

The Athletic Packets from years past are no longer. Everyone is now required to complete the online **Athletic Clearance** before you can play Lacrosse.

If you have already completed the process, you need to go online to make sure you are cleared.

Instructions for Athletic Clearance:

http://assets.ngin.com/attachments/document/0098/0594/Athletic_Clearance_Instruction_2016-17.pdf

Website to complete Athletic Clearance:

www.athleticclearance.com

Physicals are required to get clearance. If you are unable to get in to see your doctor, South Coast Medical in Aliso Viejo will take walk-ins for Sports Physicals. A flyer with details is included in the Instructions for Athletic Clearance. Make sure to print and take the physical form with you to be signed by the doctor.

Scan or take a photo of your signed Physical Form and upload it to your Athletic Clearance account. You won't be cleared until you do so.

Multiple Sport Athletes - *At the start of every new sport season, you will need to sign up for that particular sport. So, **if you played a fall or winter sport**, go in to your Athletic Clearance account and make sure to follow the steps to get clearance for Lacrosse if you haven't already done so.*

Please contact Chad Addison, cmaddison@capousd.org if you have any questions about the new online clearance process.