



ROBERT A. MILLIKAN HIGH SCHOOL
Office of the Athletic Administrator
ATHLETIC CLEARANCE CHECKLIST

Students and Parents,

This packet must be used when trying out for your first sport of the school year. When you try out for a second sport in the same school year, another card must be completed.

You must meet the requirements below in order to compete in interscholastic athletics at Millikan High School.

- You must have a 2.0 grade point average on the report card you received at the close of the last grading period. If you did not, you are either ineligible or on probation. Check with your coach or counselor to determine your status. If you are eligible to compete, please read carefully all material in this packet and complete all forms.
- Only after all forms are completed, submitted, and your coach receives verification of your eligibility, may you participate in interscholastic contests as a member of a Millikan team. A physical must be on file before you try out for the team.
- Information Sheets Included:
 - A. Athletic Code
Code of conduct for all athletes
 - B. Athletic Insurance
You must have medical accident insurance to participate. If you have private Medical insurance, including Medic-Cal, indicate that on both the Athletic Clearance Card and the Acknowledgement/Signature Sheet.
Medical Accident Policy – This insurance is available if you do not have your own. Applications are available in the front office.
 - C. Extracurricular Activity Approval (reverse of Athletic Insurance)
Indicates intent to participate in extracurricular athletic activity. Please read thoroughly. **PARENT/GUARDIAN AND STUDENT MUST SIGN** the Acknowledgement/Signature Sheet.
 - D. Parent/Student Acknowledgement/Signature Sheet
In an effort to streamline our clearance system for athletic competition, we are asking that you read all information included in this packet and sign that you have read and agree to the rules and policies presented in this packet.
PARENT/GUARDIAN AND STUDENT MUST SIGN EACH LINE INDICATED. RETURN THIS CARD.
 - E. Athletic Eligibility Checklist (reverse of Acknowledgement/Signature Sheet)
This form contains background information needed to determine your eligibility. It must be completed fully and accurately. Missing information will slow the process of determining your eligibility **STUDENT MUST SIGN. RETURN CARD.**

F. Student Physical Examination Report

Take this form with you when you go to your family doctor. It must be signed by a medical doctor. A medical examination is required each school. **RETURN THIS REPORT.**

G. Athletic Clearance Card - Obtain from front office or your coach.

This card will be routed eventually to your team coach. It will contain verification of your eligibility. The back of the card provides emergency information and indicates parent permission for emergency medical treatment. **PARENT/GUARDIAN MUST SIGN AND RETURN THIS CARD.**

H. Student/Athlete Travel Release Form

LBUSD's transportation budget continues to be cut. Please read this form carefully. **PARENT/GUARDIAN MUST SIGN AND RETURN THIS CARD.**

WARNING TO STUDENTS AND PARENTS

SERIOUS, CATASTROPHIC, FATAL INJURY MAY RESULT FROM ATHLETIC PARTICIPATION. By its very nature, competitive athletics may put students in situations in which serious, catastrophic, and perhaps fatal accidents may occur.

Many forms of athletic competition result in violent physical contact among players and/or equipment that may result in accidents, strenuous physical exertion, and numerous other exposures to risk of injury.

Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all risk and injury. Just as driving an automobile involves choice of risk; athletic participation by high school students also may be inherently dangerous. The obligation of parents and students in making this choice to participate cannot be overstated. There have been accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairments as a result of athletic competitions.

By granting permission for your student to participate in athletic competition you, the parent or guardian acknowledge that such risk exists.

Students will be instructed in proper techniques to be used during athletic competition and in the proper utilization of all equipment worn or used in practice and competition. Students **must** adhere to that instruction and utilization and **must** refrain from improper use and techniques.

As previously state, no amount of instruction, precaution, and supervision will totally eliminate all risk of serious, catastrophic, or even fatal injury.

If any of the foregoing is not completely understood, please contact our school principal for further information.

Note to Athlete and Parent: Please sign the Parent/Student Acknowledgement/Signature Sheet that you have read, understand, and agree to the information presented in this Warning to Students and Parents.