

## **IMPORTANT INFORMATION ON COMPLETING A MCHS ATHLETIC PACKET!**

**ALL student athletes must have a completed online athletic packet prior to trying out for any team or attending any practices (first official day of Fall '24 practice is Monday, August 12, 2024), every Athletic Packet must include a Sports Physical from a licensed Dr. -All Sports Physicals must be dated after June 1, 2024.**

**[LINK](#) TO MCHS ATHLETICS ON-LINE ATHLETIC PACKET**

**[Instructions for Registering Your Athlete](#)**

**...IF you cannot get a Dr. Appointment for your student-athletes Sports Physical in time, there is a Sports Physical Clinic on July 22nd held by Dr Gonzalez/Redwood Orthopedics. These physicals are for athletic clearance only, if more in-depth follow-up is needed families will be referred to their primary care.**

**WHEN: Monday July 22nd**

**TIME: Starts after 4:30pm.**

**\*\*Athletes/Parents need to contact MCHS Athletic Trainer, Julie Rudy via email [julie@peakcaresolutions.com](mailto:julie@peakcaresolutions.com) directly for scheduling a specific time. You must allow at least 45 minutes for physical to be completed!**

**Location: Redwood Orthopedics, 208 Concourse Blvd # 1, Santa Rosa, CA 95403**

**\*\*Please note that while we are using this facility, their staff will not be handling scheduling. Contact Julie Rudy directly for scheduling.**

**Cost: \$60 (Venmo or cash)**

**Forms: Medical histories will be filled out in the office. arrive 10 min early. Parents please be present for those students under 18 years of age.**

**Email questions directly to Julie Rudy MA, ATC  
[julie@peakcaresolutions.com](mailto:julie@peakcaresolutions.com)**