

Medical Certification Document

MEDICAL INFORMATION

Height _____	Temp _____	Lungs _____	Throat _____
Ears _____	Nose _____	Hernia _____	Skin _____
Weight _____	Heart _____	Abdominal _____	Feet _____
BP _____	Teeth _____	Extremities _____	

I hereby certify that _____ was examined by me and found to be physically fit for football/cheer.

Signature

Date

Phone Number

Example Social Media Contract (include in Rule of Operations)

By signing below, I agree that at no time will I post any negative comments on any social media toward ASSOCIATION or any other Nor Cal Fed Association.

Doing so will result in the loss of privilege to attend all ASSOCIATION events to include but not limited to practices, games, cheer competitions, banquets and fundraising events for the remainder of the season. All grievances are to be brought to an ASSOCIATION or NorCaFed Board Member.

(Detach and return bottom portion)

Social Media Contract – 2018 Season

Parent Name _____

Player Name _____

Parent Signature _____

Player Signature _____

Parent Name _____

Parent Signature _____

ASSOCIATION Board Member _____

Signature _____