PORTOLA HIGH SCHOOL
PEP SQUAD & MASCOT TRYOUTS

April 22nd – April 24th

Come be a part of the Bulldog Family! We welcome both male and female athletes, with or without experience!

MANDATORY TRYOUT INFO MEETING for Parent & Athlete will be held on April 16th from 6:00pm – 7:00pm in Room 804 for anyone interested in trying out.

Tryout Clinic on April 22nd & April 23rd from 4pm - 6pm.

Formal Tryout on April 24th from 4pm - 6pm.

Must be Athletically Cleared to Participate

Clearance opens on April 1st – Steps to become cleared:
1. Complete Physical (Form Attached)
2. Create an account on www.athleticclearance.com
3. Upload physical to athletic clearance website
4. Print confirmation email and bring to Ms. Pippen in the athletic office for final clearance

Please watch video on login page for assistance with account set-up.

Tryout Info Meeting:
April 16th
6:00pm – 7:00pm
Room 804

Paperwork Due:
April 22nd

Dress Code:
Hair in High Pony
White T-Shirt
Black Shorts
Athletic Shoes

Questions? Contact
Coach Leyva
allisonleyva@iusd.org

Visit our Official
Instagram:
@PortolaPepSquad

MUST HAVE
ATHLETIC CLEARANCE
IN ORDER TO PARTICIPATE IN TRYOUT CLINIC!

Important Dates:

Info Meeting:
April 16th

Clinic:
April 22nd – April 23rd

Tryouts:
April 24th

HIGH SCHOOL ATHLETIC PRE-PARTICIPATION EXAM FORM Circle One: IHS NHS UHS WHS PHS

Name: _____ Grade: _____ M/F

(PRINT LEGIBLY) Last First Middle or Nickname (In Fall) Circle

Birthdate: _____ Student ID #: _____ SPORT: _____Fall _____Winter _____Spring

Section A: REQUIRED HEALTH HISTORY TO BE COMPLETED BY PARENT OR GUARDIAN

Has your child: ↓ If you answer "YES" to any questions, please explain below↓

1.	Had a medical illness or injury that has disqualified him/her from athletic participation?	YES	NO
2.	Ever been hospitalized or undergone any surgical operations(s)?	YES	NO
3.	Had an ongoing chronic or serious illness (such as diabetes, kidney problems, seizures or asthma)?	YES	NO
4.	Ever taken any supplements or vitamins to help gain/lose weight or improve athletic performance?	YES	NO
5.	Ever passed out during/after exercise or become ill from exercising?	YES	NO
6.	Ever tired earlier than expected during exercise or complained of extreme fatigue?	YES	NO
7.	Ever had chest pain or unusual/irregular heartbeats during or after exercise?	YES	NO
8.	Had any history of heart problems, heart murmur, high blood pressure or high cholesterol?	YES	NO
9.	Had any family member or relative die before the age of 50 or die of heart-related problems?	YES	NO
10.	Had any family history of specific heart issues? If "YES," check all that apply:	YES	NO
	☐Hypertrophic Cardiomyopathy ☐Arrhythmia ☐Marfan's Syndrome ☐Long QT Syndrome		
11.	Had any history of concussion, head injury, loss of memory or being unconscious?	YES	NO
12.	Had any history of seizures, convulsions or fainting episodes?	YES	NO
13.	Had frequent or severe headaches?	YES	NO
14.	Ever had a "stinger," "burner," or pinched nerve (numbness or tingling down an extremity)?	YES	NO
15.	Had any problems with vision that require glasses, contacts, or protective eyewear?	YES	NO
16.	Had special protective or corrective equipment/devices that are not usually used for sports?	YES	NO
	Examples: knee brace, neck roll, foot orthotics, retainer for teeth, hearing aids?		
17.	Been diagnosed with a contagious skin condition within the past month?	YES	NO
18.	Ever broken/fractured any bones or dislocated any joints?	YES	NO
19.	Had any recurring problems with pain or swelling in back, muscles, tendons, bones or joints?	YES	NO
20.	Is your child currently under the care of a physician for any medical, orthopedic or emotional concerns?	YES	NO
21.	Had any history of asthma, allergies to foods, medicines, or stinging insects?	YES	NO
	If "YES," what medications are used? Is Epi-Pen needed?		
22.	Does your child require any special health procedure(s) during the regular school day or during athletics?	YES	NO
23.	Is your child currently taking any prescription or "over-the-counter" medications or using an inhaler or Epi-Pen?	YES	NO

If "YES," list all medications:

Medication:	Dose:	Frequency:
Medication:	Dose:	Frequency:
Medication:	Dose:	Frequency:

If you have answered "YES" to any of the above questions, please explain: _____

_____

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Date: _____ ***Signature of Parent/Guardian:*** _____

Section B: PHYSICAL EXAM REQUIRED FOR ALL ATHLETES: Completed by a HEALTHCARE PROVIDER

	Normal		Normal
General:		Chest/Lungs	
Eyes, ears, nose, throat		Neck	
Cardiovascular		Abdomen	
Femoral pulses		Skin	

Visual acuity (Distance): Right: / Left: /

☐Corrected ☐Uncorrected

Height: Blood pressure:

Weight: Pulse:

Musculoskeletal:	Normal		Normal		Normal
Neck/Shoulder		Hips/Thighs		Arms/Hands	
Spine		Knees		Ankles/Feet	

Comments:

Recommendation: ☐Full activity-No restrictions ☐Activity with restrictions ☐No contact sports ☐No participation ☐Other

Examining Healthcare Provider (please print): _____

Signature: _____

DATE OF EXAM: _____ ***Phone:*** _____

Healthcare Provider Office Stamp: