



## TRABUCO HILLS HIGH SCHOOL INSTRUMENTAL MUSIC PROGRAM



### PRE-PARTICIPATION PHYSICAL EXAMINATION FORM & ONLINE ATHLETIC CLEARANCE

Welcome to Trabuco Hills High School Instrumental Music Program! In order to participate in the Thundering Mustangs Marching Unit (band/drumline/guard), all members **must** complete the Athletic Clearance Process. Saddleback Valley Unified School District uses an online submission process. If your student will participate in more than one sport, you can add additional sports to the application.

Athletic Clearance requires a physical exam by a licensed doctor. The doctor's office will then need to complete the [Pre-Participation Physical Evaluation Form](#), please download, print and take it with you to your student's appointment with the physician.

Once your student's physician has completed the form, you will need to complete the online Athletic Clearance application at [AthleticClearance.com](#) and upload the last page of the Pre-participation Physical Evaluation Form.

#### Instructions

1. Go to [AthleticClearance.com](#)
2. Register / Create an account under 2024-2025 school year. If you have an existing account, log in and update 2024-2025. Update any new information and upload a current medical eligibility form.
3. Upload the medical eligibility form completed by the physician. The form must be signed, stamped, dated, and have a recommendation by physician. You only need to upload the last page.

**MUST BE COMPLETED ONLINE NO LATER THAN JULY 29, 2024**