BENITO ATHLETIC INFORMATION

<u>SPORT</u>	Start Date	Girls Coach	Boys Coach
Basketball	August	Natanya Miller	Rodney Sharpe
Volleyball	October	Karen Burchfield	Chris Ellis
Track	November	Rodney Sharpe	Rodney Sharpe
Soccer	January	Laura Demes	Julio Rodreguez
Flag Football	March	Rodney Sharpe	Chris Taylor

To be allowed to try-out for the Benito Athletic Teams you need to complete the District required online paperwork. If you do not complete all forms your child will not be allowed to try-out. (See attached directions for help).

Frequently Asked Questions

Q: Who is eligible to tryout?

- All grade levels are welcome
- Must have a 2.0 GPA from the previous semester average (this does not pertain to incoming 6th graders until the 2nd semester)

Q: Does everyone make the team?

No, we can only put a limited number on game rosters. Cuts will be made after tryouts are conducted.

Q: Will your child be guaranteed to play in a game?

No. There is no guarantee of game play.

Q: How many games are played during the regular season?

The middle school season is short. There are only 6 games on the schedule.

Remember this is a competitive sport with District Championship.

Q: Are uniforms provided?

Players that make the team will wear District issued uniform shirts. Shorts are not provided. Coaches will give specific information on the short color to be worn at the game after tryouts.

Q: Is transportation provided for practice and games?

No. It is the parents' responsibility to make arrangements to transport their athlete from practice and to and from games.

Q: Do you need to complete the application every year?

Yes. If you are a returning player and parent you need to login to the account you already created. Please do not create another account.

During the season we play six other teams that are in our cluster. We have won countless cluster championships. We are very competitive in our District Playoff Tournaments.

Accolades:

Girls Volleyball District Champs 2012-13	Girls Volleyball District Runner up 2014-15
Boys Volleyball District Champs 2021-22	Girls Track 3 rd Place District 2016-17
Boys & Girls District Track Champs 2018-19	Girls Track District Runner up 2021-22
Boys Track District Runner up 2022-23	Boys Soccer District Runner up 2014-15
Boys Soccer District Runner up 2017-18	Girls Flag Football District Runner up 2018-19

Guide for Filling out Online Athletic Paperwork in PlanetHS

Getting Started:

You will need the following things to complete this online application:

• **Physical Form** with **EL2** in the upper right hand corner. Here is the link for the form:

https://www.sdhc.k12.fl.us/docs/00/00/17/13/2018 19 EL02 Physical Form.pdf

- > This must be a **sports physical** and has to be on the EL2 form no exceptions!!
- ➤ Page 1 is a Medical History that includes immunization dates
- ➤ Page 2 is the Physical Examination signed/dated by the doctor
- Page 3 is only needed if you child is referred to a specialist
- NFHS Learn Certificates that you printed or saved after completing the required athletic videos (see Appendix 1 for step by step instructions on how to complete the videos)
- <u>District Purchased Insurance Card</u> that you printed or saved after purchasing the required district athletic insurance. Here is the link to purchase the insurance:

https://www.hcpsathleticprotection.com/

• Parent Government ID

PlanetHS: Download the **PlanetHS app**, or go to www.planeths.com

You are first going to create a parent account:

From the main screen, click on Sign up

- 1. Step 1 A parent
 - 2. Step 2 Enter First Name, Last Name, Gender, and Birthday of the parent
 - 3. Step 3 Enter parent's email address or phone number (whichever you prefer to use as your user name) and the password you want to use
 - 4. Type in Benito then choose Benito Middle School from the drop down.
 - 5. Press <u>Sign Up</u>
 - 6. Provide emergency contact information of the primary and secondary parent/guardian, alternate emergency contact info, insurance information, and physician information.
 - 7. Press **Update**

Linking Accounts:

You must link the student account.

- 1. Press Linked Accounts
- 2. Is your child younger than 13?
 - ➤ If <u>Yes</u> click <u>My child is under the age of 13</u>. Fill out child's information and click **Submit**.
 - ➤ If <u>No</u> Enter the **student email address or phone number** (it must be different than the one you used to create the parent account) then press <u>Send</u>. The student will receive an invite to link their account with yours. Have the student click on the link and do the following:
 - Step 1 Click A Student
 - Step 2 Enter <u>Student</u> First Name, Last Name, Gender, Birthday, and High School Graduation Year
 - Step 3 Enter <u>Student</u> email address or phone number (must be different than parent), and Password
 - Step 4 Choose Benito Middle School from drop down
 - Step 5 Choose all sports the student wishes to participate in this year.
 - Click <u>Sign up</u>

The parent and student account should now be linked.

<u>Athletic Forms</u>: You must now fill out all the necessary forms. From the <u>Parent Account</u> click on <u>Athletic Forms</u> button. Verify that all the sports the student wants to participate in are checked, then scroll to the bottom where all the forms are listed. Choose the form you wish to update.

- HCPS Application for Athletic Participation Middle Schools -
 - > You must fill out all boxes that have a red asterisk (*)
 - > Put your initials in the box just under the student number
 - > Click on each box in <u>Participation Requirements</u> section so that a check mark appears.
 - > Click on the blue **Sign & Submit Form** button at the bottom.
 - > Choose **Next Form** from the pop-up screen

• Warning, Agreement to Obey Instructions, Release, Assumption of Risk, and Agreement to Hold Harmless –

- ➤ If your child chose soccer as one of their sports, you have to put your initials in the box to acknowledge that soccer is a violent contact sport.
- > Click on the blue **Sign & Submit Form** button at the bottom.
- > Choose **Next Form** from the pop-up screen

• EL2 - Preparticipation Physical Evaluation (History Form) -

- You must fill out all boxes that have a red asterisk (*)
- Answer all 41 questions, including the dates of immunizations.
- For every **YES** answer, **you must respond** in the Yes box at the bottom.
- Click on the blue <u>Sign & Submit Form</u> button at the bottom.
- Choose <u>Next Form</u> from the pop-up screen

• EL2 - Preparticipation Physical Evaluation (Physical Assessment) -

This is where you will upload the actual physical form (with doctor signature).

It is easier to do this step from your phone so you can take a picture of the physical.

- Click on **Upload Document**
- Click on Choose File
- From smart phone, click on <u>Take Photo or Video</u>. From computer, locate document that you saved
- Click on **Upload File**
- Choose **Next Form** from the pop-up screen

• EL3 - Consent and Release from Liability Certificate -

- ➤ <u>Part 2A</u> For most athletes the answer will be <u>N/A</u> or <u>NONE</u>. If there are sports you <u>DO NOT</u> want the student to participate in, list them on the line provided.
- ➤ Part G -
 - If your family has health insurance, choose the first box and list the Company and Policy Number.
 - **Choose** the second box because you are required to purchase the district medical plan.
 - Fill in Parent Name in all boxes that have a red asterisk (*) to acknowledge you have read and understand the agreement
 - Put your initials in the box at the bottom
 - Click on the blue **Sign & Submit Form** button at the bottom.
 - Choose **Next Form** from the pop-up screen

• Middle School Athletic Eligibility Form -

- > Put your initials in the box for Media Release and Insurance
- > Put your initials in the box for Uniforms, Equipment, and Supplies to acknowledge you have read and understand the agreement. Enter the parent name in the box provided.
- > Click on the blue **Sign & Submit Form** button at the bottom.
- > Choose **Next Form** from the pop-up screen

• <u>Medical Release Form</u> –

- Enter the Home, Business, and Cell Phone numbers in the boxes provided. If one of these does not apply to you, put the phone number you use in all the boxes.
- Choose <u>Part I</u> (see note below)
- ➤ List any allergies or medical conditions we need to know about the student in the box provided. If none, please indicate **NONE**
 - **Note**: If you choose Part II, you must be present at EVERY practice and game from start to finish, in case your child is injured.
- > Click on the blue **Sign & Submit Form** button at the bottom.
- > Choose **Next Form** from the pop-up screen

• NFHS Learn Certificates -

This is where you will upload the video certificates you saved when you finished each video and the quiz. (see Appendix 1 for step by step instructions)

It is easier to do this step from your phone so you can take a picture of the certificates.

- Click on **Upload Document**
- Click on Choose File
- From smart phone, click on <u>Take Photo or Video</u>. From computer, locate document that you saved
- Click on **Upload File**. Repeat until you have uploaded all 3 video certificates
- Choose **Next Form** from the pop-up screen

• Excess Student Accident Insurance Overview -

- > Review the information about the required athletic insurance
- > Click on the blue **Sign & Submit Form** button at the bottom.
- > Choose **Next Form** from the pop-up screen

• <u>District Purchased Insurance (Mandatory)</u> –

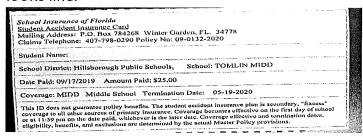
This is where you will upload the insurance card you saved when you purchased the required athletic insurance.

You purchase the insurance online at:

https://www.hcpsathleticprotection.com/

Make sure to save the insurance card that is generated when you purchase the insurance.

- > Click on **Upload Document**
- Either take a picture of the insurance card, or upload a previously scanned document that contains the insurance card. Here is a sample of what the card looks like.



- Click on <u>Upload File</u>
- Click on the blue <u>Sign & Submit Form</u> button at the bottom. Choose <u>Next Form</u> from the pop-up screen

Parent Government ID –

This is where you will upload the parent id.

It is easier to do this step from your phone so you can take a picture of the id.

- Click on <u>Upload Document</u>
- Either take a picture of the parent id, or upload a previously scanned document that contains the parent id.
- > Click on **Upload File**
- > Click on the blue **Sign & Submit Form** button at the bottom.

- **Student Approvals Needed**: Now the student must approve the necessary forms.
 - > Sign into PlanetHS with the **Student** account
 - > Click on Athletic Forms
 - The student must now go into the following forms and <u>put their initials</u> where indicated then click on the blue <u>Sign & Submit Form</u> button at the bottom:
 - HCPS Application for Athletic Participation Middle Schools
 - Warning, Agreement to Obey Instructions, Release, Assumption of Risk, and Agreement to Hold Harmless
 - EL2 Preparticipation Physical Evaluation (History Form)
 - EL3 Consent and Release from Liability Certificate
 - Middle School Athletic Eligibility Form

All steps should be complete now. If you look at the Athletic Forms, you should see they are all either complete or pending staff approval. Once school staff approves the forms, you will get an approval notice via text or email, depending on which you used to create the parent account.

Appendix 1:

How to Watch Required Athletic Videos

Go to: https://www.sdhc.k12.fl.us/doc/1451/athletics/student-forms/concussionvideo/

You will see this on the screen:

Begin the login process for the Concussion in Sports video

Begin the login process for the Sudden Cardiac Arrest video

Begin the login process for the Heat Illness Prevention video

- 1. Choose one of the videos
- 2. Click on register in the right-hand corner. If you have previously registered, press Sign in.
- 3. Enter your email address, the username and password you want to use, then press next
- 4. Enter the **STUDENT** name, address, phone number, and Florida then press **finish**
- 5. Check that you are a student then press finish
- 6. Press continue to get to the first video
- 7. Select Florida then order course then myself then continue
- 8. Press continue shopping
- 9. Type in the <u>next video name</u> (from above) in the search bar then <u>view course</u>
- 10. Select Florida then order course then myself then continue
- 11. Press continue shopping
- 12. Type in the <u>next video name</u> (from above) in the search bar then view course
- 13. Select Florida then order course then myself then continue
- 14. You should now have all 3 courses listed above in your shopping cart
- 15. Press Checkout. You should now see your Order Summary.
- **16.** Near the bottom you will see a box you have to *check* then press **continue**.
- 17. You will now see your Order Receipt. In the first sentence, you press click here to access your courses.

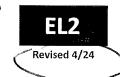
At the end of each course is a quiz. Make sure you take the quizzes and save the certificate.

Has to be on this version Form



PREPARTICIPATION PHYSICAL EVALUATION (Page 1 of 4)

This medical history form should be retained by the healthcare provider and/or parent. This form is valid for 365 calendar days from the date signed below.



MEDICAL HISTORY FORM

Stud	ent's Full Name:	e completed by student an			Biolo	gical Sex: Age: D	ate of Birth:	/	_/
Scho	ol:			Gı	rade in Sc	hool: Sport(s): Home Phone: ()			
Hom	e Address:	C	ity/State:			Home Phone: ()			
Nam	e of Parent/Guardian:		***************************************	E-m	iall:	0. 1 .			
Perso	on to contact in case of t	:mergency:	Mark Dhan	_ Kelai	πonsnip t	o Student:			
Fami	ily Healthcare Provider	e. (City/State	e: (/	o Student:Other Phone:Office Phone:	\\\		
i uiiii	Ty Healtheate Frovider.		City/State			Office Priorie:	\		
List p	past and current medical	conditions:							
Have	you ever had surgery? If	f yes, please list all surgical pro	ocedures and c	dates:	,	7 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 -			****
Med	icines and supplements (please list all current prescrip	otion medicatio	ns, ove	er-the-co	unter medicines, and supplem	ents (herbal	and nut	ritional):
Do y	ou have any allergies? If y	yes, please list all of your aller	rgies (i.e., med	icines,	pollens, f	ood, insects):			
	ent Health Questionaire v	version 4 (PHQ-4) v often have you been bothere	ed by any of the	e follov	wing prob	lems? (Circle response)			
		Not at all	Sever	ral day:	S	Over half of the days	Nearly	y everyd	ay
Feeling nervous, anxious, or on edge		1		. 2	3				
	being able to stop or trol worrying	0	1		2		3		
	e interest or pleasure oing things	0		1		2		3	
	ling down, depressed, opeless	0		1		2		3	
Expl	NERAL QUESTIONS aln "Yes" answers at the end e questions if you don't knov		Yes No	4500430450	ART HEALT	H QUESTIONS ABOUT YOU		Yes	No
1	Do you have any concerns tha your provider?	it you would like to discuss with		8		or ever requested a test for your hear electrocardiography (ECG) or echocard			
2	Has a provider ever denied or sports for any reason?	restricted your participation in		9		t light-headed or feel shorter of breath ring exercise?	ı than your		
3 Do you have any ongoing medical issues or recent illnesses?			10	Have you ever had a seizure?					
HEA	ART HEALTH QUESTIONS A	ABOUT YOU	Yes No	HEA	RT HEALT	H QUESTIONS ABOUT YOUR	FAMILY	Yes	No
4	Have you ever passed out or n exercise?	nearly passed out during or after		11	had an un	mily member or relative died of heart expected or unexplained sudden deatl ding drowning or unexplained car crasl	h before age		
5	Have you ever had discomfort, your chest during exercise?	, pain, tightness, or pressure in		12	as hypertr	ne in your family have a genetic heart ophic cardiomyopathy (HCM), Marfan genic right ventricular cardiomyopath	Syndrome,		
6	Does your heart ever race, flut (irregular beats) during exercis	tter in your chest, or skip beats se?		12		ndrome (LQTS), short QT syndrome (So or catecholaminerigc polymorphic ve a (CPVT)?			
7	Has a doctor ever told you tha	it you have any heart problems?		13		e in your family had a pacemaker or a	n implanted		



PREPARTICIPATION PHYSICAL EVALUATION (Page 2 of 4)

This medical history form should be retained by the healthcare provider and/or parent. This form is valid for 365 calendar days from the date signed below.



Stud	ent's Full Name:			Da	te of Birth:/ School:			
вог	NE AND JOINT QUESTIONS	Yes	No	MEI	DICAL QUESTIONS (continued)		Yes	No
14	Have you ever had a stress fracture?			26	Do you worry about your weight?			
15	Did you ever injure a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?			27	Are you trying to or has anyone recommended that you ga or lose weight?	itn		
16	Do you have a bone, muscle, ligament, or joint injury that currently bothers you?			28	Are you on a special diet or do you avoid certain types of foods or food groups?			
MEDICAL QUESTIONS		Yes	No	29	Have you ever had an eating disorder?			
17	Do you cough, wheeze, or have difficulty breathing during or after exercise or has a provider ever diagnosed you with asthma?			Exp	lain "Yes" answers here:			
18	Are you missing a kidney, an eye, a testicle, your spleen, or any other organ?							
19	Do you have groin or testicle pain or a painful bulge or hernia in the groin area?							
20	Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant staphylococcus aureus (MRSA)?							
21	Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?							
22	Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?							
23	Have you ever become ill while exercising in the heat?					····		
24	Do you or does someone in your family have sickle cell trait or disease?							
25	Have you ever had or do you have any problems with your eyes or vision?							
abov injur prep each othe	This form is not of cipation in high school sports is not without requestions allows for a trained clinician to asses and death. Florida Statute 1006.20 require articipation physical evaluation as the first steyear before participating in interscholastic arphysical activity, including activities that occurrency state, to the best of our knowledge, to	isk. The ess the i s a stude p of inju thletic c ur outsid	student individua ent cand ry preve competit le of the	-athle al stuc lidate ention cion or e schoo	lent-athlete against risk factors associated for an interscholastic athletic team to succo. This preparticipation physical evaluation engaging in any practice, tryout, workouly year.	with spessfully shall be at, con-	oorts-r y com e com dition	related plete a pleted ing, or
the r we a elect recor tests	outine physical evaluation required by Floric re hereby advised that the student should u rocardiogram (ECG), echocardiogram (ECHO), nmends a medical evaluation with your health listed above.	la Statut Indergo and/or d Icare pro	te 1006. a cardic cardio st ovider fo	.20, and ovascu eress to or risk f	nd FHSAA Bylaw 9.7, we understand and lar assessment, which may include such est. The FHSAA Sports Medicine Advisory C actors of sudden cardiac arrest which may	ackno diagno Commit includo	wledg stic to ttee st e the s	ge that ests as trongly special
Stude	nt-Athlete Name:(p	orinted) S	Student-A	Athlete	Signature:	Date:	_/_	_/
Paren	t/Guardian Name:(p	rinted) P	arent/Gu	uardiar	Signature: [Date:	_/_	_/
Parent/Guardian Name:		(printed) Parent/Guardian Signature:			Date:	_/_	_/	



PREPARTICIPATION PHYSICAL EVALUATION (Page 3 of 4)

This medical history form should be retained by the healthcare provider and/or parent.

This form is valid for 365 calendar days from the date signed below.



PHYSICAL EXAMINATION FORM

Student's Full Name:	Date of Birth:/_	/ School:	
HEALTHCARE PROFESSIONAL REMINDERS:			
Consider additional questions on more sensitive issues.			
Do you feel stressed out or under a lot of pressure?	Do you ever feel sad, ho	peless, depressed, or anxio	ous?
Do you feel safe at your home or residence?	During the past 30 days,	did you use chewing toba	cco, snuff, or dip?
Do you drink alcohol or use any other drugs?	supplement?	abolic steroids or used any	other performance-enhancing
 Have you ever taken any supplements to help you gain or lose weight or improv performance? 	ve your • Have you experienced p of low energy during the		atigued, and/or experienced times
Verify completion of FHSAA EL2 Medical History (pages 1 and Cardiovascular history/symptom questions include Q4-Q13 of	2), review these medical histor f Medical History form. <i>(check b</i>	ry responses as part o pox if complete)	of your assessment.
EXAMINATION			
Height: Weight:			
BP: / (/) Pulse: Vision: R	R 20/ L 20/	Corrected: Yes	No
MEDICAL - healthcare professional shall initial each assessment		NORMAL	ABNORMAL FINDINGS
Appearance Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachne prolapse [MVP], and aortic insufficiency)	odactyl, hyperlaxity, myopia, mitral valve	9	
Eyes, Ears, Nose, and Throat Pupils equal Hearing			
Lymph Nodes			
Heart Murmurs (auscultation standing, auscultation supine, and Valsalva maneuver)			
Lungs			
Abdomen			
Skin Herpes Simplex Virus (HSV), lesions suggestive of Methicillin-Resistant Staphylog	coccus Aureus (MRSA), or tinea corporis		
Neurological			
MUSCULOSKELETAL - healthcare professional shall initial each as	sessment	NORMAL	ABNORMAL FINDINGS
Neck			
8ack			
Shoulder and Arm			
Elbow and Forearm			
Wrist, Hand, and Fingers			
Hip and Thigh			
Knee			
Leg and Ankle			
Foot and Toes			
Functional Double-leg squat test, single-leg squat test, and box drop or step drop test			
This form is not considered	valid unless all sections are	complete.	
Consider electrocardiography (ECG), echocardiography (ECHO), referral to a cardiologist for dvisory Committee strongly recommends to a student-athlete (parent), a medical evaluation v	abnormal cardiac history or examination with your healthcare provider for risk factor	findings, or any combination s of sudden cardiac arrest wi	n thereof. The FHSAA Sports Medicin nich may include an electrocardiogran
ame of Healthcare Professional (print or type):		Date	of Exam: / /
ddress: Phone: (
ignature of Healthcare Professionals	Cradentials	Hoo	nco #1

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and/or cardio stress test.

PREPARTICIPATION PHYSICAL EVALUATION (Page 4 of 4)

SUBMIT THIS MEDICAL ELIGIBILITY FORM TO THE SCHOOL
This form is valid for 365 calendar days from the date signed below.

EL2
Revised 4/24

MEDICAL ELIGIBILITY FORM

Student Information (to be completed by stu	dent and parent) <i>print legibly</i>
School:	Biological Sex: Age: Date of Birth: / /
Home Address	Grade in School:Sport(s):
Name of Parent/Guardian:	Grade in School: Sport(s): City/State: Home Phone: ()
Person to Contact in Case of Emergency:	Relationship to Student:
Emergency Contact Cell Phone: ()	Relationship to Student: Other Phone: ()
Family Healthcare Provider:	City/State: Office Phone: ()
The preparticipation physical evaluation must be §464.012, or registered under §464.0123, and in g	administered by a practitioner licensed under Florida chapter 458, chapter 459, chapter 460, pod standing with the practitioner's regulatory board. (§1006.20(2)(c), F.S.)
☐ Medically eligible for all sports without restriction	
☐ Medically eligible for all sports without restriction v	vith recommendations for further evaluation or treatment of: (use additional sheet, if necessary)
☐ Medically eligible for only certain sports as listed be	elow:
☐ Not medically eligible for any sports	
Recommendations: (use additional sheet, if necessary)	
Physical Evaluation and have provided the conclus	supervision, have examined the above-named student-athlete using the FHSAA EL2 Preparticipation ion(s) listed above. A copy of the exam has been retained and can be accessed by the parent as that arise after the date of this medical clearance should be properly evaluated, diagnosed, and orior to participation in activities.
Name of Healthcare Professional (print or type): _	Date of Exam: / /
	Phone: ()
	Credentials:License #:
SHARED EMERGENCY INFORMATION - complete	ed at the time of assessment by practitioner and parent
Check this box if there is no relevant medica participation in competitive sports.	history to share related to Provider Stamp (if required by school)
Medications: (use additional sheet, if necessary) List:	
Relevant medical history to be reviewed by athletic	trainer/team physician: (explain below, use additional sheet, if necessary)
☐ Allergies ☐ Asthma ☐ Cardiac/Heart ☐ Concu Explain:	ssion 🗖 Diabetes 🗖 Heat Illness 🗖 Orthopedic 🗖 Surgical History 🗖 Sickle Cell Trait 🗖 Other
	Date://_ Signature of Parent/Guardian: Date://_
Signature of Student;	Date:/ Signature of Parent/Guardian; Date: / /

This form is not considered valid unless all sections are complete.

advised that the student should undergo a cardiovascular assessment, which may include such diagnostic tests as electrocardiogram (ECG), echocardiogram (ECHO),



PREPARTICIPATION PHYSICAL EVALUATION (Supplement)

SUBMIT THIS MEDICAL ELIGIBILITY FORM TO THE SCHOOL This form is valid for 365 calendar days from the date signed below.



This form is only used, or requested, if a student-athlete has been referred for additional evaluation, prior to full medical clearance.

MEDICAL ELIGIBILITY FORM - Referred Provider Form Student Information (to be completed by student and parent) print legibly Student's Full Name: _____ Biological Sex: _____ Age: _____ Date of Birth: ___/ / School: _____ Grade in School: _____ Sport(s): _____ Home Address: City/State: _____ Home Phone: (_____) ____ E-mail: _____ Relationship to Student: ____ Name of Parent/Guardian: Person to Contact in Case of Emergency: Emergency Contact Cell Phone: (_____) _____ Other Phone: (_____) Family Healthcare Provider: _____ ___ City/State: Office Phone: (Referred for: _____ Diagnosis: ___ I hereby certify the evaluation and assessment for which this student-athlete was referred has been conducted by myself or a clinician under my direct supervision with the conclusions documented below: lacktriangle Medically eligible for all sports without restriction as of the date signed below ☐ Medically eligible for all sports without restriction after completion of the following treatment plan: (use additional sheet, if necessary) $\ \square$ Medically eligible for only certain sports as listed below: ☐ Not medically eligible for any sports Further Recommendations: (use additional sheet, if necessary) Name of Healthcare Professional (print or type): _______ Date of Exam: ___ / ___ / ____ Phone: (_____) _____ Signature of Healthcare Professional: _____ Credentials: ____ __ License #: _____ Provider Stamp (if required by school)