



ATTENTION ATHLETES! – SPORTS PHYSICAL

Date: **Wednesday 6/5/24**

Time: **Fall Sports ~2:00**

(Boys & Girls CrossCountry/ Football/ Girls Tennis/ Volleyball/ Boys Waterpolo)

Winter Sports ~3:30 (Girls Flag Football*)

(Boys and Girls Basketball/ Boys & Girls Soccer/ Girls Waterpolo/ Wrestling)

Spring Sports/Pep Squad*/ Incoming Freshmen 4:30

(Baseball/ Golf/ Softball/ Boys & Girls Swim & Dive/ Boys Tennis/ Boys & Girls Track & Field/ Pep Squad/ Boys Volleyball)

Contacts

Mr. Liu Athletic Trainer ext.2082

andrew.liu@cjuhsd.net

Mr. Burke Athletic Director ext 2080

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Dear Parents, Guardian & Student Athletes

On Wednesday June 5th beginning at 2:00 PM – 5:30 PM, Physician from Kaiser Permanente Sport Medicine Program will be performing pre-participation examination for our current and incoming Rancho Cucamonga High School student athletes. The examination will be conducted in multiple rooms in the lower level of the gym. Arrival time will be determined by seasons*, (please see breakdown above). To keep congestion at a minimum please arrive at the designated time for your sport. We will attempt to accommodate everyone but no late arrivals will be seen. The cost is **\$25 CASH ONLY**. Monies raised from this fundraiser directly benefits the RCHS Athletic Training Program, it will be used for equipment, supplies, and education materials. Please see that you are on time and dressed appropriately (in shorts and T-shirt).

The most important part of the evaluation is the medical history questionnaire. Please be sure that is filled out and signed by both student athlete and parent/ guardian prior to arrival.

Sincerely,

RCHS Athletic

Reminders

- Print out the health history & physical exam form
- Complete the medical history form before arrival
- Please arrive at your designated time slot
- Dress appropriately (Workout clothes)
- Cost: \$25 (cash)
- Online clearance (homecampus.com) must be completed
- ***Anyone with incomplete paperwork will be turned away***

*Pre-participation examinations are designed to screen athletes for previous injuries and risks for participation in sports for healthy athletes. They are by no means a complete and comprehensive physician examination. Testicular, breast, or hernia examinations are not performed, and significant problems may not be discovered. If there are medical concerns, please have the athlete be seen by their primary care physician. If the athlete has an injury at the time of the exam, they may not be fully cleared and need to see their treating physician before being allowed to participate.

THESE EXAMINATION CANNOT RULE OUT POTENTIAL INJURY, ILLNESS OR SUDDEN DEATH IN SPORT

While sudden death in sports is exceedingly rare, much attention is given in the press causing understandable concern amongst parents, guardians, physicians, coaches, and athletic trainers. If these are of concern to you, please feel free to have the examination done by the athlete's primary care physician who has access to their medical record and conduct further testing if necessary.

The physicians are volunteers and are not paid for conducting these exams. A donation is made to the Kaiser Permanente Residency Fund, allowing the team physician program to purchase equipment and supplies for care of the student athletes.