

# Memo

To: All Coaches  
From: Athletic Training Room  
Date: 6/23/2009  
Re: **New Athlete Physicals & Returning Athlete Forms**

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**Please assist us in notifying your student-athletes of the following:**

## **NEW Athletes:**

All new athletes must have a physical prior to participation. The physical includes a general and orthopedic exam as well as lab test. Athletes have 3 options to complete their **general medical physicals**:

1. Schedule an appointment with our Team Physician over the summer. (no cost)
2. Attend one of the physical dates listed below for their sport.
3. See their personal physician at their expense

**\*\*They must use our forms and follow the instruction posted on our website.**

**\*\*<http://longbeachstate.cstv.com/ot/training-forms.html>**

Appointments for general medical physicals with our team physicians can be made anytime during the summer by calling Mark( 5-7154 ), Shauna or Jennifer (5-5222)

Below are the dates that all athletes **must attend** regardless if they have had a general medical physical or not. We will review their forms and make sure they are cleared to participate. ***Having a physical prior to these dates will help minimize the time required to clear the athletes.***

### **Assigned Dates:**

Thursday, August 6 <sup>th</sup>	3:30pm Women's Soccer
Sunday, August 9 <sup>th</sup>	TBD Women's Volleyball
Wednesday, August 19 <sup>th</sup> -	3:30pm Men's Water Polo & Women's XC
Wednesday, August 26 <sup>th</sup>	3:30pm ALL Sports
Tuesday, September 1 <sup>st</sup>	3:30pm ALL Sports

**Location:** Athletic Training Room PE 86

## **RETURNING Athletes:**

All returning athlete are **required** to complete a health history and insurance form. These forms and instructions are available on-line: <http://longbeachstate.cstv.com/ot/training-forms.html>  
These forms must be completed, returned and reviewed by our staff prior to clearance to participate.