classes (Players allowed +10 weight gain for playoffs, except where noted.)

#### **Pee Wee Division:**

*Ages* 7 and 8 year olds – *Weight* – minimum 45lbs. and maximum 105lbs

#### **Bantam Division:**

*Ages* 9 and 10 year olds – *Weight* – maximum 125lbs

*Play down Age* 11 – *Weight* – maximum 75lbs with a gain of (+5lbs for playoffs)

#### **Midget Division:**

*Age* 11 – *Weight* – maximum 140lbs

*Play down Age* 12 – *Weight* – maximum 95lbs with a gain of (+5lbs for playoffs)

#### **Junior Division:**

*Age* 12 – *Weight* – maximum 155lbs

*Play down Age* 13 – *Weight* – maximum 100lbs with a gain of (+5lbs for playoffs)

#### **Senior Division:**

*Ages* 13 and 14 year olds – *Weight* – maximum 190lbs

*X-Men* – *Weight* – Unlimited

Players must be in 8th grade or below to participate. Athletes must turn at least 7 years old prior to December 2, 2010. NO Player may be older than 14 years old. Players that are 14 years old and turn 15 prior to December 2, 2010 are ineligible to participate. Any athlete in high school (9<sup>th</sup> grade or higher) is ineligible to participate. Any athlete under 45 lbs. of weight is ineligible to participate.

# Santa Clarita Valley Athletic Association

## PARENTS' CODE OF CONDUCT

I hereby pledge to provide positive support, care and encouragement for my child participating in the Santa Clarita Valley Athletic Association league, by following the **SCVAA Parents' Code of Conduct**:

1. I will encourage good sportsmanship by demonstrating positive support for all players, coaches, team managers, umpires and any league officials at every game, practice or associated event.
2. I will place the emotional and physical well being of my child ahead of my personal desire to win. I will insist that my child play in a safe and healthy environment.
3. I will support coaches, team managers and officials working with my child, in order to encourage a positive and enjoyable experience for all.
4. I will demand a sports environment for my child that is free from drugs, tobacco and alcohol and will refrain from their use at all youth sports events.
5. I will remember that the game is for youth, not adults.
6. I will do my very best to make youth sports fun for my child.
7. I will ask my child to treat other players, coaches, team managers, fans and officials with respect regardless of race, sex, creed or ability.
8. I will help my child enjoy the SCVAA league experience by doing whatever I can, such as being a respectful fan, assisting with coaching, or providing transportation or assisting the SCVAA program as a volunteer.
9. Any athlete receiving discipline by a coach or an official for throwing a punch, participating in a fight or similar acts may be further suspended or expelled. Any coach, volunteer, parent or spectator receiving discipline, including, but not limited to, being asked to leave any PYFL/SCVAA event for violent physical or verbal conduct or inappropriate behavior will be subject to further discipline action including suspension or expulsion from the league and the SCVAA.
10. I have read and understand the General Rules as stated on page 8 of the 2010 Warrior Parent Package and will abide by all of these rules and regulations of the SCVAA including the Parents' Code of Conduct. I realize that I'm responsible to read and know all of the rules and regulations and ensure their compliance. I am also aware of all important dates on page 9 of packet and will be responsible for attendance. **No refunds No exceptions.**

Parent Name: (printed) \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Witnessed by: \_\_\_\_\_

*By signing above, parent/guardian acknowledges receipt of the Parent Packet and Code of Conduct and agrees to abide by all written terms of this agreement. Failure to comply with all written terms could result in the athlete's termination from the SCVAA Warrior Football program and or SCVAA. Signature by one parent/guardian constitutes recognition of the Parent Code of Conduct for an entire family.*

# Santa Clarita Valley Athletic Association

## PLAYERS CODE OF CONDUCT

I hereby pledge to be positive about my youth sports experience and accept responsibility for my participation in the Santa Clarita Valley Athletic Association and by abiding by this Players' Code of Conduct.

1. It is my own desire to participate in this program. I am not being forced to participate in football or cheerleading by my parents. I will inform the coach of any physical disability or ailment that may affect my safety or the safety of others.
2. I will play by the rules and demonstrate good sportsmanship by showing respect, courtesy, and positive support for all players, coaches, officials and spectators at every game, practice or other event and treat each individual equally regardless of their race, creed, color, sex or ability.
3. I will respect the officials and their authority during games and will never question, discuss or confront the coaches at the game field. I will not engage in any kind of unsportsmanlike like conduct such as booing and taunting, refusing to shake hands, or using profane language or gestures at any event or practice.
4. I will attend all practices and games, and I will arrive on time to all practices and games, and will notify my coach if I cannot.
5. I will expect to receive a fair amount of playing time as instituted in The Santa Clarita Valley Athletic Association and PYFL programs 12 Play Requirement policy.
6. I will do my very best to listen and learn from my coaches and learn the rules of the game and the policies of the program.
7. I deserve to play in an environment that is free of drugs, tobacco, and alcohol. I will refrain from the use of such substances and also expect adults to refrain from their use at all youth sports events.
8. I will encourage my parents to be involved with my team and the program.
9. I will do my best in school, and agree that school will always come before this program.
10. I will not encourage any behaviors or practices that would endanger the health and well being of my teammates or the opposing team members.

*Failure to comply with all written terms could result in the athlete's termination from the SCVAA Warrior Football program and or SCVAA.*

Players Name: \_\_\_\_\_

Players Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Parents Name: \_\_\_\_\_

# PACIFIC YOUTH FOOTBALL LEAGUE

**PLAYER / CHEERLEADER SEASON CONTRACT**

Season **2010**

Chapter

**SCVAA**

PLEASE READ CAREFULLY - **NO REFUNDS** - PLEASE PRINT ALL INFORMATION EXCEPT FOR SIGNATURE

**IF YOU DO NOT RESIDE WITHIN THE BOUNDARIES OF THIS CHAPTER, IT IS THE PARENTS RESPONSIBILITY TO OBTAIN A WAIVER FROM THE CHAPTER WHERE YOU LIVE BEFORE YOU SIGN UP, OR YOU WILL NOT PLAY!**

**Section I. No Participant will be permitted to take part in any league activity prior to all information on this from being completed.**

"I will faithfully keep and abide by the following rules, and carry them out to the best of my ability."

1. I agree that I will maintain at least a "C" average throughout the school year.
2. I will play ANY position assigned to me and will always do my best for the team.
3. When my team is not playing, I will stay off the playing field completely and not interfere with those playing.
4. I solemnly pledge that I will not in any way damage or deface any property, building or equipment.
5. I agree to abide by all decisions of game officials and will not create any unsportsmanship gestures at any time.
6. I agree that I will refrain from using any foul language.
7. I agree that I will remain a member of the team until properly released.
8. I agree to return, the uniform and all equipment loaned to me, in good condition except for normal wear.

Place Photo Here

Inside the Boundaries

  
  

Photo will be taken by the Chapter

Participants Full Name - Last, First, Middle Initial		Players Signature		Date
Street Address		Player's Date of Birth	AGE as of 12/02/10	
City, Zip Code		Home Phone Number		
Emergency Contact		Emergency Phone #		
School Name	Grade as of 12/02/10	Email Address		
PYFL New Player?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Male <input type="checkbox"/>	Female <input type="checkbox"/>
		Childs Weight (current)	<input type="text"/>	
Last Years Division:	This years assigned division based on Registration Information	(circle one) Pee Wee   Bantam   Midget   Junior   Senior		

**PYFL Certification Only**

Paperwork: \_\_\_\_\_

Weight: \_\_\_\_\_

**Section II. Risk Warning-Informed Consent**

The PYFL is concerned about the health and welfare of all participants. Although there are low rates of incidents and accidents for youth participation in athletic activities, we feel that you should be aware that the safety equipment and protective gear "Cannot guarantee it will prevent all injuries". For the protection of your child pre-participation examinations are required before any participation may begin. Joining an athletic team is a privilege, not a right.

I have been advised of the risk of sports, I realize that my child may be at an extra risk due to the following medical condition:

List any Conditions: \_\_\_\_\_

I have read and understand the above. Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

**Section III. Parental Consent & Medical Treatment Authorization**

I/We the parents/guardians of the above names participant, hereby give my/our approval for participation in any an all PYFL & local Chapter activities during the current season. I/We assume all risks and hazards incidental to such participation including transportation to and from such activities; and I/We do hereby waive, release, absolve, indemnify, and agree to hold harmless the local team, chapter, league and other organizations this football program is affiliated with, the organizers, sponsors, supervisors, coaches, and other participants, and persons transporting my/our child to and from such activities or games for any claim out of injury to my/our child.

The League has "Secondary Excess Accident Medical Group Insurance Coverage", only, over any valid collectable coverage provided by the parent's separate personal or employee's dependent group insurance.

In executing the forgoing release, I/We the undersigned acknowledge and represents the (A) I/We understanding that any claim for injury must be reported to the players coach and/or an authorized organization/PYFL official within 30 days of the injury. (B) I/We understand that any monies I/We paid to the team/Chapter our child is affiliated with, does not constitute a premium payment for insurance coverage.

Name of our Personal or Group Insurance Carrier is:	Group #	Plan #
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I/We hereby grant authority to a qualified Doctor of Medical or Physician such medical treatment as said Doctor or Physician deems necessary under the circumstances.

Parent/Guardian Signature		Print Name		Relationship	Date
<b>League / Chapter USE only</b>	<b>Fees Paid By</b>	Credit Card Amt:	Cash Paid Amt:	Check #	Amt:
	Date Received	Time Received	Total Paid	Balance Due	

# PACIFIC YOUTH FOOTBALL LEAGUE

## PLAYER/CHEERLEADER PHYSICAL FORM

Season: 2010

Chapter: S.C.V.A.A.

### Section I: PHYSICAL DESCRIPTION & CONDITION

PARENTS PLEASE FILL THIS SECTION OUT

Participant Name: \_\_\_\_\_ Male Female  
First Last Circle One

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Hair Color: \_\_\_\_\_ Eye Color: \_\_\_\_\_

Sport (Check One) Football \_\_\_\_\_ Cheerleader \_\_\_\_\_ Date of Birth: \_\_\_\_\_

### Section II: HEALTH HISTORY

PARENTS PLEASE FILL THIS SECTION OUT

Family Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

Other Caregiver: \_\_\_\_\_ Phone: \_\_\_\_\_

Medications: \_\_\_\_\_ Allergies: \_\_\_\_\_

- |   |       |     |    |
|---|-------|-----|----|
| 1. Are there any injuries requiring medical attention?                              | _____ | Yes | No |
| 2. Does the participant have any allergies (penicillin, bee stings, etc)?           | _____ | Yes | No |
| 3. Does the participant have asthma/require the use of an inhaler?                  | _____ | Yes | No |
| 4. Is the participant diabetic/require medication for diabetes?                     | _____ | Yes | No |
| 5. Does/has the participant have/had Seizures?                                      | _____ | Yes | No |
| 6. Does/has the participant have/had Kidney Issues?                                 | _____ | Yes | No |
| 7. Does/has the participant have/had Heart Issues?                                  | _____ | Yes | No |
| 8. Does/has the participant have/had a Head Injury?                                 | _____ | Yes | No |
| 9. Does/has the participant have/had a Shoulder/Hip Injury?                         | _____ | Yes | No |
| 10. Does the participant have any other physical limitations or medical conditions? | _____ | Yes | No |

### Section III: MEDICAL EXAMINATION

PHYSICIAN PLEASE FILL THIS SECTION OUT

Height \_\_\_\_\_ Weight \_\_\_\_\_ Blood Pressure \_\_\_\_\_ / \_\_\_\_\_ Temp \_\_\_\_\_

Mouth/Teeth \_\_\_\_\_ Nose/Throat \_\_\_\_\_ Dermatological \_\_\_\_\_

Respiratory \_\_\_\_\_ Neurological \_\_\_\_\_ Muskoskeletal \_\_\_\_\_

Cardiovascular \_\_\_\_\_ Abdomen \_\_\_\_\_ Hernia \_\_\_\_\_

**REMARKS: Please check appropriate block.**

While this examination does not constitute a complete Medical Examination, it does on this date, on my observations, meet the requirements for participation in the youth football program.

The individual examined by me on this date is considered "not" physically qualified to participate in this youth football/cheer program for the following reasons.

\_\_\_\_\_

PHYSICIAN PLEASE FILL THIS SECTION OUT

EXAMINED BY: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

DATE: \_\_\_\_\_

PHONE: \_\_\_\_\_ STATE: \_\_\_\_\_