

# PALMA SCHOOL

KNOWLEDGE • SERVICE • LEADERSHIP

## ATHLETICS ELIGIBILITY FORMS & INFORMATION PACKET



— PALMA ATHLETIC DEPARTMENT —

919 Iverson Street, Salinas, California 93901 | 831.422.8510 | [palmaschool.org](http://palmaschool.org)



Dear Parents,

Before your son is eligible to participate in sports, you must first complete our online athletic clearance forms. A set of directions is enclosed on how to register and fill out all the proper forms online at [www.homecampus.com](http://www.homecampus.com).

There is a signature page at the end of the registration process that **you will need to print, sign and bring with you to the MANDATORY Parent, Player Coach meeting.** Your son will not be eligible to participate in try-outs, team practices nor games until the completed online packet has been submitted and the signature page is turned in.

One packet is valid for the entire school year for multi-sport athletes. There is a section online where your son can choose all the sports in which he is planning to participate for the year. Please select only one sport per season. Complete the packet online NOW for all seasons of sport, including winter and spring. Do not wait for your son's season to arrive!

1. **PHYSICAL:** A physical must be performed by a medical doctor (MD) or doctor of osteopathy (DO) every school year. A physical by a chiropractor will not be accepted. **Palma's Sports Physicals Night is on Wednesday, August 3rd at 6:00pm in the Steve Clayton Memorial Gym** and is open to all Palma high school and junior high students for only \$25. A pre-participation physical examination form is included in this packet.
2. You must upload your son's completed pre-participation physical evaluation form to your son's account at [www.homecampus.com](http://www.homecampus.com). *The Athletic Department will not accept or maintain copies of the physical examination form.*
3. All incoming freshmen and students NEW to Palma who want to participate in sports will be required to take a baseline concussion test. Once you have signed up for at least one sport, I will send an email to your Palma account detailing how to take the concussion test.

If you have any questions, please do not hesitate to email or call me. Thank you.

Go Chieftains!

Mr. Rob Bishop  
Asst. Principal, Athletic Director  
[bishop@palmaschool.org](mailto:bishop@palmaschool.org)

**– PALMA ATHLETIC DEPARTMENT –**



## Online Athletic Clearance

Quick steps for parents/students using the online athletic clearance process.

Online Athletic Clearance:

1. Visit [www.homecampus.com](http://www.homecampus.com). Click “For Students & Parents” and select “California.”

Returning users log into the existing account used the previous school year.

New users need to create an account. Please register with a valid Parent/Guardian email address as the username and generate a password.

2. Select “Start Clearance Here.”

Type in school and confirm address. Select year and add your sports (only one per each season).

3. Complete all required fields.

Type in Student & Parent/Guardian Information. This information will be saved for future clearances. Utilize the drop down menu to autofill information for subsequent clearances.

Sign required documents by typing in an EXACT match of what is on the Student & Parent/Guardian page.

Click “+” to add a file. Browse from your computer for the file or select Choose Existing File to search for a previously uploaded file.

Make sure to click “Save & Continue” after completing the files page to submit the clearance.

4. Your clearance is ready for review by Palma School once you have reached the CONFIRMATION MESSAGE page.

**YOU ARE NOT CLEARED YET.** Palma must review and clear you. An email notification will be sent once you have been cleared for participation.





## Online Athletic Clearance FAQs

### ***If I filled this out last year, do I need to do this again?***

Yes. For your son to play sports this year at Palma School, you will be required to complete the 2022-2023 Athletic Clearance Packet and online clearance.

### ***What is a Username?***

Your username will be the email address with which you registered.

### ***What if I want to participate in multiple sports?***

Once you complete a clearance for one sport and arrive at the confirmation message, you will have the option to check off additional sports/activities for the current school year. If you decide to participate in an additional sport/activity later on, you can access the multiple sport check boxes by clicking on "Print" under the confirmation message of your original clearance for that specific year. **Reminder: Please sign up for only one sport per season.**

### ***Physicals and the physical form?***

The physical form can be downloaded on the Physicals page. Palma School will accept the physical online (done by uploading the completed form on Step #1).

### ***What is the Document Library?***

This area is meant to store your files so they can be accessed at a later time. You can either upload your files to the Document Library then apply them to your Clearance on the Physical page *OR* you can choose/ browse the file on the Physical page and the file will save to the Document Library for future use.

### ***Why haven't I been cleared?***

Submitted information will be reviewed and the Athletic Department will "Clear" or "Deny" your student for participation. You will receive an email when your son is cleared.

### ***What if my sport is not listed?***

Please contact the Athletic Department and ask for your sport to be activated.





# PRE-PARTICIPATION PHYSICAL EVALUATION PHYSICAL EXAMINATION FORM

Name \_\_\_\_\_ Date of Exam \_\_\_\_\_

Date of Birth \_\_\_\_\_ Sex M Age \_\_\_\_\_ Grade \_\_\_\_\_ School Palma School Sport(s) \_\_\_\_\_

## Physician Reminders

### 1. Consider additional questions on more sensitive issues

- Do you feel stressed out or under a lot of pressure?
- Do you ever feel sad, hopeless, depressed, or anxious?
- Do you feel safe at your home or residence?
- Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
- During the past 30 days, did you use chewing tobacco, snuff, or dip?
- Do you drink alcohol or use any other drugs?
- Have you ever taken anabolic steroids or used any other performance supplement?
- Have you ever taken any supplements to help you gain or lose weight or improve your performance?
- Do you wear a seat belt, use a helmet, and use condoms?

### 2. Consider reviewing questions on cardiovascular symptoms:

- Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?
- Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, Brugada syndrome or catecholaminergic polymorphic ventricular tachycardia?
- Does anyone in your family have a heart problem, pacemaker or implanted defibrillator?
- Has anyone in your family had unexplained fainting, unexplained seizures or near drowning?

EXAMINATION		
Height _____	Weight _____	<input checked="" type="checkbox"/> Male <input type="checkbox"/> Female
BP _____ / _____ ( _____ / _____ )	Pulse _____	Vision R 20/ _____ L 20/ _____ Corrected <input type="checkbox"/> Yes <input type="checkbox"/> No
MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)		
Eyes/ears/nose/throat • Pupils equal • Hearing		
Lymph nodes		
Heart <sup>a</sup> • Murmurs (auscultation standing, supine, +/- Valsalva) • Location of point of maximal impulse (PMI)		
Pulses • Simultaneous femoral and radial pulses		
Lungs		
Abdomen		
Genitourinary (males only) <sup>b</sup>		
Skin • HSV, lesions suggestive of MRSA, tinea corporis		
Neurologic <sup>c</sup>		
MUSCULOSKELETAL		
Neck		
Back		
Shoulder/arm		
Elbow/forearm		
Wrist/hand/fingers		
Hip/thigh		
Knee		
Leg/ankle		
Foot/toes		
Functional • Duck-walk, single leg hop		

<sup>a</sup>Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam. <sup>b</sup>Consider GU exam if in private setting. Having third party present is recommended.

<sup>c</sup>Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

Cleared for all sports without restriction

Cleared for all sports without restriction with recommendations for further evaluation or treatment for \_\_\_\_\_

Not cleared     Pending further evaluation     For any sports     For certain sports \_\_\_\_\_  
Reason \_\_\_\_\_

Recommendations \_\_\_\_\_

**I have examined the above-named student and completed the pre-participation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).**

Name of physician (print/type) \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Signature of physician \_\_\_\_\_, MD or DO





## Locks and P.E. Clothing

### LOCKS

**All locks used on the Palma campus MUST be purchased from the Athletic Department.**

The Athletic Department has a master key for all locks so a student will not be locked out if he forgets his combination. Students enrolled in P.E. will need two locks, one for P.E. and one for his hall locker. A student may continue to use previously purchased locks if he has the combination. Locks will not be available for sale until orientation. Price per lock is \$7.00 cash or check only (no debit or credit cards).

### P.E. CLOTHES

P.E. clothing will be sold online only; there will be no future or in-person sales. Use the link below to purchase P.E. clothing. The online store will be open through July 14, 2022.

[ORDER P.E. CLOTHING](#)



– PALMA ATHLETIC DEPARTMENT –



# First Day of Frosh Football

**Saturday, August 6th, 9:00-11:00am**

Please wear T-shirts, shorts, and football cleats to the first practice.  
Equipment will be handed out after practice that day.

**FRESHMEN DO NOT GET CUT FROM THE FOOTBALL TEAM**

*All freshmen are invited to take advantage of the summer strength and conditioning program at Palma!*

## **Summer Conditioning** (Mondays, Wednesdays, Fridays)

### **Session 1 — Linemen/TEs/LBs/Summer School Students**

- 6:00-7:00am - Strength in the weight room
- 7:00-8:00am - Speed/Conditioning
- 8:00-9:00am - Practice

### **Session 2 — Skilled Positions**

- 7:00-8:00am - Strength in the weight room
- 8:00-9:00am - Practice
- 9:00-10:00am - Speed/Conditioning







## Palma Athletic Council

### Thank You

Palma Athletic Council would like to thank all volunteers who made our 2021-2022 Palma Athletic Council events huge successes! Parents of all Palma athletes are invited to attend and participate in the Athletic Council meetings held monthly. The Council usually meets on the first Monday of each month at 5:30pm in the Cislini Student Center (CSC).

### Help Fund Palma Athletics – Purchase Your Booster Card Today!

Palma School does not use tuition revenue to operate any of its athletic programs. Consequently, all of the sports programs offered at Palma are supported through fund raising activities conducted by the Athletic Council. Funds raised from the sponsorships and sports program ads help supply the athletic programs at Palma with the proper equipment needed for students to safely participate in the athletic activities.

### Sports Physicals

Palma Sports Physicals Night is scheduled for Wednesday, August 3, 2022, at 6:00pm in the Steve Clayton Memorial Gym. Open to all prospective Palma athletes for fall, winter and spring sports.

### Football / Cross Country / Water Polo

#### Mandatory Player/Parent/Coach Meeting

**THIS EVENT IS MANDATORY FOR ALL HIGH SCHOOL ATHLETES** playing a fall sport and their parents. The meeting will be held at 6:00pm in Brother Dunne Hall on Thursday, August 4, 2022.

### Red & Gold Family Day

#### Saturday, August 13, 2022 on the Field

Football Scrimmages • Tri-Tip Dinner to Go • School Clubs • Fun Games & Activities • Farmers' Market • Concessions — ALL PALMA FAMILIES AND FRIENDS ARE WELCOME.

### Winter Sports / Spring Sports / JUNIOR HIGH SCHOOL SPORTS

#### Player/Parent/Coach Meeting

**THIS EVENT IS MANDATORY FOR ALL HIGH SCHOOL ATHLETES** playing winter and spring sports as well as **ALL JUNIOR HIGH SCHOOL ATHLETES**. The meeting will be held at 6:00 p.m. in Brother Dunne Hall on Tuesday, August 23, 2022.

### Online Chieftain Logowear

Get your gear online now! T-shirts, jackets, sweatshirts, and everything else Chieftain can be purchased through our website. Click on the "Official Online Store" button found under Quicklinks. Limited items will also be available at Rabobank Stadium during home football games.

### Palma Athletic App

The Palma Athletic App contains schedules, rosters and updated scores. It is part of the "gochieftains" website. Go to the Apple or android app stores to download the app.

– PALMA ATHLETIC DEPARTMENT –



## **Palma Athletic Council**

### **Parent Volunteer Opportunities**

The Palma Athletic Council is responsible for raising all monies needed to run Palma Athletics. Below is a list of all of the events that we run to generate funds for our department throughout the year. Families are asked to help with as many of these as possible. Please be on the lookout for emails regarding all of the events listed below and links to [signupgenius.com](https://signupgenius.com) to reserve your spot. If you have any questions about how you can help, please contact Mr. Bishop at 831.422.8510 or [bishop@palmaschool.org](mailto:bishop@palmaschool.org).

#### **RED & GOLD FAMILY DAY**

**Saturday, August 13, 2022**

BBQ  
Farmers' Market  
Activities

#### **HOME FOOTBALL GAMES**

Gate & Ticket Booth  
Hauling & Set-up  
Food Concessions & Barbecuing  
Food Buyer  
Parking  
Concessions area clean-up (after game)

#### **MICKEY LINEHAN MEMORIAL JUNIOR HIGH BASKETBALL TOURNAMENT**

**November 30-December 2, 2022**

Gate and Concession

#### **SCATTINI BASKETBALL TOURNAMENT**

**December 8-10, 2022**

Gate and Concession  
Volunteers

#### **BASKETBALL HOME GAMES**

Gate and Concession

#### **JUNIOR HIGH BASKETBALL HOME GAMES**

Gate

#### **CRAB FEED**

**Saturday, February 11, 2023**

Setup and Cleanup

#### **WRESTLING HOME MATCHES**

Gate and Concession

#### **GOLF TOURNAMENT**

**April 28, 2023**

Volunteers  
Sponsors

#### **SOCCER HOME MATCHES**

Gate

#### **BASEBALL HOME GAMES**

Gate and Concession

#### **LACROSSE HOME GAMES**

Gate

#### **VOLLEYBALL HOME MATCHES**

Gate

#### **JUNIOR HIGH VOLLEYBALL HOME MATCHES**

Gate

#### **SPORTS AWARD CEREMONIES**

**Dates TBA**

Setup and Cleanup  
Servers and Cooks

**– PALMA ATHLETIC DEPARTMENT –**

# SUPPORT PALMA ATHLETICS



## 2022-2023 Booster Card Opportunities

**Family Booster Cards \$275:** Each family member will receive a card. List IMMEDIATE family members authorized to have booster cards (parents & children). With a 2022-2023 Palma Family Booster Card you and your immediate family will have free entry to all 2022-2023 Palma home sporting events (including: baseball, basketball, football, lacrosse, soccer and volleyball) — no standing in ticket lines! Plus, you will also receive one (1) VIP Parking Pass for the VIP Lot at Rabobank Stadium as well as access through the VIP stadium entrance for all Palma home football games.

_____	_____
_____	_____
_____	_____

**Grandparent/Extended Family Booster Cards \$25 each:** If you would like to order additional cards for grandparents or other family members, please list their names below. They will have the same benefits listed above. Grandparent/Extended Family Booster Cards can only be purchased by a valid 2022-2023 Family Booster Card holder. An additional VIP Parking Pass for Rabobank Stadium with all of the VIP privileges can be purchased for an additional \$100.

_____	_____
_____	_____

**Senior Citizen Booster Card \$100 each:** The purchaser of a Palma Senior Citizen Booster Card will have all the privileges listed above. Only two cards per purchaser. You must be age 65 or older to purchase. A VIP Parking Pass to Rabobank stadium can be purchased for an additional \$100.

_____	_____
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**Rabobank VIP Parking Pass \$100 each:** NOTE: VIP Parking Passes are not available without the purchase of a Palma Booster Card.

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Amount Enclosed:** \$ \_\_\_\_\_  **Cash**  **Check #** \_\_\_\_\_

(For credit/debit card payments, please visit the Athletic Director's office at Palma School)

**PLEASE RETURN THIS COMPLETED FORM WITH YOUR PAYMENT TO THE PALMA ATHLETIC DIRECTOR'S OFFICE OR MAIL TO:**

**ATTN: Palma Athletic Council Booster Card, c/o Palma School, 919 Iverson Street, Salinas, CA 93901**

For questions, please contact Rob Bishop, Athletic Director at 831.422.8510 or [bishop@palmaschool.org](mailto:bishop@palmaschool.org)

**HELP FUND PALMA ATHLETICS — PURCHASE YOUR BOOSTER CARD TODAY!**

# NEXT LEVEL

## FLAG FOOTBALL



**NEXT LEVEL SEASON** — LEAGUE PLAY RUNS FROM MID JANUARY THROUGH MID MARCH.

**GRADE BASED DIVISIONS** - TEAMS ARE FORMULATED WITHIN RESPECTIVE GRADE LEVELS.

**STUDENT ATHLETE MENTORS** — ALL TEAMS WILL BE COACHED/MENTORED BY A HIGH SCHOOL STUDENT-ATHLETE.

**COMMUNITY CENTRIC LEAGUE** - PARTICIPANTS ARE ENCOURAGED TO PLAY WITH FRIENDS AND CLASSMATES!

**BALANCED PERSPECTIVE** - PROGRAM BALANCED BETWEEN HEALTHY COMPETITION AND PLAYER DEVELOPMENT.

**PARTICIPATION** - PROGRAM IS OPEN TO ALL CO-ED PARTICIPANTS, KINDERGARTEN THROUGH 8TH GRADE.

GAMES PLAYED AT  
**PALMA**  
HIGH SCHOOL

**P**



SITE MANAGED BY  
**JEFF CARNAZZO**

NO DRAFTS OR TRYOUTS.

EVERYONE PLAYS BOTH OFFENSE AND DEFENSE.

5 VS. 5 GAME PLAY NO CENTER.

PRACTICES AND GAMES ON SAME DAY MOST GAMES ON SUNDAYS.

TEAMS COACHED BY HIGH SCHOOL STUDENT ATHLETES.

REGISTER NOW AT

[WWW.NEXTLEVELSPORTS.COM](http://WWW.NEXTLEVELSPORTS.COM)