

# ATHLETICS

## **Summer Conditioning:**

Summer athletic conditioning is an excellent opportunity for incoming freshmen to acclimate to BMHS, meet other new student-athletes, and get to know our seasoned ones. Life-long friendships are often sparked and fostered during a student's first summer on campus.

Many of Bishop Montgomery's sports offer summer conditioning. For information about each sport's summer conditioning courses and dates, please see the schedule included in this packet.

For all our sports, summer conditioning helps coaches evaluate student-athletes and select their teams. Students who would like to participate in a sport are highly encouraged to join us for summer conditioning. Per each program, special arrangements may be made to accommodate limited family vacations.

The registration deadline for summer conditioning is Thursday, June 13. **To participate, student-athletes must submit the \$175 participation fee for each sport and register for Athletic Clearance through [www.athleticclearance.com](http://www.athleticclearance.com). Step-by-step instructions for navigating the [athleticclearance.com](http://www.athleticclearance.com) website is located on the next page.**

## **Sports Physicals:**

An essential step in the Athletic Clearance process is having a current sports physical on file with BMHS' Athletic Department. To help our student-athletes obtain their sports physicals without a trip to the doctor, Bishop Montgomery hosts an annual Sports Physical Day. This year, all of our Bishop Montgomery student-athletes, including incoming freshmen, are invited to our Sports Physical Day on Saturday, June 1 from 8:00am – 4:00pm at Exer Urgent Care in Redondo Beach. Physicals are good for one calendar year and will cover student-athletes who participate in all fall, winter, and spring sports during the 2019 - 2020 school year, as well as Bishop Montgomery's 2019 summer conditioning.

Walk-ins will be welcome on June 1, but appointments are encouraged and may be scheduled through SignUp Genius. Please visit [www.exerurgentcare.com](http://www.exerurgentcare.com), and at the top right corner, select *Community*, scroll to the bottom of the page and select *SignUp Genius*. Select the box next to Bishop Montgomery and follow the steps to register. Every athlete is welcome, regardless of insurance. Both female and male doctors and nurses will be available. The cost is \$25 and all proceeds go to Bishop Montgomery.

### **Sports Physical Day**

Saturday, June 1 8:00am – 4:00pm

Exer Urgent Care Redondo Beach

\$25 per physical (all proceeds donated to Bishop Montgomery)

## **Questions:**

For questions about BMHS athletic programs or summer conditioning, please call the athletic office 310.540.2021 x 269. We look forward to seeing you this summer!

# ONLINE ATHLETIC CLEARANCE STEP-BY-STEP INSTRUCTIONS

*Must be completed to participate in  
summer conditioning and/or on any BMHS athletic team.*

- 1) Visit [www.athleticclearance.com](http://www.athleticclearance.com)
- 2) View brief tutorial.
- 3) **Register.** Register with a valid email username and password. There will be a code provided for you to type in to verify that you are human and not a robot. If this step is skipped, the account will not activate. *This email and password will be used each school year for athletic eligibility.*
- 4) Login using the email address and password you used to register.
- 5) Select **New Clearance** to begin the process.
- 6) Choose the **School Year** in which the student plans to participate (e.g., football in August 2019 will be the 2019-2020 school year). Choose **Bishop Montgomery** as the school. Choose the **Sport**.
- 7) Complete all required fields for the **Student Information** section. Click "Save" to continue the clearance process.
- 8) The next step is proof of physical and insurance. This is not mandatory to continue. These items may either be uploaded at this step or a copy may be submitted to the BMHS Athletic Department. Click "Save" once again to continue.
- 9) Complete required fields for the **Medical History** section. Click "Save" again and **print out** for your records. *This form is required for the BMHS physical offered on Saturday, June 1.*
- 10) Complete required fields in the **Parent/Guardian Information** section. Click "Submit" to continue.
- 11) Complete required fields in the **Signature** section. Click "Submit" to continue.
- 12) A **Confirmation Message** should appear. Before printing, scroll to the bottom of the page and check the box for each sport your student is interested in participating. Electronic signatures will be applied to the additional sports/activities that are selected. Next, check the "I, the parent/guardian of the student..." **Before clicking "Submit," be sure to print this page.** Do not click "print friendly page" unless your student is only playing one sport/activity. The confirmation page should show each sport that was selected. Print, sign, and turn this page into the BMHS Athletic Department. Click "Submit."
- 13) All of this data will be electronically filed with Bishop Montgomery's Athletic Department for review. When your student has been "cleared" for participation, you will receive an email notification.