

Congratulations Parent or Family Member of a PLHS Athlete and Welcome to POP!

Your Student Athlete is now part of a proud tradition of excellence; at last count Point Loma High School has more athletic teams than any other high school in the District. Over 800 PLHS students are Athletes! The coaches and staff work in tandem with parents, families, alumni and community sponsors to provide an environment that promotes fair play and winning, while keeping athlete safety a priority.

PLHS is blessed to have a full service Athletic Training Department located in the 1000 bldg. Our Head Athletic Trainer (ATC) Ryan Nokes, Associate ATC Delaney Cassidy and their staff of PLNU interns are on duty each day at 7th period for a minimum of 3 hrs in the Athletic Training Room. The Clinic is open to all PLHS athletes.

The services provided by our Athletic Trainers are paid exclusively with funds raised by the Protect Our Pointers (POP) Committee of the PLHS Pointer Association.

All of you, by virtue of your relationship to your Pointer Athlete is a member of POP. Together we are going to fundraise and keep our Athletic Training Dept open and available to all Athletes for the entire school year.

The cost to maintain the daily clinic is \$25 an hour / \$75 a day / \$375 a week

The following sports are deemed by the American Academy of Pediatrics and American Academy of Family Physicians as Contact/Collision sports. These are sports where athletes routinely make contact with each other or inanimate objects. The risk for concussion or serious injury is high and an Athletic Trainer (ATC) should be present on the sidelines during competition.

Basketball / Baseball / Field Hockey / Football / LaCrosse / Soccer / Softball / Volleyball / Wrestling
The cost to have game coverage by an ATC varies by sport and averages \$50-\$75 a game.

POP's immediate goal is to keep our current Clinic staffing in place and provide game coverage for Varsity home games of the above listed sports.

As POP members we can start to help achieve this goal by :

Participating in our Donation Drive (back side of this form) in any amount comfortable for you

Keep your eblast profile up to date, be sure to check Protect Our Pointers

Starting September 1, 2015 Register your Ralph's Club Card in their Community Contribution Program at Ralphs.com

POP's # is 93623

Volunteer !! Many hands make light work.

Stay active in your team's Booster, all Boosters support POP in some capacity.

???? Eleanor Snyder, POP Director protectourpointers@gmail.com

