

St Albans Country Day School
2022-2023

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

Doctor's Medical Release

I certify that _____ (student) is
healthy and has no restrictions for participating in sports.

Doctor's Name (please print)

Doctor's Phone Number

Doctor's Signature

Date

Attention: Parents

All student that wishes to participate in any team sport for
the 2022-2023 school year ***must*** have a copy of this release
form on file in the school office before the sport begins.

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