

2017-18

SPRING ATHLETIC MEMO

Feb. 5 you may begin on line registration @: <https://www.familyid.com/bend-high-school>

Clearing begins Feb. 6 - Feb 23rd.

*Hours may vary due to other duties assigned. Also, athletes may pick up insurance forms in our office. This is a separate policy and is affordable. We highly encourage you to look into this.

** NIGHT HOURS * the accounting office and our office we will be open extended hours on Wednesday, February 21st. Extended hours are: 4-7:30PM. Please come in and clear. WE will have a laptop to use if you need it for on-line registration.*

***February 23 - All athletes must be cleared by the end of this day.**

*** The Athletic office will be CLOSED February 26th.**

*** FIRST MANDATORY PRACTICE IS MONDAY, February 26.**

THE ATHLETIC OFFICE IS CLOSED FEB. 26th.

CLEARING FOR A SPRING SPORT or CLUB SPORT.

❖ **1st sign up on-line. <https://www.familyid.com/bend-high-school> - **YOU MUST HIT SAVE AND CONTINUE, THEN THE SUBMIT BUTTON AT THE END!!****

❖ **2nd pay in the accounting office or on line in InTouch. Pay to play fees - \$100.00 per sport. Club fees may vary. All athletes must be cleared off the FINES list!!**

❖ **3rd Please bring your sports physical, if applicable, to the athletic office for initial clearing. Note: all Freshmen and Juniors are required to have a new physical exam dated May 1, 2017 or later. If you did not get a physical as a freshman or junior - you must get one as a sophomore or senior. **YOU MUST USE THE OSAA sports physical form, last update May 2017.****

○ **If everything is in order you will receive a yellow clearance slip. You must have the YELLOW slip to practice.**

✓ **All athletes must have passed 5 of 7 classes and maintained a 2.0 GPA the last nine weeks of school. (Jan. 2018 Report Card)**

✓ **All athletes must be enrolled in 5 or more classes at all times.**

✓ **All Athletes must be on track to graduate.**

✓ **All Athletes must be cleared off the FINES list.**

✓ **NO YELLOW SLIP = NO PRACTICE / TRYOUT**

Questions please contact the Athletic Department email: genelle.reese@bend.k12.or.us or dave.williams@bend.k12.or.us

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SPORTS PHYSICAL OPTIONS



**HERE ARE A FEW OPTIONS FOR YOU
IF YOU ARE NOT ABLE TO SEE YOUR OWN DOCTOR IN TIME FOR YOUR FIRST PRACTICE.**

NOTE: MUST have OSAA physical form for school physicals. **Go to osaa.org to print**, “pre-participation examination form” – ***last updated May 2017.***

Note: costs will to be determined by the medical providers.

- **Family Choice Urgent Care** – **as of 5-17-17 they were \$30 (walk-in)** 108 NW Sisemore Street, Suite #120 (541) 213-2133 (by Market of Choice)
- ***Bend High School Based Health Center (located on campus)***
230 NE 6th Street 383-3005
- **Mosaic School Based Health Center**
2150 NE Daggett Lane **355-5690**
- **JUNIPER RIDGE CLINIC**
2190 NE Professional Ct. Suite #250 (next to COPA)
APPOINTMENT ONLY – CALL 385-5515
- Bend Memorial Clinic
APPOINTMENT ONLY * 382-4900.**
- **MT. MEDICAL GROUP (IMMEDICATE CARE CENTER) *** 388-7799**
WALK INS ONLY
1302 NE 3RD (HWY 97) (just south of Dandy’s)