



Palm Harbor University High

Home of the Hurricanes

Menu

Online Athletic Clearance

"Athletic Clearances for the 2022-2023 school year will not be available until July 1, 2022"

Steps to complete:

- Visit AthleticClearance.com Click on the Florida Picture
 - Click on "**Create an Account**" and follow steps. Or Sign in if you have previously created an account. Watch tutorial video if help is needed.
 - **Register.** PARENTS register with valid email username and password
 - Login using your email address that you registered with
 - Select "**Start Clearance Here**" to start the process.
 - Choose the School Year in which the student plans to participate. *Example: Football in Sept 2021 would be the 2021-2022 School Year.*
 - Choose the School at which the student attends and will compete for.
 - Choose Sport. *You can also "Add New Sport" if a multi-sport athlete. Electronic signatures will be applied to the additional sports/activities.
 - Complete all required fields for Student Information, Educational History, Medical History and Signature Forms. **(If you have gone through the AthleticClearance.com process before, you will select the Student and Parent/Guardian from the dropdown menu on those pages)**
 - Once you reach the **Confirmation Message** (if your school uses it) you have completed the process.
 - All of this data will be electronically filed with your school's athletic department for **review**. When the student has been **cleared for participation**, an email notification will be sent.

Online Athletic Clearance FAQ

- What is my Username?
 - Your username is the email address that you registered with.
- Multiple Sports
 - On the first step of the process you have the ability to "Add New Sport". If you use this option, you fill out the clearance one time and it is applied to the sport selected.
 - If you complete a clearance and come back at a later date to add a sport, you will "Start New Clearance" and then autofill student and parent information using the dropdown

menus on those pages.

- Physicals
 - The physical form can be downloaded on Files page. Most schools will accept the physical upload as well as turning in a hard copy to the athletic department.
- Why haven't I been cleared?
 - Your school will review the information you have submitted and Clear, Clear for Practice or Deny your student for participation. You will receive an email when the student's status is updated.
- My sport is not listed!
 - Please contact your school's athletic department and ask for your sport to be activated.

Here's the link to athletic clearance directions:

<https://www.pcsb.org/Domain/12709>

Student Insurance link:

<https://www.pcsb.org/Domain/12709>

Link to Required Courses & Certificates (Concussion, Heat Related Illness, Sudden Cardiac Arrest):

<https://nfhslearn.com/>

Any questions regarding athletic clearance contact Jim Felce at felcej@pcsb.org

Address

1900 Omaha St., Palm Harbor, FL 34683-3546

Phone

(727) 669-1131

Fax

(727) 725-7936



To access and complete the necessary videos for your Sports Participation Packet:

Please go to: www.nfhslearn.com

In the top right of the screen, click on "register", you will need to create an account, just follow the prompts. This is necessary to get your name on the certificates.

Click on: Courses

Click on: Concussion for Students

Watch the video, when finished, print the certificate of completion at the end of the process.

Click on: Heat Illness Prevention

Watch the video, when finished, print the certificate of completion at the end of the process.

Click on: Sudden Cardiac Arrest

Watch the video, when finished, print the certificate of completion at the end of the process.



Preparticipation Physical Evaluation (Page 1 of 3)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the evaluation as written on page 2. This form is non-transferable; a change of schools during the validity period of this form will require page 1 of this form to be re-submitted.

Part 1. Student Information (to be completed by student or parent)

Student's Name: _____ Sex: _____ Age: _____ Date of Birth: ____/____/____
 School: _____ Grade in School: _____ Sport(s): _____
 Home Address: _____ Home Phone: (____) _____
 Name of Parent/Guardian: _____ E-mail: _____
 Person to Contact in Case of Emergency: _____
 Relationship to Student: _____ Home Phone: (____) _____ Work Phone: (____) _____ Cell Phone: (____) _____
 Personal/Family Physician: _____ City/State: _____ Office Phone: (____) _____

Part 2. Medical History (to be completed by student or parent). Explain "yes" answers below. Circle questions you don't know answers to.

	Yes	No		Yes	No
1. Have you had a medical illness or injury since your last check up or sports physical?	___	___	26. Have you ever become ill from exercising in the heat?	___	___
2. Do you have an ongoing chronic illness?	___	___	27. Do you cough, wheeze or have trouble breathing during or after activity?	___	___
3. Have you ever been hospitalized overnight?	___	___	28. Do you have asthma?	___	___
4. Have you ever had surgery?	___	___	29. Do you have seasonal allergies that require medical treatment?	___	___
5. Are you currently taking any prescription or non-prescription (over-the-counter) medications or pills or using an inhaler?	___	___	30. Do you use any special protective or corrective equipment or medical devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, shunt, retainer on your teeth or hearing aid)?	___	___
6. Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance?	___	___	31. Have you had any problems with your eyes or vision?	___	___
7. Do you have any allergies (for example, pollen, latex, medicine, food or stinging insects)?	___	___	32. Do you wear glasses, contacts or protective eyewear?	___	___
8. Have you ever had a rash or hives develop during or after exercise?	___	___	33. Have you ever had a sprain, strain or swelling after injury?	___	___
9. Have you ever passed out during or after exercise?	___	___	34. Have you broken or fractured any bones or dislocated any joints?	___	___
10. Have you ever been dizzy during or after exercise?	___	___	35. Have you had any other problems with pain or swelling in muscles, tendons, bones or joints?	___	___
11. Have you ever had chest pain during or after exercise?	___	___	<i>If yes, check appropriate blank and explain below:</i>		
12. Do you get tired more quickly than your friends do during exercise?	___	___	___ Head	___ Elbow	___ Hip
13. Have you ever had racing of your heart or skipped heartbeats?	___	___	___ Neck	___ Forearm	___ Thigh
14. Have you had high blood pressure or high cholesterol?	___	___	___ Back	___ Wrist	___ Knee
15. Have you ever been told you have a heart murmur?	___	___	___ Chest	___ Hand	___ Shin/Calf
16. Has any family member or relative died of heart problems or sudden death before age 50?	___	___	___ Shoulder	___ Finger	___ Ankle
17. Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?	___	___	___ Upper Arm	___ Foot	
18. Has a physician ever denied or restricted your participation in sports for any heart problems?	___	___	36. Do you want to weigh more or less than you do now?	___	___
19. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, blisters or pressure sores)?	___	___	37. Do you lose weight regularly to meet weight requirements for your sport?	___	___
20. Have you ever had a head injury or concussion?	___	___	38. Do you feel stressed out?	___	___
21. Have you ever been knocked out, become unconscious or lost your memory?	___	___	39. Have you ever been diagnosed with sickle cell anemia?	___	___
22. Have you ever had a seizure?	___	___	40. Have you ever been diagnosed with having the sickle cell trait?	___	___
23. Do you have frequent or severe headaches?	___	___	41. Record the dates of your most recent immunizations (shots) for:		
24. Have you ever had numbness or tingling in your arms, hands, legs or feet?	___	___	Tetanus: _____ Measles: _____		
25. Have you ever had a sting, burner or pinched nerve?	___	___	Hepatitis B: _____ Chickenpox: _____		
FEMALES ONLY (optional)					
42. When was your first menstrual period? _____					
43. When was your most recent menstrual period? _____					
44. How much time do you usually have from the start of one period to the start of another? _____					
45. How many periods have you had in the last year? _____					
46. What was the longest time between periods in the last year? _____					

Explain "Yes" answers here: _____

We hereby state, to the best of our knowledge, that our answers to the above questions are complete and correct. In addition to the routine medical evaluation required by s.1006.20, Florida Statutes, and FHSAA Bylaw 9.7, we understand and acknowledge that we are hereby advised that the student should undergo a cardiovascular assessment, which may include such diagnostic tests as electrocardiogram (EKG), echocardiogram (ECG) and/or cardio stress test.



Florida High School Athletic Association

Preparticipation Physical Evaluation (Page 3 of 3)

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Student's Name: _____

ASSESSMENT OF PHYSICIAN TO WHOM REFERRED (if applicable)

I hereby certify that the examination(s) for which referred was/were performed by myself or an individual under my direct supervision with the following conclusion(s):

Cleared without limitation

Disability: _____ Diagnosis: _____

Precautions: _____

Not cleared for: _____ Reason: _____

Cleared after completing evaluation/rehabilitation for: _____

Recommendations: _____

Name of Physician (print): _____ Date: ____/____/____

Address: _____

Signature of Physician: _____

Based on recommendations developed by the American Academy of Family Physicians, American Academy of Pediatrics, American Medical Society for Sports Medicine, American Orthopaedic Society for Sports Medicine and American Osteopathic Academy for Sports Medicine.

Palm Harbor University High School

Soccer Tryouts 2022 - 2023

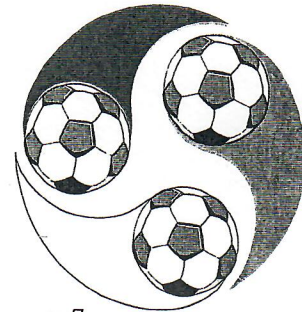
Varsity & J.V. Girls

Coaches:

Randy Irick- Varsity Girls Coach

Katrina Martin - Varsity Girls Assistant Coach

Raquel Stiehler - J.V. Girls Coach



Tryouts: Monday, October 17 - Thursday October 20, 2022

Location: Palm Harbor Rec – Putnam Park (Mon – Tue – Wed - Thurs @ 2:30 pm – 4:00 pm)

Varsity Boys

Wipoj Huse – Coach



Tryouts: Monday, October 17 - Friday, October 21, 2022

Location: Palm Harbor Rec – Putnam Park (Mon – Tue – Wed – Thurs - Fri @ 2:30 pm – 4:00 pm)

Anyone trying-out must complete the online registration at: <https://athleticclearance.com>, before they can tryout. Online registration includes; Participation forms, Medical physical forms, Insurance registration. You must also complete certificate courses at www.NFHSlearn.com for Concussion for Students, Heat Illness Prevention and Sudden Cardiac Arrest.

Any questions contact:

Bob Bentz, PHU Soccer Boosters President - cfq6rbob@aol.com or cell: 727-480-0610