

# **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)



# PALMA SCHOOL

KNOWLEDGE • SERVICE • LEADERSHIP



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 performed by a medical doctor (MD), doctor of osteopathy (DO) or chiropractor will be accepted. **Palma's Sports Physicals Night is on Wednesday, August 2nd at 6:00pm in the Steve Clayton Memorial Gym** and is open to all **Palma High School students** for only \$25. High school students can also take advantage of free physicals offered by Monterey Spine and Joint (see next page). A sports physical examination form is included in this packet. Junior high students are required to have the sports physical form filled out by their pediatrician and returned to Palma.
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)

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# MSJ Holding Series of Free Student Athlete Physical Exams Starting on July 15th



Monterey Spine & Joint (MSJ) will be hosting a series of free sports physical exam events for our local community student athletes. These exams are aimed at helping them prepare for the upcoming school year and ensuring their overall athletic success.

**Date and Location:** The first event will take place on Saturday, June 10th at the Physical Therapy Clinic at Ryan Ranch – South Campus, located at 21 Lower Ragsdale Drive, Monterey.

**Attending Physicians:** Our experienced Sports Medicine Physicians, Dr. Anderson, Dr. MC Howard, Dr. Gulate, Dr. Patibanda, Dr. Bernstein, and Dr. Farac, will be present to conduct these physical exams.

**Importance of Sports Physical Exams:** Not only are these exams required for team sport participation, but they are also highly recommended. The primary goal of the exam is to identify any physical conditions that may pose a risk of injury during the sports season. By detecting such conditions early on, we can take preventive measures to avoid potential injuries.

**Event Dates and Times:** We have scheduled a series of five student athlete exam events throughout the summer. The dates for these exams are as follows:

**Saturday, July 15 | Saturday, July 29 | Saturday, August 5**

Each event will run for three to four hours, providing ample time for examinations.

**Open to All Student Athletes:** These exams are open to student athletes from all academic sports teams in the area, as long as they bring their sports physical form with them.

[SIGN UP FOR A SPECIFIC DATE](#)

We encourage you to secure your preferred date early, as slots are expected to fill up quickly.



## 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.

5. If you need more help, [click here](#) for an instructional video. [Click here](#) for detailed written instructions.







## 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 2023-2024 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 sports physical forms?*

The sports physical forms can be downloaded from the Athletics page on our website. 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.

### *What if I do not have yet or know my son's student ID, what do I enter?*

Please enter 00000.





# PRE-PARTICIPATION PHYSICAL EVALUATION SPORTS 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, arrhythmic 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
<b>MEDICAL</b>	<b>NORMAL</b>	<b>ABNORMAL FINDINGS</b>
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>		
<b>MUSCULOSKELETAL</b>		
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



# PRE-PARTICIPATION PHYSICAL EVALUATION HISTORY FORM

(To be filled out by the patient and parent prior to seeing the physician. The physician should keep this in the chart.)

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

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

**Medicines and Allergies:** Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking

Do you have any allergies? ☐ NO ☐ YES — if yes, please identify the allergy: ☐ Medicines ☐ Pollens ☐ Food ☐ Stinging Insects ☐ Other: \_\_\_\_\_

**Explain all “Yes” answers in the space provided below. Circle questions to which you don’t know the answer.**

GENERAL QUESTIONS	Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?		
2. Do you have any ongoing medical conditions? If so, please identify: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections <input type="checkbox"/> Other: _____		
3. Have you ever spent the night in the hospital?		
4. Have you ever had surgery?		
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?		
6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
7. Does your heart ever race or skip beats (irregular beats) during exercise?		
8. Has your doctor ever told you that you have any heart problems? If so, check all that apply: <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection <input type="checkbox"/> Kawasaki disease <input type="checkbox"/> Other: _____		
9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram, etc.)		
10. Do you get lightheaded or feel more short of breath than expected during exercise?		
11. Have you ever had an unexplained seizure?		
12. Do you get more tired or short of breath more quickly than your friends during exercise?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No
13. 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)?		
14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?		
15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?		
16. Has anyone in your family had unexplained fainting, unexplained seizures or near drowning?		
BONE AND JOINT QUESTIONS	Yes	No
17. Have you ever had an injury to a bone, muscle, ligament or tendon that caused you to miss a practice or a game?		
18. Have you ever had any broken or fractured bones or dislocated joints?		
19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?		
20. Have you ever had a stress fracture?		
21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability (Down syndrome or dwarfism)?		
22. Do you regularly use a brace, orthotics or other assistive devices?		
23. Do you have a bone, muscle or joint injury that bothers you?		
24. Do any of your joints become painful, swollen, feel warm or look red?		
25. Do you have any history of juvenile arthritis or connective tissue disease?		

MEDICAL QUESTIONS	Yes	No
26. Do you cough, wheeze or have difficulty breathing during or after exercise?		
27. Have you ever used an inhaler or taken asthma medicine?		
28. Is there anyone in your family who has asthma?		
29. Were you born without or are you missing a kidney, an eye, a testicle, your spleen or any other organ?		
30. Do you have groin pain or a painful bulge or hernia in the groin area?		
31. Have you had infectious mononucleosis (mono) within the last month?		
32. Do you have any rashes, pressure sores or other skin problems?		
33. Have you had a herpes or MRSA skin infection?		
34. Have you ever had a head injury or concussion?		
35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache or memory problems?		
36. Do you have a history of seizure disorder?		
37. Do you have headaches with exercise?		
38. Have you ever had numbness, tingling or weakness in your arms or legs after being hit or falling?		
39. Have you ever been unable to move your arms or legs after being hit or falling?		
40. Have you ever become ill while exercising in the heat?		
41. Do you get frequent muscle cramps when exercising?		
42. Do you or someone in your family have sickle cell trait or disease?		
43. Have you ever had any problems with your eyes or vision?		
44. Have you had any eye injuries?		
45. Do you wear glasses or contact lenses?		
46. Do you wear protective eyewear, such as goggles or a face shield?		
47. Do you worry about your weight?		
48. Are you trying to or has anyone recommended that you gain or lose weight?		
49. Are you on a special diet or do you avoid certain types of foods?		
50. Have you ever had an eating disorder?		
51. Do you have any concerns that you would like to discuss with a doctor?		

**Explain “Yes” answers here**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.**

Signature of Athlete \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_



## P.E. Clothes and Locks

### P.E. CLOTHES

Palma School will once again sell P.E. clothes online this summer. The online store will run from July 1st to July 13th and clothes will be delivered to your home by August 4th. We will run other stores throughout the year to replace any lost items, but to ensure you have P.E. clothes by the start of the school year, order by July 13th.

**ORDER P.E. CLOTHING**



The style of the P.E. shirt has changed this year. Everyone is requested to purchase the new style shirt.

### LOCKS

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

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 \$8.00.

**— PALMA ATHLETIC DEPARTMENT —**





# FRESHMAN FOOTBALL

## First Day of Frosh Football

**Saturday, August 5th, 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** (Mon-Wed-Fri)

#### **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 — QBs/RBs/WRs/DBs**

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 2022-2023 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 2, 2023, at 6:00pm in the Steve Clayton Memorial Gym. Open to all prospective Palma High School athletes for fall, winter and spring sports for \$25.

### 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 Tuesday, August 1, 2023.

### Red & Gold Family Day

#### Saturday, August 12, 2023; 9:00am to 1:00pm; on the Field

Football Scrimmages • Tri-Tip Dinner to Go • Fun Games & Activities • Farmers' Market • Alumni Flag Football Game • 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 22, 2023.

### 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 12, 2023**

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 29-December 1, 2023**

Gate and Concession

#### SCATTINI BASKETBALL TOURNAMENT

**December 14-16, 2023**

Gate and Concession  
Volunteers

#### BASKETBALL HOME GAMES

Gate and Concession

#### JUNIOR HIGH BASKETBALL HOME GAMES

Gate

#### CRAB FEED

**Saturday, February 10, 2024**

Setup and Cleanup

#### WRESTLING HOME MATCHES

Gate and Concession

#### GOLF TOURNAMENT

**May 3, 2024 on Palma's Founder's Day**

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

**Sunday, November 12 and Sunday, May 19**

Setup and Cleanup  
Servers and Cooks

— PALMA ATHLETIC DEPARTMENT —

# SUPPORT PALMA ATHLETICS



## 2023-2024 Booster Cards

☐ **Family Booster Cards \$350:** Cardholders have free entry to **ALL** 2023-2024 Palma **home** games *for high school & junior high sports*. Each family membership will receive one (1) VIP Parking Pass for the VIP Lot at Rabobank Stadium and access through the VIP stadium entrance for all Palma home football games. Each family member will receive a card; list immediate family members — **parents and siblings only**. (Do not list enrolled Palma students as their Student ID authorizes entry at home events.)

1. \_\_\_\_\_

4. \_\_\_\_\_

2. \_\_\_\_\_

5. \_\_\_\_\_

3. \_\_\_\_\_

6. \_\_\_\_\_

☐ **Grandparent/Extended Family Booster Cards \$25 each:** Only available with purchase of Family Booster Cards. Cardholders have free entry and access through the Rabobank VIP stadium entrance for all Palma home football games and **ALL** Palma **home** games *for high school & junior high sports*.

1. \_\_\_\_\_

3. \_\_\_\_\_

2. \_\_\_\_\_

4. \_\_\_\_\_

☐ **Senior Citizen (60+) Booster Card \$100 each:** Palma Senior Citizen Booster cardholders have free entry to **ALL** 2023-2024 Palma **home** games *for high school & junior high sports* and access through the VIP stadium entrance for all Palma home football games. Only two cards per purchase.

1. \_\_\_\_\_

2. \_\_\_\_\_

☐ **Additional Rabobank VIP Parking Pass \$100 each:** Only available with purchase of Palma Booster Card.

Number of passes (maximum of two) \_\_\_\_\_ @ \$100.00 each

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

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

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

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

Please visit the Athletic Director's office to pay with a credit card.

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

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

For questions, please contact Rob Bishop, Athletic Director at 831.422.8510 or 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



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)