

## **AHS PHYSICAL INFORMATION**

You must have a physical evaluation to participate in AHS Athletics. CIF requires that the evaluation be **given after May 18, 2020**, to be valid for the entire 20-21 school year.

THE ATHLETIC PACKET IS ALL ONLINE AT DRAGONFLY MAX. YOU WILL NEED TO DOWNLOAD THE APP FROM EITHER THE APP STORE OR GOOGLE PLAY AND FILL IN ALL THE REQUIRED INFORMATION. ONCE YOU HAVE THE APP, **SELECT "MY INFO" OR "MY PROFILE" IN THE TOP CORNER** AND CONTINUE READING, COMPLETING AND SIGNING ALL THE APPROPRIATE PLACES. WHEN YOU HAVE COMPLETED ALL THE REQUIRED PLACES, YOU WILL SEE A **GREEN BAND THAT SAY "100% COMPLETE"**. THIS PROOF IS WHAT YOU NEED TO PRINT FROM YOUR COMPUTER OR HAVE ON YOUR ATHLETE'S PHONE TO SHOW THE ATHLETIC OFFICE. ONCE DRAGONFLY MAX IS 100% COMPLETE, YOUR PHYSICAL DATED MAY 18, 2020 OR LATER AND THE EMERGENCY CARD IS TURNED IN, YOUR ATHLETE CAN GET THEIR ORANGE CARD TO GIVE TO THEIR COACH FOR PARTICIPATION IN THEIR SPORT.

### **PLEASE HELP SUPPORT YOUR ATHLETIC PROGRAM BY PURCHASING AN ASB STICKER!**

Purchasing an ASB sticker is optional. Thank you for supporting your Athletic Program. Your donation of \$50.00 is used to help defray costs associated with first aid materials, athletic training supplies and costs associated with the management of athletic contests. Purchase of an ASB Sticker grants complimentary entrance to athletic home contests (except CIF) and most ASB events.

### **PARENT/GUARDIAN AND STUDENT PLEASE COMPLETE THE FOLOWING**

- **EMERGENCY CARD (CONSENT FOR EMERGENCY TREATMENT IN ADVANCE OF NEED)**
- **PHYSICAL & HISTORY FORM**
- **DRAGONFLY MAX APP UPLOADED AND ALL APPLICABLE SECTIONS FILLED OUT COMPLETELY**