

# Welcome to CV Falcons Pep Squad!!!

## Athletic Physicals:

- The priority to handle now is GET YOUR ATHLETIC PHYSICAL. **All Students are required to have a yearly athletic physical for athletic participation.**
- When the athletic physical is completed, upload jpeg or pdf image to:  
<https://www.athleticclearance.com>
- Select “Cheer & Song”
- After following all steps and prior to printing final document, you’ll have an opportunity to send to other athletic programs.
- Please complete all required contact information
- Instructions, how to create an account, and link available at  
<https://www.gusd.net/domain/3391> (cvhsfalcons.com) Look for dropdown menu Athletics tab, select home page.
- **Athletic Physicals DUE MONDAY, JULY 31**
- The image of the doctor signed and stamped clearance paper is required
- Athleticclearance has upload tabs for other documents. We do not require
- Please make a digital copy of your Insurance card and upload along with the doctor signed clearance paper.
- Copy of medical forms available on the Information tab of the Pep Squad website

## REMIND.COM:

- See the REMIND Handout.
- All Pep Squad Members must be on Mr. Pehar’s REMIND
- Complete the process with your FULL NAME and “Student”
- Parents FULL NAME and “Parent”
- You do not need a smart phone
- Access at [rmd.at/cvpepsquad](http://rmd.at/cvpepsquad) using a web browser
- Create a REMIND.COM account
- Follow instructions on the REMIND handout
- Parent/Guardians are encouraged to be on the REMIND. Parents have a different REMIND. But will get the same messages.
- Coach Lexi will have instructions for the Band App