

BALLOU SPRING ATHLETIC CLEARANCE

- ****Every athlete needs to see Ms. Ferguson (Room 121) prior to turning out! If you have already been cleared this year, you only need to tell Ferguson you want to**



participate and pay the athletic fee**

**Please see Ferguson BEFORE SCHOOL, AFTER SCHOOL,
OR DURING LUNCH**

PRIOR TO SEEING Ms. FERGUSON FOR CLEARANCE, YOU MUST:

1. Fill out athletic eligibility forms online

- **<https://puyallupschools.rankonesport.com>**
 1. **Cautions, Considerations and Responsibilities**
 2. **Steroids Flyer**
 3. **Athletic Eligibility Form**
 4. **Concussion / Sudden Cardiac Arrest Information Sheet**
- 5. **Parent Permission (be sure THIS is electronically signed!)**

2. Make sure your physical is current.

-Physicals are good for 2 yrs. Bring a copy unless Ms. Ferguson already has one on file from a previous sport.

3. Complete Green "Athletic Clearance Card" - Available in main office or Ms. Ferguson's room 121 (If you have participated in athletics this year, come to Ms. Ferguson's room to pick up your clearance card.)

Athletic Fee: \$40 (per sport) ASB: \$30 (per year)

*****PAY ONLINE *** These fees can be paid by using the EZ School Pay system at www.ezschooldpay.com or in person with the office manager.**

COACH CONTACT INFO:

Girls Track: Coach Sonya Greenup: greenusm@puyallup.k12.wa.us

Boys Track: Coach Travis Lande: landetj@puyallup.k12.wa.us

SEASON START

April 15, 2019

