

Welcome back Bruin family!

The athletic department is excited to announce the re-opening of Bear Creek sports. Our department has been working closely with school and district administration to create a carefully developed plan to help in the safe return of our students to the courts and the fields.

Please take a moment to review the documents enclosed in the athletic clearance e-packet, and take special note of the Coronavirus liability form.

We have made arrangements for our student-athletes to have walk-in physical exam appointments with Dr. Ara Tekerlek at Spinal Care (8829 Davis Rd Suite #1). The cost is only \$20. You may go any Monday, Wednesday, Thursday, or Friday from 8:30-11 and 1-5pm. PLEASE HAVE THE PHYSICAL FORM PRINTED (it can be found on your athletic clearance account) AND FILLED OUT WITH YOUR PERSONAL INFORMATION SO WE CAN MINIMIZE CONTACT, FOR EVERYONE'S SAFETY).

Student-athletes are encouraged to get their physicals and paperwork together as soon as possible. Each student athlete must have a new physical taken regardless of the 19-20 physical expiration. Thank you in advance for understanding. We will be giving each student-athlete who is cleared a "yellow" clearance card they will turn that into their head coach when they report for conditioning, as well as a daily health check form. This is a self-evaluation that must be done by the student-athlete prior to conditioning/practice daily. We will discuss this new requirement with each of the athletes.

Please see the list below for the drive-thru mass team clearance dates to take place in the student parking lot. Please only come to school if you have everything in place to be cleared (athleticclearance account is complete and you have your physical in hand):

Tuesday, June 30

12-2pm	Football and Cheer
2-3pm	B/G Cross Country
3-5pm	Girls Tennis, Girls Golf, Girls Volleyball, B/G Water Polo

If students are not able to swing by to get their clearance, they may still get everything filled out online and turn their physical paper into the head varsity coach of the program (only). The athletic department will then clear athletes on Tuesdays and Thursdays from 12-2pm weekly. Please understand that if a physical is turned in on a Monday, for example, they would be cleared no later than 2pm on Tuesday. They must be cleared prior to any workouts.

Please email Athletic Director, Darcy Altheide with any questions daltheide@lodiUSD.net

Looking forward to seeing you all again!

Darcy Altheide, Athletic Director