



Ballou **FALL**



Athletic Clearance

Girls: **Volleyball, XC** Boys: **Football**

—Every Fall athlete needs to see Ms. Ferguson prior to turning out!—

CLEARANCE DATES:

August 22 8am-12pm

August 23rd 8am-12pm and 1pm-3pm

August 24th 9am-12pm (Rev. 8.7.18)

September 4th 12pm—3pm

FALL SPORTS START:

Football - Tuesday 9/4

Volleyball - Tuesday 9/4

Cross Country -Wednesday 9/5

PRIOR TO SEEING MS. Ferguson FOR CLEARANCE YOU MUST:

1. Fill out athletic eligibility forms online (available August 1, 2018)

<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**

2. Make sure your physical is CURRENT.

-Physicals are good for 2 years. 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

4. Fees: Athletic: \$40 (per sport) ASB: \$30 (per year) *PAY ONLINE !!! These fees can be paid online by using the EZSchool Pay system at www.ezschoollpay.com (volleyball pays after tryouts) You may also pay in person in the main office. (Check/Cash only)**

Football Players: You need to get a current baseline concussion screening

-Good for 2 years- Bring in a copy unless Ms. Ferguson already has one on file from last year.

-ATI will administer screenings on specific dates. See reverse side for more details. Cost is \$10

COACH CONTACT INFO:

Volleyball: Coach Brenda Valdez ValdeBJ@puyallup.k12.wa.us, **Girls Cross Country:** Coach Marcus Yoder yodermd@puyallup.k12.wa.us

Football: Coach Brian Koch KochB@puyallup.k12.wa.us