

PHYSICAL EXAMS

Below is the official CVAA Youth Football & Cheer Physical Form which needs to be filled out and completed by an authorized physician.



- 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 valid Physical Form.

(This form will need to be uploaded to the new online player certification website that EBYFC is using for the 2024 season) More details will be available as the season approaches.

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

STRAND CHIROPRACTIC
CASEY STRAND
925-680-0640

Don't get stuck in a last minute scramble to get your physical form filled out!

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