

Attention
SDHS Athletes...

SAN DIMAS HIGH SCHOOL

\$\$\$ FOR PHYSICALS PRE-SEASON FUNDRAISER!

Team physicals will be performed at San Dimas by SDHS Team Physician, Dr. Ryan Agena, along with the staff of MDs, DOs, PTs, and ATCs from the Sports Medicine Center (SMC). CIF rules mandate all student athletes must complete and pass a Pre-participation Examination by a qualified physician each year before they will be allowed to play. This physical will satisfy the CIF requirement for the 2009-10 school year.

Cost: \$20.00 / Checks made payable to: PVHMC Sports Medicine Center
Turn a CIF requirement into one of your largest athletic fundraisers ever!
— PROCEEDS WILL GO TO SAN DIMAS ATHLETICS —

WEDNESDAY – MAY 6, 2009

- WHO: FOOTBALL – ALL TEAMS
- PLACE: San Dimas High School – Field House
- TIME: 6:00 PM
- BRING: 1) PAYMENT – \$20
2) CONSENT form – completed/signed
3) HISTORY form – completed/signed
- FORMS: Available from Coach Zernickow
Also online – <http://sandimassaints.ca.usfootballnet.com>

Athletes MUST bring the COMPLETED forms — NO FORMS, NO PHYSICAL!

**CAN'T MAKE IT?
HERE ARE TWO
OTHER WAYS TO
GET IT DONE...**

** A parent/guardian MUST
accompany the athlete*

SMC PHYSICIAN CLINIC

Pomona Valley Hospital Medical Center

*PT & Rehab Department
(909) 865-9810*

*Monday and Thursday
5:00-6:30 PM
Appointment only*

*\$31.00 due upon arrival
Bring completed PPE forms*

URGENT CARE

Pomona Valley Health Centers

*Claremont (909) 865-9977
Chino Hills (909) 630-7868*

*Monday-Friday: 8 AM-8 PM
Weekends: 9 AM-5 PM
Appointment or walk-in*

*\$40.00 due upon arrival
Bring completed PPE forms*



*The Sports Medicine Center
at Pomona Valley Hospital
Medical Center is happy to
provide our local teams with pre-participation examinations as
a community service. Here's to a healthy, injury free season!*

*Duane Styles, MD – SMC Medical Director
Rick Rossman, MS, PT – SMC Administrative Director*



Sports Medicine Center

Athletic Care From Injury Through Return To Play ... Since 1983

Proudly serving the communities surrounding

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