

Dear La Salle Parent and Student Athlete,

We are excited about the upcoming school year and pleased to see so many student-athletes preparing to participate on our athletic teams. To ensure your child is eligible and cleared to participate for the upcoming year and fall season, please complete the athletic clearance process which is explained in further detail below. You will need your student ID number to complete the process. Every athlete and at least one parent must visit La Salle's online athletic clearance website and complete four electronic forms. They only need to be completed once per year with the exception of the sport selection form, which must be completed prior to each sport season. Some athletes will require a sports physical and medical history exam before gaining clearance to participate. Read below for further instructions to see if you must receive a physical and medical history exam this year. **The deadline to complete the athletic clearance process is Monday, August 6 and tryouts begin on Monday, August 13. Visit www.lsprep.org/athletics/ for links to complete online clearance, schedules and more.**

Chris George '97
Director of Athletics
cgeorge@lsprep.org

REQUIRED OF ALL ATHLETES

[La Salle Online Athletic Clearance](#)

(Click link above to visit website or scan code below.)

Parent/Student Athlete Handbook

Acknowledgement – The purpose of this form is to ensure La Salle parents and student athletes have read, understood, and accepted the expectations and policies of La Salle's athletic department.

Concussion – Private School Informed Consent

On an annual basis prior to participation, private schools shall require each student and at least one parent or legal guardian of the student to sign this form acknowledging the receipt of information regarding symptoms and warning signs of concussions. Additionally, prior to participating in sports at La Salle, athletes complete a baseline test via [ImPACT](#) and if there is an injury during play, students will test again to compare results with the baseline. The baseline test lasts two years.

Transportation Authorization – The purpose of this form is for parents to authorize La Salle, themselves and other parents to transport student-athletes to and from athletic practices and games.

Sport Selection – Athletes are to select the sport in which they intent to tryout and/or participate. This form is to be completed at the beginning of each season.



REQUIRED OF 9th & 11th GRADERS, NEW STUDENTS, STUDENTS NEW TO SPORTS

[Physical Exam & Medical History Form](#)

(Click link above to download file or scan code below.)

**Mail or deliver directly to school's main office
Monday – Thursday from 8:30am – 3:30pm)**

The Oregon Department of Education and Oregon School Activities Association (OSAA) mandate students receive a physical exam once every two year in order to participate in athletics during high school. They remain valid for two years from the date of the examination. Most student-athletes have a second physical during the summer prior to their junior year if they received an exam prior to the start of their freshmen year. If you wish to learn if your physical exam is still current, you may enquire by emailing me at cgeorge@lsprep.org.

The [OSAA](#) has additional resources regarding the physical examination.

La Salle students can get a physical exam nearby at:

Eastside Spine & Injury

4370 SE King Rd. #220, Milwaukie, OR 97222
Call 503-654-7400 for an appointment
100% of proceeds go to our athletics department!



You're invited...

La Salle's Red and Blue Barbecue

Sponsored by the La Salle Booster Club

When: 5 pm-7 pm on Wednesday, August 22

Where: La Salle Athletic Fields & Gymnasium

What: Kick-off to the 2018-2019 athletic season

- Meet La Salle coaches and players
- Watch fall sports teams scrimmage and compete
- Enjoy a great barbecue dinner (compliments of the booster club)
- Purchase new spirit wear
- Become a booster sponsor
- Visit with friends and catch up after the summer break
- Welcome new families and build community
- Learn how the boosters support the school and athletic teams
- **Purchase your 2018 - 2019 booster membership!**

Why: A booster membership allows you entry into all home regular season sporting events throughout the school year without purchasing admission at each event. Adult and student ticket prices per game are \$6 and \$4, respectively.

Dinner: 5:30 pm-7 pm (burgers, hot dogs, salads, chips, etc...)

You can purchase your booster membership at the event or do it now online. Visit www.lsprep.org/boosters/ or scan this code.

