

**2009-10 Sport Season
INSTRUCTIONS FOR COMPLETING
CYO PHYSICAL FORM**

1. This CYO Physical Form is the **ONLY** acceptable form!!! NO other form will be accepted.
2. This CYO Physical Form **MUST** be submitted prior to a player's participation (practice) in a sport program. Physical exam is **ONLY** good for one year from date of exam (physician's date). **NOTE:** The physical exam date **MUST** carry the player through the **ENTIRE** sport season of participation to be valid. Your player **WILL NOT** be able to practice and definitely **not** participate in a game without a valid physical form. (Example: dated physical exam is 10-14-06, will not carry the player through Fall season sports, which ends 11-30-07.)
3. Complete **ENTIRE** form-both sides.
4. **MUST** complete:
 - player (participant) signature and date it
 - parent signature and date it
 - insurance information: name, policy number and effective date
5. **MUST** have Physician Signature and **DATE OF PHYSICAL EXAM**

If you are not a parishioner of St. Ambrose Parish, a CYO Eligibility Request form must be submitted for each player per sport program. Program Director(s) will have the form available. Please complete the entire form. Your parish priest must sign and date the form in the **ADJOINING PARISH** box.

Please drop fully completed physical form in gold mail slot on the red barn on St. Ambrose property.