

MGM Visual Ensemble Auditions



Dance

*Clinic: March 19-20
3:00-5:00
Auditions: March 21
3:00-Until*

Majorettes

*Clinic: March 26-27
3:00-5:00
Auditions: March 28
3:00-Until*

Color Guard

*Clinic: April 10, 11, 14
3:00-5:30
Audition: April 15
3:00-Until*

Get your audition packet in the MGM Band Room

****You may keep the attached informational packet. All documents and forms must be submitted the day before your clinic. (March 18th for dance, March 25th for majorette and April 9th for color guard). If you are coming from a middle school, you may bring your packet with you on the first day of the clinic if you cannot turn it in prior. If this is your case, please email hnhart@mcps.com to let us know to expect you. Include your name, middle school and section you are going to clinic/auditioning for.***

Audition and Team Information Packet

On the first day of your clinic, please arrive at your audition site (MGM Gym) at 2:45. If you do not know where that location is, report to the band room to be taken to the site of the audition clinic.

Audition results will be posted on the band website no later than 2 hours after completion of auditions www.mgmband.com. Results will be posted on social media as well.

If you make the team, a mandatory parent meeting will be held following. The dance team's date will be announced after tryouts. Majorette/color guard members' parent meeting will be held on April 29th at 6:00 in the band room.

Weapon line will audition separately from the color guard. (You must have one year of guard experience and make the team for the upcoming season to audition for the weapon line).

Both the Clinics and Auditions will be CLOSED --- no family, friends, etc. will be allowed to watch. You must remain outside of all areas until students are dismissed!

Clinic Fee \$30.00 (non-refundable) This must be turned in with your audition packet by March 18th for dance, March 25th for majorette and April 9th for color guard (Cash, Visa online, or checks payable to MGM Band). **Turn into the bandroom.** If you are coming from a middle school and cannot turn the packet into the band room prior to the clinics, you may bring everything with you on the first day of clinics. If this is your case, please email hnhart@mcpss.com to let us know to expect you. Include your name, middle school and section you are going to clinic/auditioning for.

Clinic Attire

- NO jeans or school pants
- No baggy clothing that hides or hinders your ability to move
- Dance needs white tops and black bottoms each day of clinic
- NO JEWELRY! (For your safety)
- Guard needs jazz shoes or tennis shoes (dance shoe preferred)
- Majorettes need jazz shoe or prowlers – NO tennis shoes or socks
- Dance must wear jazz shoes or other dance shoe – NO tennis shoes or socks
- Wear your hair up and out of your face

Audition Attire

- Guard and dance: All black clothing with no writing
- Majorettes: White tops and black bottoms
- No baggy or flowy clothing that hides or hinders your ability to move
- Dance may not wear t-shirts
- NO JEWELRY! (For your safety)
- Guard needs jazz shoes or tennis shoes (dance shoe preferred)
- Majorettes need jazz shoe or prowlers – NO tennis shoes or socks
- Dance must wear jazz shoes or other dance shoe – NO tennis shoes or socks
- Wear your hair up and out of your face
- Makeup (can be natural or performance makeup)

Dance and Majorettes require previous experience and knowledge of their selected sport (please see requirements prior to auditions).

Color guard does not require previous experience, you will learn everything you need to know at clinics. However, prior dance experience is helpful and preferred as there are many dance elements to the sport.

2025-2026 MGM VE Tryout expectations

- You will not be allowed to participate in clinic days unless all parts of the packet are accounted for (this includes missing signatures).
- The times are subject to change; instructors may take up to an additional 15 minutes after the posted time to complete any needed instruction.
- During auditions, if you leave before you are dismissed you risk losing your place. If the judges need to do any call-backs and you are not present you will receive “0” points for the tryout.
- Remember, we will not discuss individual results with any student or parent.
- Instructors will voice their concerns or opinions of a person’s character and behavior in a team environment throughout the week.
- You can be removed from the clinics or tryouts if you break any of the rules that have been listed: including images or messages showing you with anything that is listed as illegal by the state of Alabama or the sheltering institution.
- If you miss any days of the clinic for any reason, you will not receive any preferential treatment when it comes to judging.

*** By attending our clinics you understand and agree to the expectations listed above. ***

Visual Ensemble Fee Sheet Estimation					
Danceline		Majorette		Colorguard	
Jazz Shoes (2)	\$96.00	Twirling Shoes	\$50.00	Guard Shoes **	\$48.00
Earrings**	\$10.00	Batons (2)	\$68.00	Earrings **	\$10.00
Peps**	\$230.00	Earrings **	\$10.00	Guard Glove(s) **	\$15.00
Pep Shoes **	\$40.00	Peps	\$80.00	Peps	\$80.00
Poms	\$22.00	Pep Shoes **	\$40.00	Pep Shoes **	\$40.00
VE Bag**	\$80.00	Poms	\$22.00	Poms	\$22.00
Warm-Up Jacket **	\$55.00	VE Bag **	\$80.00	VE Bag **	\$80.00
Tights (2)	\$34.00	Baton Bag	\$35.00	Flag Bag	\$30.00
Costume Fee	\$185.00	Warm-Up Jacket **	\$55.00	Warm-Up Jacket **	\$55.00
Instructor Fee	\$100.00	Tights (2)	\$34.00	Costume	\$185.00
Transportation Fee	\$100.00	Costume	\$250.00	Instructor Fee	\$100.00
+Competition Costs	–	Instructor Fee	\$100.00	Transportation Fee	\$100.00
		Transportation Fee	\$100.00	+Winter Guard Fee	\$200.00
Total	\$952.00	Total	\$924.00	Total	\$965.00

**** Items that do not need to be purchased if you still have them in good condition from last season. You may request to replace as needed.**
+ Please note that color guard and dance have two seasons they are required to participate in when making the team.

Majorette Requirements

You need to create a 1 minute and 30 second routine to perform for the judges. This should show all of your skill and level ability. You will also learn a routine during clinics.

Basic Skills

- Vertical 1-Turn
- Vertical 2-Turn
- Horizontal 1-Turn
- Bow Toss
- Blind Toss
- Finger Twirls - Vertical and Horizontal
- High kicks - Right and left
- Fan kick - Right
- Splits - Right and left
- Leaps - Right and left
- Illusion - Right and left

*Skills such as leaps, illusions, and kicks should be just as strong on the right side as they are on the left

Subject to change at coaches discretion.

Routine

- Knowledge of Routine (taught at clinic)
- Flexibility and Control
- Placement – Arms, Legs and Body
- Timing
- Performance Attitude
- Enthusiasm/Spirit
- Projection and Rhythm
- Smile

Color Guard Requirements

Basic Skills

- Drop spins - Right and left
- Extensions - Right and left
- Cones
- Carousel/Figure Eights
- Pull hits
- Hitch toss
- Turns and Kicks

Subject to change at coaches discretion.

Routine

- Knowledge of routine (taught at clinic)
- Flexibility and Control
- Placement—arms, legs, and body
- Timing
- Performance Attitude
- Rhythm
- Enthusiasm
- Flag control

*Skills will all be taught at clinic

Dance Team Requirements

Basic Skills

- Right and Left leaps
- Leap in Second
- Double Pirouette
- Calypso Leap
- Turns in Second
- Splits and Heel stretches
- Right and Left Kicks
- Toe Touch
- Bonus- Ariel, Headspring, Back Handspring, Switch Leaps

Subject to change at coaches discretion.

Routine

- Knowledge of Routine (taught at clinic)
- Flexibility and Control
- Placement of Arms, Legs and Body
- Timing
- Execution of Skills and Movement
- Performance Attitude and Enthusiasm
- Projection and Facials

To try out for Captain/Co-Captain you must:

- Write Captain on the front of your packet.
- You must have been on the Visual Ensemble the previous season.
- Lead a cleaning session of your tryout routine.
- Be interviewed by the band directors, Instructors, or judges.
- Have a clean discipline record with the school and band and demonstrate exemplary character and leadership skills.
- **We do NOT have to a captain for a section if we do not feel the candidates meet the standards for the position, additionally being the only candidate does not guarantee you will receive it**
- **** Please note, you can be removed at any time per directors discretion.****

Outside of the Marching Band, Dance and Color Guard are required to participate in competition seasons. The following is information pertinent to those groups for that time period.

Mary G. Montgomery High School Dance Team Competition Overview

The following are additional fees and events for dance noted by +*Competition costs* in fee estimations:

- We are attending NDA 2025 Summer Dance Camp. Possible date 6/9/25-6/13/25 in Foley, AL. This is an overnight camp and is mandatory for all team members.
 - Approximate cost for camp \$550 per dancer (fundraising usually covers this cost, but it depends on how much the dancer participates in fundraisers.)
- Choreography for competition routines
 - Usually around \$200 per dancer
- Nationals February 2026 in Orlando, FL.
 - Approximate cost for the entire nationals trip, \$800.

PLEASE NOTE, fundraisers will be offered for both band fees and competition fees to help offset the overall cost.

Usually we do pretty well as long as everyone participates. In years past we have been able to cover over half of the above cost if not more in fundraisers just for competition season.

All above prices are estimates from previous years. Be prepared for practices for NDA camp starting about two weeks after tryouts and practicing at least once a week into June to prepare for camp. Be prepared to start National practices as soon as football/ band season is over. These are in addition to band events.

Mary G. Montgomery High School Dance Team Competition Overview

The following is information pertaining to Winter Guard International (WGI):

- We attend approximately four Winter Guard competitions between the months of January and March. This is mandatory for all members of the team. All attendance and grading parameters for winter guard practices and performances are the same as they are for marching band.
- All fees associated with the winter season are already included in your overall fee sheet estimation.
- Rehearsals for the winter season begin immediately after football/marching season concludes. We will have 4-5 Saturday practices to set staging, teach choreography, and clean choreography. These all have mandatory attendance.

PLEASE NOTE, fundraisers will be offered for all fees to help offset the overall costs.

**MGM Band
Visual Ensemble
Audition Form**

Please Circle: **Color Guard** **Dance** **Majorette**

Name _____

Grade Level (2025-2026) _____ **Date of Birth** _____

Address _____

City/State/Zip _____

Parent Cell 1 () _____ **Parent Cell 2 ()** _____

Email Address _____

Parent(s) _____

Parents' Email Address _____

=====

Experience (please explain)

The following documents and forms must be returned with this application. Place these items in the manila envelope provided and return to the band room before March 18th (dance), March 25th (majorette) and April 9th (color guard). You may keep the stapled informational packet.

- Audition Form (this form)
- Waiver
- Rules and Regulations Form
- Code of Conduct signed by student and parent
- Attendance Policy
- Physical (Make a copy for your records)
- Copy of 1st Semester Report Card (or current grades from schoology)
- \$30 Clinic Fee (non-refundable check (cash or credit) made payable to MGM Band)

I have checked off ALL of the above items. My signature is to certify that these items are included with my application.

Student Signature: _____ **Date:** _____

Parent Signature: _____ **Date:** _____

WAIVER

Release and Indemnification Agreement

I am the parent or guardian of _____, and current or future student at MGM High School. My child desires to participate in the MGM Band Visual Ensemble program at the school, and I desire for my child to participate in the MGM Band Visual Ensemble program at Mary G. Montgomery High School.

I have read the by-laws, rules, and regulations applicable to the Visual Ensemble program.

I hereby acknowledge that participation in the VE program carries with it potential hazards. My child could fall, be knocked over, run into, or bumped; receive bruises, broken bones, concussion, and serious injury as a result of some of the dance, gymnastics, acrobatics, flag choreography, and/or prop choreography practiced or performed as part of the Visual Ensemble program.

I understand that the school sponsor and the parent or faculty volunteers will not be able to be present at all practices or performances and, even if present, may not be physically close enough to any given VE member at any given time in order to prevent an accident or injury from occurring.

I hereby attest and verify that my child is in good health and is physically fit to participate in the strenuous exercise necessary as part of the Visual Ensemble program.

IN CONSIDERATION for my child having the opportunity to participate in the school’s Visual Ensemble program, I hereby release the Board of Education, the school, the principal, the sponsor, and the faculty and parent volunteers, or any one or more of them or their executors, administrators, heirs, next of kin, successors, or assigns of and from any liability, whether or not caused by negligence, resulting from injury or death as a result of my child’s participation in Visual Ensemble activities and related events.

IN FURTHER CONSIDERATION of the acceptance of my child in the Visual Ensemble program at the school:

- a. I hereby agree to comply with all the rules and regulations applicable to the Visual Ensemble program, to encourage my child to comply, and to assist the Visual Ensemble sponsor and the faculty and parent volunteers in encouraging all participants in the Visual Ensemble program to comply.
- b. For myself, my executors, administrators, heirs, next of kin and assigns: I HEREBY WAIVE AND RELEASE any and all claims that I may have against the Board of Education, the school, the principal, the sponsor and the faculty and parent volunteers, or any one or more of them or their executors, administrators, heir, next of kin, successors or assigns (“the Releasees”) of and from any liability, including any and all claims for damages caused by the negligence of any of them, resulting from or arising out of my child’s participation in Visual Ensemble Activities and related events.
- c. I FURTHER HEREBY AGREE TO INDEMNIFY AND HOLD HARMLESS the Releasees of each of them against any such claim for injury, damage, or costs, including attorney’s fees arising from, related to, or otherwise occurring as a result of the negligence of any of them, in connection with my child’s participation in Visual Ensemble activities and related events.
- d. I FURTHER HEREBY CONSENT to allowing my child to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness resulting from or arising out of my child’s participation in Visual Ensemble activities and related events.

Signature of parent/guardian Date

Signature of Notary Public Date

My commission expires

Notary Public’s Seal:

MGM Band Visual Ensemble

2025-2026

Rules and Regulations

- All team members must meet Alabama's "No Pass, No Play" academic standards.
 - This consists of four core content courses and any two elective classes with a composite grade of 70/C from the current and/or preceding year.
 - Prompt attendance at all rehearsals and performances is mandatory.
 - All fees must be paid by the date they are due. Failure to do so may result in removal from the halftime show.
 - Team members must show respect for authority and each other at all times. They must also act as good role models for the student body by following the Code of Conduct.
 - Each team member must attend a mandatory Band Camp in July. This camp is two weeks long. (Check the calendar, mgmband.com)
 - Each member must also attend a mandatory VE camp prior to band camp to begin working on fundamentals and routine.
 - Team members must take Band class as an elective (P.E. credit)
 - Team members are required to attend all practices and rehearsals as outlined in the yearly band calendar.
 - Team members must adhere to all MGM Marching Band guidelines as outlined in the MGM Marching Band handbook.
 - Team members will not allow a job or other extra-curricular activities to interfere with rehearsals or performances.
 - Students who miss a scheduled performance without prior approval will be barred from trying out next year and/or removed from the line immediately.
- *** Any exceptions to the above stated rules may be made by the band director if deemed necessary.

By signing this form, I accept the responsibilities listed on the information sheet should I be selected as a member of the MGM Band Visual Ensemble. I will attend all rehearsals and performances, pay all fees, and abide by the policies of the MGM High School Marching Band and the MGM Visual Ensemble Code of Conduct. I also realize that the judge's decisions are final and scores will not be released.

Student Signature _____ Date _____

Parent Signature _____ Date _____

**MGM Band
Visual Ensemble
Code of Conduct**

1. All VE members will show respect for authority- the Band Director, Associate Band Director, all Instructors and Student Leaders.
2. All VE members will show respect for each other and other line members.
3. All VE members will attend mandatory band camp, all called practices, and rehearsals.
4. All VE members will be active in all band activities, parades, etc. Failure to do so may disqualify members from being eligible to audition in the future.
5. All VE members will act as good role models for the entire band and the school student body.
6. School suspension or skipping may result in removal from the VE.
7. Any VE member who criticizes or makes derogatory remarks to another VE member will not be tolerated. If this happens, the VE member(s) may sit out one (1) performance. If this treatment continues the member(s) may be removed from the VE. The band director and instructor will handle this action.
8. No section of the VE may alter their field show costume or wind suit in any way (including monogramming) without the permission of the band director and instructor. Any section wishing to alter any issued clothing must have every member participate, or else it will not be allowed. We must look uniform at all times.
9. Any VE member who shows up for a performance not wearing the correct attire including jewelry will not be allowed to participate and may be sent home. This is at the discretion of the band director. The absence will not be excused and the grade can not be made up.
10. I understand that I may be asked to sit out of a performance if I missed the dress rehearsal or have not been able to pass off my routine.

I _____ have read the MGM Band Visual Ensemble Code of Conduct. If I do not abide by these rules I understand I risk being removed from the VE.

Student

Date

Parent

Date

MGM Band Attendance Policy

This document should serve as an informational tool to help band students as well as their families plan around potential issues as it relates to attendance at band functions and how this connects to a student's successful completion of any class in the department of bands. Please feel free to set up an appointment to discuss any questions you have concerning this policy.

It is expected that members of any performing ensemble in the department of bands will attend **every** rehearsal and performance in its entirety. Students who have genuine conflicts with a rehearsal or performance should observe the procedures outlined below. After reaching high school, students must be aware of the commitment to after-school rehearsals and performances. Band is a performance class. Unexcused absences, lack of cooperation, and continued discipline infractions can result in a lowered or failing grade, denial of participation, or even dismissal from the performing group. Students ARE REQUIRED TO notify director, assistant director, VE sponsor for an absence including requests to miss a future rehearsal or performance at least four weeks in advance. ***During the fall semester especially, we are very, very serious about attendance because of its impact on quality. A performer's presence at these rehearsals cannot be inconsistent if they expect to remain performance ready and ultimately in the performance line-up. Attendance of band rehearsals and performances has a direct correlation to success and quality for the band program. The band cannot function without its members. The success of this band is dependent on its members participating in every event all the time.***

Attendance Philosophy/Policy

Attendance at practices and performances is mandatory. Any exception to this policy will be at the discretion of the director(s). If an emergency should arise which would cause tardiness or absence from a rehearsal or performance, you should make every attempt to notify the director(s) of the situation as soon as possible. If you have a personal conflict of importance on a rehearsal or performance **date you will need to notify the director in writing at least four weeks in advance** of the time you want your request to be considered. This will allow time for an alternate to adequately learn your assignment or the director to make adjustments. If your request is considered valid, it will be excused however, to be fair to the alternate who is learning your drill assignment, you will lose performance privileges for a minimum of one additional week even if the absence is excused. In making your request ***please be sure to give the director enough information to adequately assess the situation. "I have a family thing" is not enough information.*** We all have "family things." If it is an emergency we will be glad to help. We have families too so we know things can spring up! In general, we are **very** judicious (stingy!) about allowing students to miss performances – for any reason. Because Band is a performance oriented class, it is virtually impossible to "make up" a missed performance. If a student's absence is given "excused" status, they will be required to complete an alternate assignment to make up the missed time. It is the responsibility of the absent performer to contact the band office for that assignment.

Remember, any student who misses **any portion** of a rehearsal is subject to replacement for an indeterminate length of time if a qualified alternate is available. You will be mainstreamed back into the line-up as a position becomes available.

Valid Excused Absences

1. **Personal Illness** -which will cause the student to miss a rehearsal or performance (please call the Band Office to inform us of missing due to sickness).
If a student leaves school early due to illness, he/she should call the band office and inform a band director so that rehearsal adjustments can be made. Remember, unexcused absences can lead to replacement in the performance line-up. Abuse of this policy will result in removal from the show.
2. **Death of a Relative** - No prior notice needed.

3. **Observance of a Religious Holiday**
4. **National Testing- i.e. ACT, SAT** with proof of registration
5. **College Visits** – ONLY for rehearsal IF prior arrangements have been made with the Director.
6. **Emergencies** – ONLY in circumstances which, in the judgment of the band directors, constitute a good and sufficient cause for absence from band rehearsal.

Invalid excuses for Absences

1. **WORK IS NOT** a valid excuse to miss school therefore it is invalid for missing rehearsals or performances. The band calendar is put together months in advance of any performance. It is the responsibility of the student to adjust his/her work schedules in order to be able to attend band events (including rehearsals).
2. **Parents and students must be aware that THE FAIR IS NOT a valid excuse to miss school therefore it is invalid for missing rehearsals or performances.** If the fair is a priority over band for any family, please consider being involved in another group on campus that does not require as much time.
3. **Concerts or shows are not valid reasons for missing a band event.** Rock bands tour all over the country all year long. Attending one of these concerts should not be considered a “once in a lifetime” experience. In fact, often times bands come and perform at the same venue year after year (this includes Bayfest). The experiences a student has in band both at rehearsals and performances simply cannot be redone and therefore **SHOULD** be considered a once in a lifetime experience.

Any absence from after-school rehearsal may lead to the performer being held out of that week’s performance. Any absence from a performance may lead to a performer being pulled from the performance line-up for an indeterminate length of time – possibly for the remainder of the season. The directors will not divert teaching time from those who have been in attendance in order to mainstream those who have not been in attendance back into the performance line-up.

Grading

Because any performing arts class is considered to be “co-curricular,” which means a portion of the class is held during the school day while the remainder of the class is held outside the traditional school day. In other words, this course generally requires students to participate in extra rehearsals and performances beyond the school day. As such, a student’s grade is directly linked to attendance at these functions.

Any student who is excused from a performance will be required to complete a “make-up” assignment when they return to school. These assignments will be distributed by the Band Office prior to an absence if prior notice is given otherwise, the student will be given the assignment upon their return to school NOTE: All school policies regarding the amount of time a student has to complete their make-up work are applicable. Please refer to the Mary G. Montgomery High School Student Handbook for these criteria. A person who misses half of a practice will be counted as absent.

ALABAMA HIGH SCHOOL ATHLETIC ASSOCIATION

Preparticipation Physical Evaluation Form
Revised 2018

Revised 2018

History

Name _____ Sex _____ Age _____ Date _____
 Address _____ Date of birth _____
 School _____ Grade _____ Phone _____
 Sport _____

Explain "Yes" answers below:	Yes	No
1. Has a doctor ever restricted/denied your participation in sports?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you ever been hospitalized or spent a night in a hospital? Have ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you have any ongoing medical conditions (like Diabetes or Asthma)?	<input type="checkbox"/>	<input type="checkbox"/>
4. Are you presently taking any medications or pills (prescription or over-the-counter)?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you have any allergies (medicine, pollens, foods, bees or other stinging insects)?	<input type="checkbox"/>	<input type="checkbox"/>
6. Have you ever passed out during or after exercise? Have you ever been dizzy during or after exercise? Have you ever had chest pain or discomfort in your chest during or after exercise? Do you tire more quickly than your friends during exercise? Have you ever had high blood pressure? Have you ever been told that you have a heart murmur, high cholesterol, or heart infection? Have you ever had racing of your heart or skipped heartbeats? Has anyone in your family died of heart problems or a sudden death before age 50? Does anyone in your family have a heart condition? Has a doctor ever ordered a test on your heart (EKG, echocardiogram)?	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you have any skin problems (itching, rashes, staph, MRSA, acne)?	<input type="checkbox"/>	<input type="checkbox"/>
8. Have you ever had a head injury or concussion? Have you ever been knocked out or unconscious? Have you ever had a seizure? Have you ever had a stinger, burner, pinched nerve, or loss of feeling or weakness in your arms or legs?	<input type="checkbox"/>	<input type="checkbox"/>
9. Have you ever had heat or muscle cramps? Have you ever been dizzy or passed out in the heat?	<input type="checkbox"/>	<input type="checkbox"/>
10. Do you have trouble breathing or do you cough during or after activity? Do you take any medications for asthma (for instance, inhalers)?	<input type="checkbox"/>	<input type="checkbox"/>
11. Do you use any special equipment (pads, braces, neck rolls, mouth guard, eye guards, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>
12. Have you had any problems with your eyes or vision? Do you wear glasses or contacts or protective eye wear?	<input type="checkbox"/>	<input type="checkbox"/>
13. Have you had any other medical problems (infectious mononucleosis, diabetes, infectious diseases, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>
14. Have you had a medical problem or injury since your last evaluation?	<input type="checkbox"/>	<input type="checkbox"/>
15. Have you ever been told you have sickle cell trait? Has anyone in your family had sickle cell disease or sickle cell trait?	<input type="checkbox"/>	<input type="checkbox"/>
16. Have you ever sprained/strained, dislocated, fractured, broken or had repeated swelling or other injuries of any bones or joints? <input type="checkbox"/> Head <input type="checkbox"/> Back <input type="checkbox"/> Shoulder <input type="checkbox"/> Forearm <input type="checkbox"/> Hand <input type="checkbox"/> Hip <input type="checkbox"/> Knee <input type="checkbox"/> Ankle <input type="checkbox"/> Neck <input type="checkbox"/> Chest <input type="checkbox"/> Elbow <input type="checkbox"/> Wrist <input type="checkbox"/> Finger <input type="checkbox"/> Thigh <input type="checkbox"/> Shin <input type="checkbox"/> Foot	<input type="checkbox"/>	<input type="checkbox"/>
17. When was your first menstrual period? _____ When was your last menstrual period? _____ What was the longest time between your periods last year? _____		
Explain "Yes" answers: _____ _____ _____		

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

Signature of athlete _____ Date _____

Signature of parent/guardian _____

DUPLICATE AS NEEDED

Preparticipation Physical Evaluation

Rule 1, Sec. 14 — In order for a student to be eligible for interscholastic athletics, there must be on file in the Superintendent's or Principal's office a current physician's statement certifying that the student has passed a physical exam, and that in the opinion of the examining physician (M.D. or D.O.) the student is fully able to participate in interscholastic athletics (Grade s 7-12). The AHSAA Physicians Certificate (Form 5 Rev. 2018) must be used. **A physical exam will satisfy the requirement for one calendar year through the end of the month from the date of the exam. For example, a physical given on May 5, 2018, will satisfy the requirement through May 31, 2019.**

Student's name _____

Physical Examination

Revised 2018

LIMITED	Height _____ Weight _____ BP ____ / ____ Pulse _____		
	Vision R 20 / ____ L 20 / ____ Corrected: Y N		
		Normal	Abnormal Findings
	Cardiovascular		
	Pulses		
	Heart		
	Lungs		
	Skin		
	E.N.T.		
	Abdominal		
	Genitalia (males)		
	Musculoskeletal		
	Neck		
	Shoulder		
	Elbow		
	Wrist		
	Hand		
	Back		
	Knee		
	Ankle		
Foot			
Other			

Clearance:

A. Cleared

B. Cleared after completing evaluation/rehabilitation for: _____

C. Not cleared for: Collision Contact Noncontact _____ Strenuous _____ Moderately strenuous _____ Nonstrenuous

Due to: _____

Recommendation: _____

Name of physician _____ Date _____

Address _____ Phone _____

Signature of physician _____, M.D. or D.O.

(Form must be signed and dated by the attending physician.)