



# Aylen Football Pre-Season Checklist

Mark these important dates on your calendar:

**Clearance Day: Wednesday, August 16<sup>th</sup>, from 1:00pm-3:00pm**

**First Practice: Monday August 21<sup>st</sup> Both teams 3-5:00pm**

**Gear Handout: Wednesday, August 23<sup>rd</sup>, 8<sup>th</sup> grade 1-2pm; 7<sup>th</sup> grade 2-3pm**

**AUGUST 16<sup>TH</sup> IS OUR MANDATORY RED CARD CLEARANCE DAY! FOLLOW THE STEPS BELOW TO GET YOUR ATHLETIC CLEARANCE TAKEN CARE OF!**

- **First Step:** Complete the digital forms found at <https://puyallupschools.rankonesport.com>
  - Cautions, Considerations and Responsibilities
  - Steroids Flyer
  - Athletic Eligibility Form
  - Concussion / Sudden Cardiac Arrest Information Sheet
  - Parent Permission
- **Second Step:** All football players are required to have a current physical and concussion screening (SCAT3 form which can be downloaded from the districts athletic page.) If you have not had a **physical** in the last two years you are required to get one. During that physical you will also need a **concussion pre-screening**. Not all doctors offer this service! If your doctor does not you can also go to ATI ([www.atipt.com/concussion-psd](http://www.atipt.com/concussion-psd)) to complete this requirement.
- **Third Step-** All players will need to pay the district athletic fee and ASB card fee.
  - **Athletic Fee/ASB Card**-\$70 total (\$40 athletic fee, \$30 ASB card), reduced for those who qualify for free/reduced lunch.
  - **Paid online at:** <http://www.ezschoollpay.com/> or in the Aylen main office.
  - **Bring your receipts with you for clearance!**
- **Fourth Step-** Next, they will turn in all paperwork related to clearance to the Aylen athletic director, Mr. Jones. All athletes must have the following documents completed and turned in before they are cleared and participation allowed:
  - **Participation History/Physical Examination Forms:** Physicals are valid for two years.
  - **SCAT3 Concussion Pre-Screening Test form:** Also valid for two years.
  - **Receipt:** A receipt showing that you have paid for your ASB and athletic fees.
  - **Signature:** All of the above is brought to the Aylen athletic coordinator (Mr. Jones) who reviews the paperwork and hands them a clearance card to give to their coach.

## **OTHER IMPORTANT DETAILS**

- **Delays in getting paperwork done could lead to a player being ineligible for the first athletic contest. DON'T WAIT UNTIL THE LAST MINUTE!**
- Athletes will not be allowed to practice until they are cleared.
- Our first week of practice is August 21<sup>st</sup> - 25<sup>th</sup>. Information regarding practice times, gear handout, and location will be given out on August 17<sup>th</sup> during clearance.

Have a great summer,

Coach Jones

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