

Attention
All Athletes...

CLAREMONT HIGH SCHOOL



\$\$\$ FOR PHYSICALS PRE-SEASON FUNDRAISER!

Team physicals will be performed at the POMONA VALLEY HEALTH CENTER AT CLAREMONT by CHS team doctor, Dr. Duane Styles, and the staff of MDs, DOs, PTs, and ATCs from the Sports Medicine Center (SMC). CIF rules mandate all student athletes must complete and pass a pre-participation examination by a qualified physician each year before they will be allowed to play. This physical will satisfy the CIF requirement for the 2009-10 school year.

Cost: \$15.00 / Checks made payable to: PVHMC Sports Medicine Center

Turn a CIF requirement into one of your largest athletic fund raisers ever!

— PROCEEDS WILL GO TO CHS ATHLETICS —

50% TO THE TRAINING ROOM — 50% TO CHS SPORTS TEAMS

TUESDAY – JUNE 2, 2009

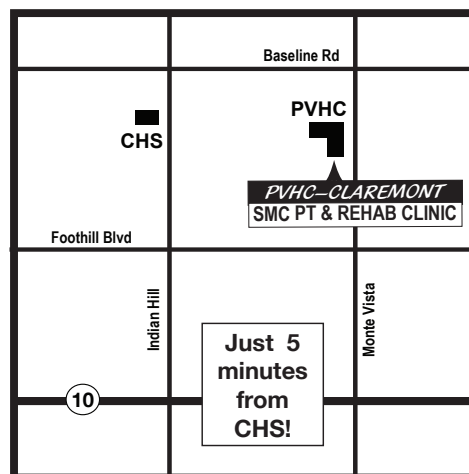
WHO: ALL SPORTS – Returning athletes & incoming freshmen

PLACE: Pomona Valley Health Center – SMC Rehab & PT Clinic
1601 Monte Vista Ave, Suite 220, Claremont, CA

TIME: 6:00 PM – 8:00 PM

BRING: 1) PAYMENT – \$15
2) CONSENT form – completed/signed
3) HISTORY form – completed/signed

FORMS: Available from Heather in the CHS Athletic Training Room
Also online – www.claremonthigh.org



HELP RAISE \$\$\$
FOR CHS ATHLETICS!
MORE PHYSICALS = MORE \$\$\$!

* For information and appointments contact

HEATHER PEDEVILLANO, ATC at CHS (909) 624-9053 x 30431

Athletes MUST bring the COMPLETED forms — NO FORMS, NO PHYSICAL!

**CAN'T MAKE IT?
HERE ARE TWO
OTHER WAYS TO
GET IT DONE...**

* A parent/guardian MUST
accompany the athlete

SMC PHYSICIAN CLINIC

Pomona Valley Hospital Medical Center

PT & Rehab Department
(909) 865-9810

Monday and Thursday
5:00-6:30 PM
Appointment only

\$31.00 due upon arrival
Bring completed PPE forms

URGENT CARE

Pomona Valley Health Centers

PVHC Claremont (909) 865-9977
PVHC Crossroads (909) 630-7868

Monday-Friday: 8 AM-8 PM
Weekends: 9 AM-5 PM
Appointment or walk-in

\$40.00 due upon arrival
Bring completed PPE forms



The Sports Medicine Center
at Pomona Valley Hospital
Medical Center is happy to

provide our local teams with pre-participation examinations as
a community service. Here's to a healthy, injury free season!

Duane Styles, MD – SMC Medical Director

Rick Rossman, MS, PT – SMC Administrative Director



Sports Medicine Center

Athletic Care From Injury Through Return To Play ... Since 1983

Proudly serving the communities surrounding

POMONA • CLAREMONT • CHINO HILLS • COVINA • 909-865-9810