

PLHS Athletic Orientation / Physicals

June 18, 2016 9:00am - 1:00am

Point Loma High School

1000 Building / Big Gym

All incoming Athletes should plan on attending with a parent/guardian.

The 2016/2017 Athletic Packets have gone DIGITAL!

Please go to www.AthleticClearance.com and follow the instructions on the lower, right hand side of this page.

You must bring 3 items with you to the Finance Office in order to be cleared:

- Signed Confirmation e-mail (sent to you after completion of online packet)
- Completed Sports Physical (link found within online Athletic Packet)
- Medical Insurance Card

*It is suggested that any student who is planning to compete as a PLHS Athlete in the 2016/2017 school year get a Physical and Athletes Packet completed, turned in and have their **Athletes Clearance Slip** on hand **before** the current school year ends, so that the athlete is cleared and can participate in conditioning, practice, and tryouts as the opportunities arise.*

Team doctors will be on hand to perform physicals at the cost of \$35. On site physicals are a POP Fundraiser that directly impacts your student athlete. 100% of the proceeds from the sports physicals will go to Protect Our Pointers (POP). POP supports the Athletic Training Dept which is staffed with a Certified Athletic Trainer (ATC) every day and accessible to all Athletes

Protect Our Pointers is a committee of PLHSPA, a 501c3 and your donation may be tax deductible

Team Boosters and the Pointer Association will be on hand with important team info & team spirit wear for purchase
The Finance Office will be open to issue Athletic Clearances.

Coach Alex Van Heuven, Athletic Director
Ryan Nokes, Head Athletic Trainer
Eleanor Snyder, POP director

avanheuven@sandi.net
rnokes@sandi.net
protectourpointers@gmail.com