



**Eligibility paperwork instructions for student/athletes:**

**Step 1:** Print out the physical form. You will need a hard copy of the physical to take to your physical exam. The physical form is available on the Western Athletics web page at:

[www.auhsd.western.us](http://www.auhsd.western.us)

**Step 2: NO EXCEPTIONS. After May 18, 2025** go to a medical doctor (MD) or doctor of osteopathy (DO) for your physical. All physicals for the 2025-26 school year must be dated after May 23, 2025 and are valid for the entire 2025-26 school year. Make sure:

- You and your parent have signed your physical.
- The MD/DO signed your physical.
- The MD/DO has checked "cleared".
- The MD/DO has provided a date of physical.
- The MD/DO has either provided a license number or a stamp with his/her name on it.

**Step 3:** Maintain a minimum 2.0 Grade Point Average (G.P.A.) to remain eligible.

**Step 4:** Go to [athleticclearance.com](http://athleticclearance.com). Follow the instructions on the "Online Athletic Clearance" handout. The handout is on page two of this document or is also available on the Western web page.

**Step 5: ALL ATHLETES MUST UPLOAD THEIR OWN PHYSICAL TO THEIR OWN ATHLETICCLEARANCE.COM ACCOUNT.**

**Step 6:** Purchase your Athletic Spirit pack from ASB Accounts.