

ARIZONA INTERSCHOLASTIC ASSOCIATION

7007 N. 18TH ST., PHOENIX, ARIZONA 85020-5552 PHONE: (602) 385-3810



2019-20 ANNUAL PREPARTICIPATION PHYSICAL EVALUATION

(The parent or guardian should fill out this form with assistance from the student-a	thlete) Exam Date:		
Name: Home Address: Phone: Date of Birth: Age: Gender: Grade: School: Sport(s): Personal Physician: Hospital Preference: Explain "Yes" answers on the following page. Circle questions you don't know the answers to.	In case of emergency contoners Name: Relationship: Phone (Home): Phone (Work): Phone (Cell): Name: Relationship: Phone (Home): Phone (Work): Phone (Work):		
Circle questions you don't know the unswers to.			
 Has a doctor ever denied or restricted your participation in sports for a Do you have an ongoing medical conditional (like diabetes or asthmation of the supplements? (Please specify):)? -counter) medicines or	Y	
 7) Have you ever spent the night in a hospital? 8) Have you ever had surgery? 9) Have you ever had an injury (sprain, muscle/ligament tear, tendinitis, you to miss a practice or game? (If yes, check affected area in the box 10) Have you had any broken/fractured bones or dislocated joints? (If yes, check affected area in the box below in question 11): 11) Have you had a bone/joint injury that required X-rays, MRI, CT, surge physical therapy, a brace, a cast or crutches? (If yes, check affected area in Head	ry, injections, rehabilitation	Fored	



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		Y	N	
12) Have you ever had a stress fracture?				
13) Have you ever been told that you have, or have you had an X-ray for atlantoaxial (neck) instability?				
14) Do you regularly use a brace or assistive device?	idd dif X fay for and modellar (nook) more sum, .			
15) Has a doctor told you that you have asthma or allergi	ies?			
6) Do you cough, wheeze or have difficulty breathing during or after exercise?				
') Is there anyone in your family who has asthma?				
18) Have you ever used an inhaler or taken asthma medi	cation?			
, ,				
19) Were you born without, are you missing, or do you ho or any other organ?	ive a nontunctioning klariey, eye, lesticle			
20) Have you had infectious mononucleosis (mono) within	n the last month?			
21) Do you have any rashes, pressure sores or other skin	problems?			
22) Have you had a herpes skin infection?				
23) Have you ever had an injury to your face, head, skull memory loss or headache from a hit to your head, ha	· · · · · · · · · · · · · · · · · · ·			
24) Have you ever had a seizure?				
5) Have you ever had numbness, tingling or weakness in your arms or legs after being hit, falling, stingers or burners?				
26) While exercising in the heat, do you have severe mus	cle cramps or become ill?			
27) Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease?				
28) Have you ever been tested for sickle cell trait?				
29) Have you had any problems with your eyes or vision?				
30) Do you wear glasses or contact lenses?				
31) Do you wear protective eyewear, such as goggles or a	a face shield?			
32) Are you happy with your weight?				
33) Are you trying to gain or lose weight?				
34) Has anyone recommended you change your weight o	or eating habits?			
35) Do you limit or carefully control what you eat?				
36) Do you have any concerns that you would like to disc	uss with a doctor?			
Females Only	Explain "Yes" Answers He	ere		
	•			
Y N 37) Have you ever had a menstrual period? 38) How old were you when you had your first menstrual period? 39) How many periods have you had in the last year?				

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The physician should fill out this form with assista	nce from the parent or guardian	.)	
Student Name:		Date of Birth:	
Patient History Questions: Please	Tell Me About Your C	hild	
			Y N
Has your child fainted or passed out DURING or A			
2) Has your child ever had extreme shortness of brea	_	10	H
Has your child had extreme fatigue associated with		enje	H
4) Has your child ever had discomfort, pain or pressu	_		H
5) Has a doctor ever ordered a test for your child's he			H
6) Has your child ever been diagnosed with an unexp7) Has your child ever been diagnosed with exercise-		with modication?	H
Thus your child ever been diagnosed with exercise-	madcea asililla noi well colliollea v	viiii medicaliony	
Family History Questions: Please	Tell Me About Any O	f The Following In Your	Family
			Y N
8) Are there any family members who had sudden/u	nexpected/unexplained death before	age 50? (including SIDS, car accidents	
drowing or near drowning)			
9) Are there any family members who died suddenly	of "heart problems" before age 50?		
10) Are there any family members who have unexplain	ned fainting or seizures?		
11) Are there any relatives with certain conditions, suc	n as:		
Y	N		Y N
Enlarged Heart	Catecholaminergic Polyn	norphic Ventricular Tachycardia (CPVT)	
Hypertrophic Cardiomyopathy (HCM)	Arrhythmogenic Right Ve	entricular Cardiomyopathy (ARVC)	
Dilated Cardiomyopathy (DCM)	Marfan Syndrome (Aortic	: Rupture)	
Heart Rhythm Problems	Heart Attack, Age 50 or	Younger	
Long QT Syndrome (LQTS)	Pacemaker or Implanted	Defibrillator	
Short QT Syndrome	Deaf at Birth		
Brugada Syndrome			
Ехр	lain "Yes" Answers H	lere	
Lhavahu state that to the heat of my lunevideds			wast Eustlass
I hereby state that, to the best of my knowledge more, I acknowledge and understand that my a			
in response to the above questions.		-	
Signature of Athlete	Signature of Parent/Guardiar	n Date	
Signature of MD/DO/ND/NMD/NP/PA-C/CCSP	Date		

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2019-20 ANNUAL PREPARTICIPATION PHYSICAL EXAMINATION

		a			
Name:			Date of Birth:		
Age:					
Height:			Weight:		
% Body Fat (optional):		Pulse:			
Vision: R20/	120/	BP: /	(/,/) : YO NO		
· 		Corrected	: YO NO		
Pupils: Equal) Unequ				
	Normal	Abn	ormal Findings	Initials *	
Medical					
Appearance					
Eyes/Ears/Throat/Nose					
Hearing					
Lymph Nodes					
Heart					
Murmurs					
Pulses					
Lungs					
Abdomen					
Genitourinary &					
Skin					
Musculoskeletal					
Neck					
Back					
Shoulder/Arm					
Elbow/Forearm					
Wrist/Hands/Fingers					
Hip/Thigh					
Knee					
Leg/Ankle					
Foot/Toes					
	* - Multi-examir	er set-up only			
			for the genitourinary examination		
NOTES:					
Cleared Without Restriction	on				
Cleared With Following R					
		ertain Sports:	Reason:		
_					
Signature of Physician:			, MD/DO/ND/NMD/	NP/PA-C/CCSP	



CONSENT TO TREAT FORM

Parental consent for minor athletes is generally required for sports medicine services, defined as services including, but not limited to, evaluation, diagnosis, first aid and emergency care, stabilization, treatment, rehabilitation and referral of injuries and illnesses, along with decisions on return to play after injury or illness. Occasionally, those minor athletes require sports medicine services before, during and after their participation in sport-related activities, and under circumstances in which a parent or legal guardian is not immediately available to provide consent pertaining to the specific condition affecting the athlete. In such instances it may be imperative to the health and safety of those athletes that sports medicine services necessary to prevent harm be provided immediately, and not be withheld or delayed because of problems obtaining consent of a parent/guardian.

be withheld or delayed because of problems obtaining consent of a parent/guardian.
Accordingly, as a member of the Arizona Interscholastic Association (AIA),
PLEASE PRINT LEGIBLY
"I,, the undersigned, am the parent/legal guardian of,
, a minor and student/athlete at who
intends to participate in interscholastic sports and/or activities.
I understand that the school/district/AIA employs or designates QMP's (as defined above) to provide sports medicine services (as also defined above) to the school's interscholastic athletes before, during or after sport-related activities, and that on certain occasions there are sport-related activities conducted away from the school/district facilities during which other QMP's are responsible for providing such sports medicine services. I hereby give consent to any such QMP to provide any such sports medicine services to the above-named minor. The QMP may make decisions on return to play in accordance with the defined scope of practice under the designated state license, except as otherwise limited by Arizona law. I also understand that documentation pertaining to any sports medicine services provided to the above-named minor, may be maintained by the QMP. I hereby authorize the QMP who provides such services to the above-named minor to disclose such information about the athlete's injury/illness, assessment, condition, treatment, rehabilitation and return to play status to those who, in the professional judgment of the QMP, are required to have such information in order to assure optimum treatment for and recovery from the injury/illness, and to protect the health and safety of the minor. I understand such disclosures may be made to above-named minor's coaches, athletic director, school nurse, any classroom teacher required to provide academic accommodation to assure the student/athlete's recovery and safe return to activity, and any treating QMP.
If the parent believes that the minor is in need of further treatment or rehabilitation services for the injury/illness, the minor may be treated by the physician or provider of his/her choice. I understand, however, that all decisions regarding same day return to activity following injury/illness shall be made by the QMP employed/designated by the school/district/AIA.
Date: Signature



Arizona Interscholastic Association, Inc.

Mild Traumatic Brain Injury (MTBI) / Concussion

Annual Statement and Acknowledgement Form

l,	$_{ extstyle }$ (student), acknowledge that I have to be an active participant in my own health
and have the direct responsibilit	y for reporting all of my injuries and illnesses to the school staff (e.g., coaches,
team physicians, athletic training	g staff). I further recognize that my physical condition is dependent upon
providing an accurate medical h	istory and a full disclosure of any symptoms, complaints, prior injuries and/or
disabilities experienced before,	during or after athletic activities.

By signing below, I acknowledge:

- My institution has provided me with specific educational materials including the CDC Concussion fact sheet (http://www.cdc.gov/concussion/HeadsUp/youth.html) on what a concussion is and has given me an opportunity to ask questions.
- I have fully disclosed to the staff any prior medical conditions and will also disclose any future conditions.
- There is a possibility that participation in my sport may result in a head injury and/or concussion. In rare cases, these concussions can cause permanent brain damage, and even death.
- A concussion is a brain injury, which I am responsible for reporting to the team physician or athletic trainer.
- A concussion can affect my ability to perform everyday activities, and affect my reaction time, balance, sleep, and classroom performance.
- Some of the symptoms of concussion may be noticed right away while other symptoms can show up hours or days after the injury.
- If I suspect a teammate has a concussion, I am responsible for reporting the injury to the school staff.
- I will not return to play in a game or practice if I have received a blow to the head or body that results in concussion related symptoms.
- I will not return to play in a game or practice until my symptoms have resolved AND I have written clearance to do so by a qualified health care professional.
- Following concussion the brain needs time to heal and you are much more likely to have a repeat concussion or further damage if you return to play before your symptoms resolve.

Based on the incidence of concussion as published by the CDC the following sports have been identified as high risk for concussion; baseball, basketball, diving, football, pole vaulting, soccer, softball, spiritline and wrestling.

I represent and certify that I and my parent/guardian have read the entirety of this document and fully understand the contents, consequences and implications of signing this document and that I agree to be bound by this document.

Student Athlete:		
Print Name:	Signature:	
Date:		
Parent or legal guardian must prin	t and sign name below and indicate date signed	d.
Print Name:	Signature:	
Date:		

PARENT CODE OF CONDUCT

Valley Lutheran High School provides a foundation for a life of faith, learning and service, through a biblical Christ-centered, college preparatory education and Christian relationships.

VLHS strives to teach athletes to learn, serve, and share Christ through relationships and continue to make a difference in the world.

VLHS Parents of Student Athletes will agree to:

- Support the coaches by applauding behavior in your child and his teammates that demonstrates characteristics of integrity, empathy, sacrifice, and responsibility.
- Acknowledge and appreciate players' growth toward maturity and their effort toward establishing stronger relationships with teammates, coaches, and themselves.
- Affirm you son/daughter and his/her teammates when good character, healthy sportsmanship, and other-centered behavior are displayed. Do not affirm only his/her athletic performance or a victory.
- Serve as role models for our players, talking politely and acting courteously toward coaches, officials, other parent, visiting team parents, and spectators at practices, games and meetings.
- Model good sportsmanship by acknowledging and applauding the efforts of team members and opponents. Accept defeat graciously by congratulating the members of the opposing team on a game well played. Support the team regardless of how much or how little your son/daughter plays or what the win-loss record is.
- Encourage your child and his/her teammates with positive statements, even when they make mistakes. At every practice they are growing physically and emotionally. At every practice they are learning moral and ethical lessons. At every practice they are developing character.
- Refrain from boasting about your child's accomplishments.
- When problems or questions arise, please have your son/daughter present the problem to his/her coach. We want players to develop self-advocacy. After meeting with his/her coach, if the issue requires more clarity, contact the athletic director.

Because I am a role model who has the power, position, and platform to make a positive difference in the lives of my athlete, I commit to this code of conduct. When failing to live up to these standards I will allow for accountability and take responsibility for my actions.

Name		
	,	
Signature	Date	

PLAYER CODE OF CONDUCT

Valley Lutheran High School provides a foundation for a life of faith, learning and service, through a biblical Christ-centered, college preparatory education and Christian relationships. VLHS strives to teach athletes to learn, serve, and share Christ through relationships and continue to make a difference in the world.

- Accept responsibility for my behavior on and off the field/court. Understand that what is done and said affects my teammates, my school, and other people either positively or negatively.
- Lead courageously and live with integrity by speaking up against injustice and on behalf of others even when it is hard or unpopular.
- Act with respect toward myself and the people and things around me, including my parents, my coaches, my teammates, my teachers, my opponents and the spectators.
- Not put people in boxes according to their race, sex, religion, neighborhood, or abilities. Judge people by the content of their character.
- Act with empathy. Try to understand what is going on in the hearts and minds of others and what
 is causing those feelings so as to be supportive and encouraging. Ask, "How can I help you?"
- Serve as a role model at all times by talking politely and acting courteously toward coaches, teammates, opponents, officials, and spectators. Understand that it is a privilege to represent my family, school, and community as a student-athlete.
- Give 100% effort to practices, games and events. Understand that effort demonstrates my commitment to the team and my respect for my coaches and teammates.
- Display good sportsmanship. Acknowledge and applaud the efforts of others. Encourage my teammates with positive statements. Refrain from boasting to my teammates and "trash-talking" to members of the other teams. Accept defeat graciously by congratulating my opponents on a game well played.

Because I represent my family, school, and team, I abide by the policies, rules, and guidelines of the school, team, and coaches.

Name		
		-
	·	
Signature	 Date	

USE OF PRIVATE VEHICLES FOR ATHLETIC EVENTS

The following guidelines are agreed to for the use of a private vehicle for Valley Lutheran athletic events (which may include practices and games):

- Voluntary Use The use of my vehicle is voluntary and is no way a requirement of my membership on a VLHS athletic team.
- Expenses I am personally responsible for expenses incurred during my travel and do not expect reimbursement from Valley Lutheran High School.
- Supervision I will be required to follow the instructions of the head coach as part of the traveling party.
- License and Insurance I understand I am to have a valid driver's license and my insurance is my sole coverage in the event of an accident.
- Law Compliance I agree to abide by all traffic laws.
- Alcohol/Drugs I agree to not possess or be under the influence of alcohol or drugs at any time while traveling to or from this activity.

By signing below, I acknowledge that I understand this assumption of risk and agree to the conditions listed above.

	/		. /	
Participant's Name		Signature	Date	
	,	,	,	
Parent/Guardian Name	/	Signature	Date	
	/		/	
Athletic Director/Designee		Signature	Date	



Participant:

Valley Lutheran High School 5199 N. 7th Avenue Phoenix AZ 85013

> 602 230-1600 602 230-1602 Fax

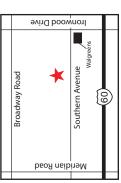
Sports Participation Registration and Consent To be signed by both parent and student.

Please return this form with your participation fee. Checks made payable to VLHS.

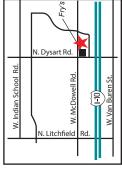
	Fall		Winter		Spring
0	Football	0	Boys Basketball	0	Track and Field
0	Volleyball	0	Girls Basketball	0	Tennis
0	Cheer	0	Soccer	0	Golf
0	Cross Country	0	Wrestling	0	Softball
				0	Baseball
· · · · · · · · · · · · · · · · · · ·	Conduct myself in a mar Treat school property, in Uphold the policy for dr	tand sses nner clud ugs,	ling. and practices, unless excused that reflects the Christ-center ling uniforms, with respect.	ed (
Signat	ure of Student		Date		
e I/V pla	Alizing that such activity involutions that such activity involutions are so severe as to result in total. We understand there is a sport ay. Football - \$175. All other we understand my child will result in the such as the	ves bes njuri disa s pa er sp	ild to participate in organized the potential for injury which to coaching, use of the most ad es are still a possibility. On rebility, paralysis, quadriplegia, rticipation fee to be paid before to be paid before to be allowed to play in the reguland the <i>Physical Forms</i> have	is ivan	nherent in all sports. I/We ced protective equipment, occasions the injuries can even death. he beginning of season eason until this signed
a:	SD 45 1				
Signat	ure of Parent/Guardian		D	ate	
			3		



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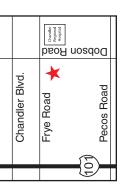
2080 West Southern Ave., Suite #A1 Apache Junction • 85120

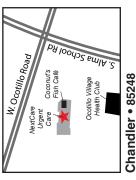


13075 W. McDowell Rd., Suite #D106 Avondale • 85392

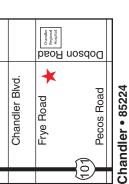


683 E. Florence Blvd., Suite #7 Casa Grande • 85122





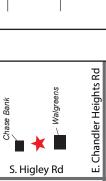
1155 W. Ocotillo Road, Suite #4



600 S. Dobson Road, Suite #C-26



10240 N. 43rd Ave., Suite #3 Glendale • 85302



6343 S. Higley Road Gilbert • 85298

399 S. Malpais Lane, Suite #100

1000 N. Humphreys St., Suite #104

450 S. Willard Street, Suite #120

Cottonwood • 86326

W. Cottonwood St.

35 PAR

Flagstaff • 86001

Flagstaff • 86001



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W Clay Ave



Riviera Blvd

Goodyear • 85338 17688 W. Elliot Road

18589 N. 59th Ave., Suite #101

5410 W. Thunderbird Road, Suite #101

9494 W. Northern Ave., Suite #101

Glendale • 85305

Z W. Glendale Ave.

Glendale • 85306

E. McKellips Rd

9

505

Glendale • 85308



N. 51st Ave

N. 67th Ave

Thunderbird Rd

W. Northern Ave.

ASU West Campus

N. 43rd Ave

9vA Jzf Z.M

9vA djčč .VI

9vA dJee .N

Target

N. 99th Ave.

W. Olive Ave.

W. Union Hills D

.ake Havasu City • 86403

1810 Mesquite Ave., Suite B



(.9vA 12f9

Nogales • 85621



(22) (22)

Brown Rd

Red Mountain High School

Power Rd

И. Recker Rd

N. Val Vista Dr.

Baseline Road

M. Lindsay Rd.

N. Horne

N. Mesa Dr.

Dana Park 5. 32nd St.



1066 N. Power Road, Suite #101

3130 E. Baseline Road, Suite #105

535 E. McKellips Road, Suite #101

Mesa • 85203

McKellips Dr.

Mesa • 85204

Mesa • 85205

298 W. Mariposa Road

Peoria • 85382

Beardsley Rd.

20470 N. Lake Pleasant Rd., Suite #102

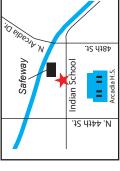


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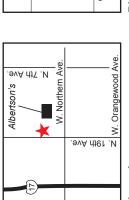
Phoenix • 85016

1701 E. Thomas Road, Suite #A104



Phoenix • 85018

4730 E. Indian School Rd., Suite #211



Phoenix • 85021

8101 N. 19th Ave., Suite #A



N. 40th St 3931 E. Camelback Road Phoenix • 85018 E. Camelback Rd.

Phoenix • 85032

3229 E. Greenway Rd., Suite #102



Scottsdale • 85260

7425 E. Shea Blvd., Suite #108



Willow Creek Rd.

E. Deer Valley Rd

DESERT RIDGE MARKET PLACE

E. Rose Garden Ln.

Walgreens

W. McDowell Rd.

N. 59th Ave.

Prescott Valley • 86314 3051 N. Windsong Drive

2062 Willow Creek Road

20950 N. Tatum Blvd., Suite #190

5920 W. McDowell Road

Phoenix • 85035

Phoenix • 85050

W. Union Hills Dr.

Rigby Rd.

Andante Dr.

Goodwill

A Symposium of Sym

N 71st St

Prescott • 86301



W Bell Rd.

Blue Heron Way

Stutz Bearcat Dr

9VA 12TU.N

N. 98th Ave.

Jack in the Box

Curry Road

Scottsdale Road

Surprise • 85374

W. Thunderbird Rd.

14800 W. Mtn. View Blvd., Suite #100

9745 W. Bell Road, Suite #105

2530 W. SR 89A, Suite #A

2122 N. Scottsdale Road Scottsdale • 85257

E Palm Ln

Sedona • 86336

Sun City • 85351

·pyzni

W. Ajo Way W. Irvington Rd.

W. Limberlast Dr.

5. Kino Parkway

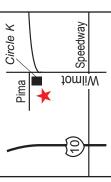
S. Park Avenue

tmore Rd.

Wells Rd.

914 N. Scottsdale Rd., Suite #104

Tempe • 85281



Fucson • 85706

4280 North Oracle Rd., Suite #100

1570 E. Tucson Marketplace Blvd.

Tucson • 85713

Fucson • 85705

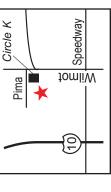
W. Valencia Rd. W. Drexel Rd.

W. Miracle Mile

E. Ajo Way



5369 S. Calle Santa Cruz, Suite #145



Fucson • 85712

6238 E. Pima Street

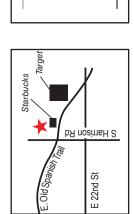
N. Park Ave. University Blvd. Speedway Blvd. N. Euclid Ave. E. Oth St.

Tucson • 85719

501 North Park Ave., Suite #110

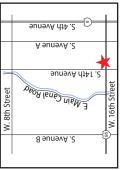


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Tucson • 85748

9525 E. Old Spanish Trail, Suite #101



Yuma • 85364

1394 W. 16th Street