

TAMALPAIS ATHLETICS

A checklist for all students who are planning to participate in our interscholastic athletic program:

Athlete registration and physicals: Complete athlete registration at www.registermyathlete.com and upload physical. Registrations and physicals submitted after due date will delay athlete clearance.

- Complete athlete registration at www.registermyathlete.com

1. Click on “school login” to start.
2. Select “California”
3. Select “Tamalpais High School.
4. Begin registration.
5. Select the **2018-2019** school year.

Physical: Obtain medical clearance (on back side of this checklist) and upload to www.registermyathlete.com Medical clearance is valid for one year from the date of the physician’s signature. Once uploaded the clearance will show “pending” until the physical is reviewed by the athletic department.

Academic Eligibility: athletes must have a 2.0 GPA to participate. If you are below a 2.0 GPA and want to participate, please see the Athletic Director to see if you qualify for a one-time waiver. **INCOMING FALL SPORT 9th GRADERS ONLY:** Upload a copy of final 8th grade year report card to athlete registration site. An 8th grade report card is not necessary for winter or spring sports.

Football Summer weightlifting for Freshman: Once 8th grade graduation is over incoming freshman may participate starting Monday June 18 at 2 pm and summer football practices beginning at 4 pm.

Try-out information: Check www.tamathletics.com and click on ‘try-outs’ for more information and coach contact.

START DATES, DUE DATES, & SPORT OFFERINGS

	FALL SPORTS	WINTER SPORTS	SPRING SPORTS
Registration & Physicals due date	Football: July 23 Volleyball: July 30 All others: Aug 6, 2018	Oct 22, 2018	Jan 21, 2019
Start Date	Football: July 30 Volleyball: Aug 6 All others: Aug 13, 2018	Oct 29, 2018	Jan 28, 2019
Grade Check Dates (tentative)	June 14 2018, Oct 9, Nov 20, Jan 15, 2019, March 12, May 7, June 18	Nov 20, Jan 15	March 12, May 7
Sports offered	Cheerleading(co), Cross Country(b/g), Field Hockey(g), Football(co), Golf(g), Tennis (g), Volleyball(g), Water polo(b/g)	Basketball (b/g), Cheerleading(co), Soccer(b/g), Wrestling(co)	Baseball (b), Golf (b), Lacrosse(b/g), Softball (g), Swimming & Diving (b/g), Tennis (b), Track & Field (co), Volleyball (b)

b=boys, g=girls, co = Boys & Girls

www.tamathletics.com



**CIF PRE-PARTICIPATION PHYSICAL EVALUATION:
CLEARANCE FORM (TO BE SIGNED BY PHYSICIAN AND UPLOADED ON 'REGISTER MY ATHLETE')
ATHLETIC PHYSICALS ARE **GOOD FOR ONE CALENDAR YEAR** FROM THE DATE OF PHYSICIAN'S SIGNATURE**

Name _____ Male Female Age _____ Date of Birth _____

Sports: Fall _____ Winter _____ Spring _____

CLEARANCE

- Cleared for all sports without restriction
- Cleared for all sports without restriction with recommendation for further evaluation or treatment for:

- Not cleared Pending further evaluation
 - For any sports
 - For certain sports _____ Reason _____

Recommendations:

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

Name of physician (print/type) _____ MD or DO

Signature _____ Date of Examination _____

Address _____ Phone _____

EMERGENCY INFORMATION

ALLERGIES: _____

OTHER

INFORMATION: _____

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