

St Albans Country Day School
2025-2026

Parochial Athletic League (P.A.L.)
Diocese of Sacramento

Doctor's Medical Release

Student's Grade: _____ in 2025-2026

I hereby certify that _____
(student) was examined by me on _____ and appears
to be physically fit with no restrictions for participating in organized
sports.

To be valid, please sign after June 13, 2025

Physician's Signature

Date: _____

Physician's Name (please print)

Physician's Phone Number

Attention: PARENTS

This form must be received by the school office before the student may
participate in P.A.L. sports including Little Dribblers.

A new form must be completed each school year.

St. Albans Country Day School
2312 Vernon St., Roseville, CA 95678