



PHYSICAL EXAMS

Below is the official CVAA Youth Football & Cheer Physical Card which needs to be filled out and completed on below card by an authorized physician (**NO photocopies of card allowed**) and must include:

- Doctor's original signature **AND** stamp
- Doctor's full address and phone number
- Card must be signed in current calendar year

Participants will NOT be allowed to practice without a completed official Physical Card.

Options to return the completed/signed Physical Card:

Mail to: CVAA, PO Box 769, Clayton, CA 94517

Cheer - Bring to mandatory "Cheer Fittings", Date TBD

Football - Bring to mandatory Saturday, July 8, Location TBD

**DO YOU STILL NEED
YOUR PHYSICAL CARD
FILLED OUT?**

STRAND CHIROPRACTIC
CASEY STRAND
925-680-0640

***The deadline to turn in your Physical Card is at Cheer Fittings (Cheer) or Jr. Eagle Day (Football).**

EXAMINING PHYSICIAN'S STATEMENT

I hereby certify that _____

Name of Youth (Print)

was examined by me on _____ / _____, 20_____

and found physically fit to engage in the East Bay Youth Football and Cheer league.

Signature of Physician

Address (Stamp Please)

_____/_____/_____
Date Signed

Office Phone Number