

SIDELINE

WEST LINN YOUTH CHEER

**20
25**



Dear Cheerleaders and Families,

Welcome to West Linn Youth Cheer! We are so excited to kick off another fantastic season, and we're thrilled to have your athlete as part of our team. Whether you're returning or new to our program, we can't wait to help you grow in skill, confidence, and teamwork!

Our Youth Team is designed for athletes in grades 5th and 6th and focuses on refining fundamental cheerleading skills while introducing more advanced techniques in stunting, tumbling, and performance. At this level, we also emphasize leadership, teamwork, and personal growth, all within a fun and encouraging environment.

Throughout the season, cheerleaders will have the opportunity to:

- ✓ Advance their cheerleading fundamentals
- ✓ Develop leadership and teamwork skills
- ✓ Perform at games, community events and competitions
- ✓ Build confidence and friendships in a positive team setting

Parents, your support is key to making the season a success! Included in this packet you'll find important information regarding practice schedules, financial breakdown, uniforms, fundraising, expectations, and key dates for the season.

The rules outlined later in this packet are fairly enforced. Coaches have the right to make any decision that they feel is appropriate. Furthermore, all OCCA (Oregon Cheerleading Coaches Association) and NFHS (National Federation of State High School Associations) rules and regulations will be enforced.

Please read this packet in its entirety before registering your athlete online, which gives your support and permission for your athlete to participate in this organization.

If you have any questions, please don't hesitate to reach out. We're looking forward to an incredible season together and can't wait to see your cheerleader grow and shine!

Let's make this a great season! GO LIONS!

SIDELINE TEAM SKILLS AND REQUIREMENTS | 5TH/6TH GRADE

***Beginning to intermediate motion technique and jumps • Beginning to intermediate dance technique
• Beginning stunting skills or willingness to try • Loud Voice • Tumbling expectations: None***

- There are no tryouts for sideline teams. Everyone who registers will be on a team. All athletes will start team practices in the Summer within their assigned team.
- Starting in June, squad members will learn cheers online (emailed). In-person camp/practices are scheduled to start 2x a week after the 4th of July holiday weekend.
- The Youth team will attend a stunt intensive camp July 16th – 18th. This is where the team will be drilling the fundamentals of stunting, and we will be organizing stunt groups for the season.
- In the Fall, squad members will practice 1x-2x a week and cheer at home football games 1x/week. The team will cheer at a variety of West Linn Youth Football games.
- This team is great for athletes looking to learn more about cheerleading, or if they are interested in joining our competition team in the Fall/Winter.
- The registration period for this team is March 29th through May 30th.

Once registration closes, all registered participants will receive an email link to cheer videos that cheerleaders should learn over April-June, to prepare for July practices. **It is the responsibility of each cheerleader to take the time to learn their team cheers and sideline dances over Summer.**

Starting in July/August, squad members will attend practice in the Summer through the Fall 1x-2x/week. Summer practices will be utilized to perfect cheers/halftimes for football, basic motions, jump, tumbling and stunting technique.

In the fall, squad members will cheer at home football games and selected away playoff games 1x/week. The team will cheer at a random selection of WLYF games for various grades. Some 5th/6th grade cheerleaders may swing up to cheer with 7th/8th based on cheer/dance ability, skill and maturity at the coaches' discretion.

This team is great for athletes looking to learn more about cheerleading or for those interested in registering for our competitive program in August. Grades 5th-8th are eligible to participate in our competitive program which runs in tandem with our sideline season September-February. There are additional fees to be on the competition team.

YOUTH TEAM CAMP

EMPIRE ATHLETICS - STUNT CAMP

All Youth Team members will attend a Stunt Camp. This camp will provide vital instruction on the basics of stunting, which will be used to help form our stunt groups for the season. We want everyone to have an opportunity to participate in stunting.

YOUTH TEAM | STUNT CAMP

- **WHO:** Youth Team members
- **WHAT WILL WE LEARN:** Stunting, tumbling, basic motions
- **WHERE:** Empire Athletics' in Sherwood
- **WHEN:** July 16th – 18th | 9am-1pm
- **DATAILS:** Empire Athletics staff will be providing a team camp for our program, in partnership with our coaching staff. Bring a sack lunch and a water bottle. Other details will be provided by July 1st.



FINANCIAL BREAKDOWN | YOUTH SIDELINE TEAM

PARTICIPATION FEE'S

Registration Fee:	\$535
• Facilities • Insurance/Legal/Admin • Taxes/Fees/Accounting • TeamSnap • Coaches Fees • End of Season Party/Awards • Team Activities • Practice Shirts • Game Bow • Stunt Camp • Old Time Fair Parade	
Newly Ordered Uniform/Gear:	\$287
If your cheerleader already has items below, you can calculate what is needed. • Uniform Top NEW DESIGN (\$54) • Uniform Skirt NEW DESIGN (\$33) • Shoes (\$57) • Poms (\$35) • Rain Jacket (\$108)	Does not include shipping/handling fee's
Total:	\$822

Financial Assistance & Support

At West Linn Youth Cheer, we believe that every athlete deserves the opportunity to participate, regardless of financial circumstances. If you are experiencing a financial hardship, please don't hesitate to reach out to our staff. We offer various options, including fundraising opportunities, sponsorships, and scholarships on a case-by-case basis, to help offset costs. Our goal is to support our athletes and ensure that no one misses out due to financial challenges. Open and upfront communication allows us to work together to find a solution that keeps your athlete on the team. Please contact us to discuss available options—we're here to help!

REFUND POLICY

The policy of West Linn Youth Cheer is as follows:

- 100% refund of fees, when canceling prior to **May 31st** with a \$25 administrative fee assessed
- 50% refund of fees, when canceling prior to **June 10th** with a \$50 administrative fee assessed
- No refunds will be issued as of **June 11th**

PLEASE NOTE: Once uniform or other gear is purchased from our vendors, no refund is guaranteed to be issued for any of the items ordered.

FUNDRIASING

FUNDRAISING AND DONATIONS

The West Linn Youth Cheer program is funded through personal payments, fundraising and sponsorships. Our goal is for 100% participation. These funds are necessary for the success of the program. Funds raised will go towards operational costs associated with registration.

Why Fundraising Matters: The Key to a Stronger, More Successful Team

Fundraising is more than just raising money—it's about creating opportunities for our young athletes to grow, compete, and thrive. When families participate in fundraising, they help ensure that every athlete has the chance to experience the best of youth sports without financial barriers.

The Impact of Fundraising

- ✔ Lower Costs for All Families – Fundraising helps offset the costs of facility rentals, coaching fees, insurance, taxes/accounting fees, admin fees, making sports more affordable for everyone.
- ✔ Better Equipment & Training – With additional funds, our athletes have access to safe practice spaces, and coaching that enhances their development.
- ✔ More Opportunities & Experiences – From training clinics and camps to team bonding events, fundraising gives athletes the chance to experience more than just the sideline.
- ✔ Building Team Spirit & Community – When families come together to support fundraising efforts, it strengthens our team's sense of unity and pride. Athletes learn teamwork not just at practice or on the sideline, but in their community as well.
- ✔ Life Lessons for Our Athletes – Fundraising teaches responsibility, leadership, and perseverance—skills that go far beyond sports. Athletes learn to work toward a goal, communicate with others, and give back to their team.

How You Can Help

- ♦ Support & Promote Events – Share fundraisers with family, friends, and local businesses to increase participation.
- ♦ Volunteer Your Time – Even small efforts, like working a shift at an event or helping with setup/cleanup, make a big difference.
- ♦ Participate in Team Fundraisers – Whether it's selling raffle tickets, attending a dine out night, collecting bottles or securing sponsorships, your participation directly benefits the program.

WEST LINN YOUTH CHEERLEADING PROGRAM STANDARDS & POLICIES

PRACTICE, GAME AND PERFORMANCE STANDARDS

All WLYC Members are expected to attend and be on time to all practices, games and other scheduled activities. The participation of all team members is required for safe, proper and effective performances and for the **TEAM** to be complete.

1. Be on time.
2. Have a positive attitude.
3. Be respectful to yourself and others around you.
4. Team members may not let others use their current in season gear. This includes practice shirts, poms or any part of your uniform. **Current uniforms may only be worn by members of West Linn Youth Cheer.**
5. No jewelry of any kind may be worn during game days, practices, tumbling classes, camps, competitions or events.

ATTENDANCE

1. Attend and be on time to all practices, games and other scheduled team activities.
2. The coaching staff sets the summer schedule. Summer practices are required if you are in town. Exceptions will be made with a 2-week notice.
3. Any team member who is too sick to attend practice must notify the coaches IMMEDIATELY.
4. Any team member who is out ill and misses practice may be removed from the upcoming game or performance at the discretion of the coaches. **The athlete is still required to attend in uniform and support his/her teammates.**
5. Any team member who has recurring absences during the season may be removed from an upcoming performance or game at the discretion of the coaches.

INJURIES

1. It is the team member's responsibility to notify the coaching staff of an injury as soon as it occurs.
2. Any team member who is injured must have a doctor's note, sidelining the team member.
3. Team members are responsible for following doctors' orders at all times.
4. Any injured/sidelined team member will need a doctor's written release of full participation, in order to resume participation.
5. Any limitations on participation may keep the team member sidelined and the team member may have to sit out of an upcoming performance.

SAFETY RULES

1. All team members are required to follow and adhere to all safety guidelines, procedures and directions given by the coaches.
2. Participants must not chew gum or have candy in their mouths during practice or performance.
3. Jewelry of any kind is prohibited. **Do not get a new piercing. You will be asked to remove it before participating.**
4. Hair must be tied up and secured off the face as a safety precaution.
5. Stunting of any kind is only permitted when a coach is present, even outside of practice times.
6. Fingernails must be kept short, near the end of the fingers.

TRANSPORTATION

All team members will need to provide their own transportation to and from team practices, events, games, camps, clinics, competitions, etc.

COMMUNICATION

1. Team members/families are expected to check the TeamSnap schedule for any changes and or updates on a regular basis.
2. Team members/families are responsible for all information posted to TeamSnap.
3. If at any time a team member has an issue that needs to be addressed, please have the first point of contact be directly from the team member to their Coach.
4. Parents and team members should communicate directly with the coaching staff regarding illness, absences, team issues and time commitment. Asking another teammate to inform a coach they will not be at practice or have quit the team is UNACCEPTABLE.
5. If there is a more serious situation that needs to be discussed, please contact Coach Melia first and then a parent meeting can be arranged.

THE 24 HOUR RULE

We understand that at times there may be a situation that you or your athlete may want to address. We ask that you give it 24 hours, allowing time to think about the situation. Discuss the issue with your athlete and determine the best way to approach it. If after 24 hours you feel that the concern needs to be addressed with your athletes coach or the Program Director, please request a meeting time for you and your child to talk with their coach or the Program Director. Discussions just before, or immediately after a practice or game will not be allowed unless previously arranged. If you have any questions, concerns or comments, we have an open-door policy. You can contact the Program Director at westlinnyouthcheer97068@gmail.com

SOCIAL MEDIA AGREEMENT

Being a part of West Linn Youth Cheer means representing yourself, your teammates, and our program with respect—both in-person and online. Social media is a powerful tool, and we want to make sure it's used in a way that reflects the values of our team. By submitting your registration, you commit to using social media responsibly and positively.

Represent the Team with Respect

- ✓ Think before you post—your words and actions online reflect on you and the team.
- ✓ Keep posts, comments, and messages positive and encouraging.
- ✓ Show good sportsmanship—never speak badly about teammates, other teams, or coaches.

Keep It Safe & Kind

- ✓ Be respectful in all interactions—bullying, negativity, or inappropriate content is never okay.
- ✓ Do not share personal information (yours or your teammates') publicly.
- ✓ If you see something hurtful or concerning, report it to a trusted adult.

No Drama, No Negativity

- ✓ Avoid engaging in online arguments or drama.
- ✓ If you have a team-related issue, talk to a coach in-person instead of posting about it.
- ✓ Remember that deleted posts can still be saved or shared—always think before you post.

Keep It Fun & Positive

- ✓ Use social media to celebrate achievements, encourage teammates, and share your love for the sport.
- ✓ Tag the team in positive posts and support your teammates online.
- ✓ Represent West Linn Youth Cheer and the West Linn community with pride!

Consequences for Violating This Agreement

If social media is used in a way that goes against these guidelines, the following actions may be taken:

1. A warning and discussion with a coach.
2. A conversation with parents/guardians.
3. Dismissal from the program, depending on the severity of the issue.

We hold the cheerleaders representing our community to high standards and expect nothing but respect from them when posting on public apps or websites.

Agreement

I agree to follow these social media guidelines and understand that my actions online have real-world consequences. I will use social media responsibly and always represent West Linn Youth Cheerleading with respect and integrity.

Submitting your registration is your acknowledgement that you, as a parent/guardian, and your cheerleader have read this document and agree to abide by these standards when using social media.

PARENT COMMUNICATION

At West Linn Youth Cheer, we value open and respectful communication between parents, coaches, and athletes. To ensure a positive and productive environment for everyone, we ask that all parents adhere to the following communication expectations.

Our Role as Coaches

Our job as coaches is to develop the team as a whole while helping each athlete grow within the program. Every decision we make is based on what is best for the entire team—not just one individual. While we always have our athletes' best interests at heart, we ask that parents trust our experience, judgment, and the structure of our program.

Your Role as Parents

As a parent, your role is to support your athlete, encourage good sportsmanship, and foster a positive attitude toward the team and the sport. We appreciate your involvement and enthusiasm, and we ask that all communication with coaches be respectful and appropriate.

Acceptable Communication Practices

- ✔ Respect the Chain of Communication – If you have a question or concern, please reach out directly to the coaching staff at an appropriate time. Avoid discussing concerns during practice, games, or competitions, as coaches need to focus on the athletes.
- ✔ Use Appropriate Channels – We encourage email or scheduled meetings for discussions that require time and attention.
- ✔ 24-Hour Rule – If an issue arises, please wait 24 hours before reaching out to discuss it. This allows time for emotions to settle and for a more productive conversation to take place.
- ✔ Stay Positive & Constructive – Negative talk about coaches, athletes, or other parents (whether in person or on social media) is not appropriate. Let's foster a positive environment for our athletes.
- ✔ Encourage Your Athlete to Communicate – If your child has a question about their role, skills, or placement, encourage them to speak with a coach. Part of their development is learning how to communicate and advocate for themselves.

Unacceptable Communication Practices

- ✗ Coaching from the Sidelines – Please allow the coaching staff to instruct the athletes. Mixed messages can confuse and distract your child.
- ✗ Confronting Coaches at Practice or Games – These are not the right times for discussions. If you need to talk, please schedule a meeting.
- ✗ Disrupting Team Decisions – All decisions regarding team placement, skills, routines, and game-day roles are made with the team's best interest in mind.
- ✗ Negative Talk or Gossip – Any form of gossip, complaints, or negativity (in-person or online) that affects the team environment will not be tolerated.

Our Shared Goal

We all want the best for our athletes, and by working together with respect and understanding, we can create an incredible experience for them. Let's keep communication open, positive, and focused on what truly matters—helping our cheerleaders grow, learn, and succeed!

If you have any questions or concerns, please reach out appropriately, and we will be happy to address them. Thank you for being a part of West Linn Youth Cheer and for supporting our athletes in the best way possible!

ACKNOWLEDGEMENT OF PARTICIPATION

1. I will maintain open communication with the coaches at all times regarding scheduling conflicts, illness, injuries, and absences.
2. I will follow the instructions given by the coaches. I understand and agree that coaches make all program decisions.
3. I understand that coaches are happy to discuss any athlete's strengths and weaknesses to help them improve, but that the coach must also consider what is best for the team as a whole.
4. I understand and agree to the payment plan and will stay up to date with my own cheer account.
5. I understand that once any uniform or gear items have been purchased, no refunds are guaranteed to be issued for these items.
6. I understand and agree to the calendar given and realize changes can be made.
7. I understand that I am responsible for learning cheer material from missed practices using the videos provided, on my own, outside of practice times.
8. I understand that jewelry of any kind is not allowed to be worn while at cheer practices and events. I also understand that if I get a new piercing, I must remove it for all cheer practice and events, and that I cannot tape over my new piercing or use plastic spacers.

Submitting your registration is your acknowledgement that you, as a parent/guardian, and your cheerleader have read this document and agree to abide by these standards and are ready to participate in the West Linn Youth Cheer program.

UNIFORM & GEAR

Uniform Fittings

Date: Saturday, May 31st

Time: 10:00am-11:30am (you can leave as soon as your fitting is complete)

Location: Cascade Summit Club House: 3480 Chaparrel Loop West Linn, OR 97068

Notes: Uniform Fittings will be in-person. This is the only date for in-person. There will not be a makeup date. Please wear a sports bra, Nike pros or other similar athletic shorts and socks. Team members will be changing in and out of items in an open room. There are also bathrooms you can change in.

Required Gear

Whether you buy gear new or used, the following items are required to participate:

Ordered at Fittings (5/31)

- Uniform top
- Uniform skirt
- Cheer shoes
- Poms – x1 green/x1 gold

Ordered after registration closes (Program orders on family's behalf based on sizes provided on your registration form)

- Rain Jacket – you must add this fee to your registration if you need one
- Yellow/Gold Game Bow
- Practice Shirt's

Families need to purchase on their own before the first practice/game

- X2 pairs of **black** Nike pros or other similar athletic shorts
- **White** no-show socks
- **Black** sports bra
- X1 pair all **black** leggings for games when its colder out. Must not have any large logos visible or have mesh type fabric. We are looking for all black.
 - Here is an example of what we are looking for:
https://shop.lululemon.com/p/women/Align-Pant-Full-Length-28/_/prod8780551?CID=Google_DSA_US_NAT_EN_W_Hybrid_Womens_GEN_Y22_ag%3DDSA_G_US_EN_DM_W_GEN_NO_Bottoms-Pants-Leggings&color=0001&gclid=Cj0KCQjw2v-gBhC1ARIsAOQdKY3ZVvqPVeKIFi5cKEAM42QAWq-vOCYXVzgl-USmSeNPrPkYt55vklEaAhXPEALw_wcB&gclidsrc=aw.ds&locale=en_US&sl=US&sz=20
- **Black** knit gloves for cold games
 - Here is an example:
https://www.amazon.com/Mellons-Unisex-Winter-Classic-Gloves/dp/B076J91QNK/ref=sr_1_3?hvadid=616863311901&hvdev=c&hvlocphy=9032862&hvnetw=g&hvqmt=e&hvrnd=15568073256971520849&hvtargid=kwd-23607692256&hydadcr=24658_13611734&keywords=black+knit+gloves&qid=1680211952&sr=8-3

Optional Gear

- Sparkle backpack (you can use any bag you already own too)
- Sweatshirts/warm up jackets/sweatpants and other spirit ware made available at fittings or throughout the season

PRACTICE SCHEDULES

PLEASE NOTE: we do our best to keep practices consistent. We all have schedules to keep. If an issue should arise due to school district related conflicts, or weather (excessive heat)...our staff will communicate any changes to our practice/game schedules ASAP. Our goal is to not cancel or shift practice times around, but sometimes it happens. Your flexibility and understanding are appreciated.

All parents/cheerleaders should be checking/restarting TeamSnap app DAILY for any updates or changes to the schedule.

YOUTH TEAM SUMMER SCHEDULE

Tuesday/Thursdays | 5:00pm-6:30pm

Location TBD – Will be in West Linn, most likely Rosemont Ridge Middle School
(check TeamSnap)

- First practice: July 8th
- Stunt Clinic: July 16th – 18th
- No practice: July 28th – August 3rd
(Moratorium Week)

YOUTH TEAM FALL SCHEDULE (After Labor Day)

September - October

Tuesday/Thursday Practices | 5:00pm-6:15pm (TBC)

Rosemont Ridge Middle School (TBC)

Saturday Football Games

Cheering at a full game (2.5hr time block)

Location/Time (TBD)

YOUTH TEAM - KEY DATES

- **Registration Period**
March 29th – May 30th
- **Parent Meeting**
April 5th
- **Uniform Fittings: No makeup days**
May 31st
- **Last day to receive registration refund for cancelation**
June 10th
- **First Practices Start | Tuesday/Thursdays**
July 8th | 5:00pm – 6:30pm
- **Stunt Camp | Wed-Fri**
July 16th – 18th | 9:00am – 1:00pm at Empire Athletics' Sherwood
- **Moratorium Week**
July 28th – August 1st
No Practice/Team Events
- **Football Games Start on Saturdays**
September 6th (TBC)

MEDICAL RELEASE

Every cheerleader is required to complete/submit a physical form. The required form's are available in this packet.

PLEASE NOTE:

The first page is for families to complete prior to your appointment and give to your doctor.

The second page is for the doctor to complete and for families to return to coaches. We do not need the first page.

Please complete the below form and upload a copy of your physical:

<https://forms.gle/tkPZSbEvN6m3M8in9>

Your cheerleader's physical can be completed by your family doctor or by an urgent care physician.

Physicals are valid for TWO seasons. If you have completed this form in a previous year or for another sport in the last two years, you can provide a copy to fulfill the requirement.

IMPORTANT!

If your cheerleader had an injury that sidelined them at any time during the 2024-25 season (sideline or competition), you will need to provide an updated note of release from their doctor, fully clearing them to participate before they can practice.

If you have any questions, please reach out to: westlinnyouthcheer97068@gmail.com

Signed forms are due no later than July 5th!

HISTORY FORM

(Note: This form is to be filled out by the patient and parent prior to seeing the provider. The provider should keep this form in the medical record.)

Date of Exam: _____

Name: _____

Date of birth: _____

Sex: _____ Age: _____ Grade: _____ School: _____

Sport(s): _____

Medicines and Allergies: Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking.

Do you have any allergies? ☐ Yes ☐ No If yes, please identify specific allergy below.

☐ Medicines

☐ Pollens

☐ Foods

☐ Stinging Insects

Explain “Yes” answers below. Circle questions you do not know the answers to.

GENERAL QUESTIONS		
1. When was the student's last complete physical or "checkup?" Date: Month/ Year ____/____ (Ideally, every 12 months)	YES	NO
2. Has a doctor or other health professional ever denied or restricted your participation in sports for any reason?		
3. Do you have any ongoing medical conditions? If so, please identify below.		
4. Have you ever had surgery?		
HEART HEALTH QUESTIONS ABOUT YOU		
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?		
6. Have you ever had discomfort, pain, tightness or pressure in your chest during exercise?		
7. Does your heart ever race or skip beats (irregular beats) during exercise?		
8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: ____ High blood pressure ____ A heart murmur ____ High cholesterol ____ A heart infection ____ Kawasaki disease Other: _____		
9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram)		
10. Do you get lightheaded or feel more short of breath than expected, or get tired more quickly than your friends or classmates during exercise?		
11. Have you ever had a seizure?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY		
12. Has any family member or relative died of heart problems or had an unexpected sudden death before age 50 (including drowning, unexplained car accident or sudden infant death syndrome)?		
13. Does anyone in your family have a pacemaker, an implanted defibrillator, or heart problems like hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome or catecholaminergic polymorphic ventricular tachycardia?		

BONE AND JOINT QUESTIONS	YES	NO
14. Have you ever had an injury to a bone, muscle, ligament or tendon that caused you to miss a practice, game or an event?		
15. Do you have a bone, muscle or joint problem that bothers you?		
MEDICAL QUESTIONS		
16. Do you cough, wheeze or have difficulty breathing during or after exercise?		
17. Have you ever used an inhaler or taken asthma medicine?		
18. Are you missing a kidney, an eye, a testicle (males), your spleen or any other organ?		
19. Do you have any rashes, pressure sores, or other skin problems such as herpes or MRSA skin infection?		
20. Have you ever had a head injury or concussion?		
21. Have you ever had numbness, tingling, or weakness, or been unable to move your arms or legs after being hit or falling?		
22. Have you ever become ill while exercising in the heat?		
23. Do you or someone in your family have sickle cell trait or disease?		
24. Have you, or do you have any problems with your eyes or vision?		
25. Do you worry about your weight?		
26. Are you trying to or has anyone recommended that you gain or lose weight?		
27. Are you on a special diet or do you avoid certain types of food?		
28. Have you ever had an eating disorder?		
29. Do you have any concerns that you would like to discuss today?		
FEMALES ONLY		
30. Have you ever had a menstrual period?		
31. How old were you when you had your first menstrual period? _____		
32. How many periods have you had in the last 12 months? _____		

Explain “yes” answers here: _____

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

Signature of athlete _____ Signature of parent/guardian _____ Date _____

ORS 336.479, Section 1 (3) "A school district shall require students who continue to participate in extracurricular sports in grades 7 through 12 to have a physical examination once every two years." Section 1(5) "Any physical examination required by this section shall be conducted by a (a) physician possessing an unrestricted license to practice medicine; (b) licensed naturopathic physician; (c) licensed physician assistant; (d) certified nurse practitioner; or a (e) licensed chiropractic physician who has clinical training and experience in detecting cardiopulmonary diseases and defects."

Form adapted from ©2010 American Academy of Family Physicians, American Academy of Pediatrics, American College of Sports Medicine, American Medical Society for Sports Medicine, American Orthopedic Society for Sports Medicine, and American Osteopathic Academy of Sports Medicine.

PHYSICAL EXAMINATION FORM

Date of Exam: _____

Name: _____

Date of birth: _____

Sex: _____ Age: _____ Grade: _____ School: _____

Sport(s): _____

EXAMINATION		
Height:	Weight:	BMI:
BP: / (/)	Pulse:	Vision R 20/ L 20/ Corrected ☐ YES ☐ NO
MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance		
Eyes/ears/nose/throat		
Lymph nodes		
Heart •Murmurs (auscultation standing, supine, with and without Valsalva)		
Pulses		
Lungs		
Abdomen		
Skin		
Neurologic		
MUSCULOSKELETAL		
Neck		
Back		
Shoulder/arm		
Elbow/forearm		
Wrist/hand/fingers		
Hip/thigh		
Knee		
Leg/ankle		
Foot/toes		

☐ Cleared for all sports without restriction☐ Cleared for all sports without restriction with recommendations for further evaluation or treatment for:☐ Not cleared☐ Pending further evaluation☐ For any sports☐ For certain sports: _____

Reason: _____

Recommendations: _____

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the provider may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians). This form is an exact duplicate of the current form required by the State Board of Education containing the same history questions and physical examination findings. I have also reviewed the "Suggested Exam Protocol".

Name of provider (print/type): _____

Date: _____

Address: _____

Phone: _____

Signature of provider: _____

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MUSCULOSKELETAL

Have patient:

1. Stand facing examiner
2. Look at ceiling, floor, over shoulders, touch ears to shoulders
3. Shrug shoulders (against resistance)
4. Abduct shoulders 90 degrees, hold against resistance
5. Externally rotate arms fully
6. Flex and extend elbows
7. Arms at sides, elbows 90 degrees flexed, pronate/supinate wrists
8. Spread fingers, make fist
9. Contract quadriceps, relax quadriceps
10. "Duck walk" 4 steps away from examiner
11. Stand with back to examiner
12. Knees straight, touch toes
13. Rise up on heels, then toes

To check for:

- AC joints, general habitus
- Cervical spine motion
- Trapezius strength
- Deltoid strength
- Shoulder motion
- Elbow motion
- Elbow and wrist motion
- Hand and finger motion, deformities
- Symmetry and knee/ankle effusion
- Hip, knee and ankle motion
- Shoulder symmetry, scoliosis
- Scoliosis, hip motion, hamstrings
- Calf symmetry, leg strength

MURMUR EVALUATION – Auscultation should be performed sitting, supine and squatting in a quiet room using the diaphragm and bell of a stethoscope.

Auscultation finding of:

1. S1 heard easily; not holosystolic, soft, low-pitched
 2. Normal S2
 3. No ejection or mid-systolic click
 4. Continuous diastolic murmur absent
 5. No early diastolic murmur
 6. Normal femoral pulses
- (Equivalent to brachial pulses in strength and arrival)

Rules out:

- VSD and mitral regurgitation
- Tetralogy, ASD and pulmonary hypertension
- Aortic stenosis and pulmonary stenosis
- Patent ductus arteriosus
- Aortic insufficiency
- Coarctation

MARFAN'S SCREEN – Screen all men over 6'0" and all women over 5'10" in height with echocardiogram and slit lamp exam when any two of the following are found:

1. Family history of Marfan's syndrome (this finding alone should prompt further investigation)
2. Cardiac murmur or mid-systolic click
3. Kyphoscoliosis
4. Anterior thoracic deformity
5. Arm span greater than height
6. Upper to lower body ratio more than 1 standard deviation below mean
7. Myopia
8. Ectopic lens

CONCUSSION -- When can an athlete return to play after a concussion?

After suffering a concussion, no athlete should return to play or practice on the same day. Previously, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Studies have shown that the young brain does not recover that quickly, thus the Oregon Legislature has established a rule that no player shall return to play following a concussion on that same day and the athlete must be cleared by an appropriate health care professional before they are allowed to return to play or practice.

Once an athlete is cleared to return to play, they should proceed with activity in a stepwise fashion to allow their brain to readjust to exertion. The athlete may complete a new step each day. The return to play schedule should proceed as below following medical clearance:

- Step 1: Light exercise, including walking or riding an exercise bike. No weightlifting.
- Step 2: Running in the gym or on the field. No helmet or other equipment.
- Step 3: Non-contact training drills in full equipment. Weight training can begin.
- Step 4: Full contact practice or training.
- Step 5: Game play.

If symptoms occur at any step, the athlete should cease activity and be re-evaluated by a health care provider.

581-021-0041 Form and Protocol for Sports Physical Examinations

1. The State Board of Education adopts by reference the form entitled "School Sports Pre-Participation Examination " dated May, 2017 that must be used to document the physical examination and sets out the protocol for conducting the physical examination. The form may be used in either a hard copy or electronic format. Medical providers may use their electronic health records systems to produce the electronic form. Medical providers conducting physicals of students who participate in extracurricular activities in grades 7 through 12 must use the form.
2. The form must contain the following statement above the medical provider's signature line:
This form is an exact duplicate of the current form required by the State Board of Education containing the same history questions and physical examination findings. I have also reviewed the "Suggested Exam Protocol".
3. Medical providers conducting physicals on or after April 30, 2011 and prior to May 1, 2017 must use the form dated May 2010.
4. Medical providers conducting physicals on or after May 1, 2017 and prior to May 1, 2018 may use either the form dated May 2010 or the form dated May, 2017.
5. Medical providers conducting physicals on or after May 1, 2018 must use the form dated May, 2017.

NOTE: The form can be found on the Oregon School Activities Association (OSAA) website: <http://www.osaa.org>

Stat. Auth.: ORS 326.051 Stats.

Implemented: ORS 336.479