

## Physicals

All girls participating in the 2009 VHS Girls Volleyball Program must have a physical!

If you already had a physical within the last six months please have your doctor fill out the Athletic Clearance Form which can be downloaded from our website at [www.valencivolleyball.com](http://www.valencivolleyball.com) (or follow the path from the school's home page).

If you cannot make it to your own doctor, Valencia High School is offering the day of Thursday August 20<sup>th</sup> for physicals. They will be held on campus in Ray Sanchez's room #201 from 6:00 – 8:00 PM. The cost is \$15.00. Payment will go directly to the healthcare professional. Please bring cash, or a check payable to: Jacque Brooks.

All forms must be given to Coach Sanchez no later than August 28<sup>th</sup> 2009.

Girls are ineligible to play in **future games** or **future practices** until the Athletic Clearance Form is received.