

5-5-25



Portola 3rd and 4th Graders,

During the 2025-26 school year, you will have the opportunity to become a member of the Portola Cross Country Team! In order to be eligible to practice when we return to school in the fall, **you must complete a physical with your doctor (see form on Portola website).**

To be eligible for Portola's Cross Country Team, a student must:

- **return a physical clearance form (signed by doctor)**
- **show exemplary attitude/behavior in class and on the playground**
- **give good effort in academics**
- **complete homework responsibly**

We encourage you NOT to wait until we return to school in the fall to make an appointment for your child's physical. This often results in an athlete not attending our first weeks of practice or even missing out on the season. We usually begin practices the second week of school. (This means August 19th.) Our first competition is just a few weeks after school begins!

There will be several other forms to complete when we return to school in the fall. ***The physical is the most important right now***, as it requires a doctor's signature. RETURN ALL COMPLETED PHYSICAL FORMS TO MRS. H or MRS. O'NEIL by the end of this school year or first thing when we begin school in August.

Also, please return the "interest form" to Mrs. H or Mrs. O'Neil so that we know that you are interested in joining the team.

Please contact Mrs. H tami.hertenstein@venturausd.org or Mrs. O'Neil tawnya.oneil@venturausd.org with any questions.

*** If you are looking to be able to book your physical appointment for your child BEFORE the end of this school year, you may want to contact –

Logan Osland, chiropractor – 805-644-4937

Ralph Wilson, chiropractor – 805-643-4176

They have offered affordable, quick physicals for athletes in the past. (\$25-40?).