



LB Poly Football



Physical Exams

In order to participate on any athletic team at Poly a student must receive a physical exam clearing them to participate in athletics. You need a physical if your current physical will expire before January 2012.

As a convenience to the families in our football program, physical exams will be administered by a team doctor on **Saturday, July 23, 2011 at 8 am in the football office/film room.**

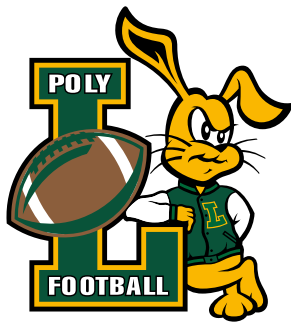
The cost of the exam is only **\$10.00**. The proceeds will be used to purchase Training Room supplies such as tape and mouthpieces.

The necessary forms will be available on Saturday, but if you can please download the forms from Poly's website, under Athletics and come with your forms completed with parent signatures and necessary information.

If you have already obtained a physical exam and been Athletically Cleared for the 2011 school year then you do not need another exam at this time.

Questions? Call 562-591-0581, Xt 5152 or 562-522-4533





LR POLY HIGH SCHOOL
PROPOSED SPORT GRAPHIC
12-42-10
SUNBELT CONFERENCE

Please adhere to the following schedule and rotation for Saturday, July 23, 2011

POSITION	CAR WASH	STATION #1 - Nurse	STATION #2 Doctors
QB and WR	8-9am	9-9:30am	9:30-10am

POSITION	CAR WASH	STATION #1 - Nurse	STATION #2 Doctors
OL and DL	9-10AM	10-10:30am	10:30-11am

POSITION	STATION #1 - Nurse	CAR WASH	STATION #2 Doctors
DB	9:30-10am	10-11am	11-11:30am

POSITION	STATION #1 Nurse	CAR WASH	STATION #2 Doctors
RB and TE	10:30-11am	11am-12pm	12-12:30pm

POSITION	STATION #1 - Nurse	STATION #2 Doctors	CAR WASH
LB and K	11-11:30am	11:30am-12pm	12pm-1pm

Physicals are \$10.00 Cash only