

Grade _____
2009-2010

St. Ignatius Parish School
3245 Arden Way
Sacramento, CA 95825

MEDICAL RELEASE TO PARTICIPATE IN P.A.L. SPORTS

I hereby certify that _____ was examined by me
on _____ and appears to be physically fit for organized sports.

Comments/limitations _____

**To be valid, must be signed after
June 15, 2009.**

Physician's Signature

Date

When completed please turn into the school office