

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

ST. IGNATIUS SCHOOL  
3245 Arden Way Sacramento, CA 95825  
(916) 488-3907

GRADE: \_\_\_\_\_ in 2023-2024

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

Comments/limitations: \_\_\_\_\_  
\_\_\_\_\_

To be valid, please sign after June 15, 2023.

Physician's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

When completed, please return to the school office or email to Judy Yandell at  
jyandell@stignatiussacschool.org This form must be received by the school office before the student may  
participate in PAL sports including Little Dribblers. A new form must be completed each school year.