



# MONTEBELLO HIGH SCHOOL ATHLETICS

## 2023-24



### ONLINE SPORTS CLEARANCE

All athletes must be cleared to participate in practice or games.

To get started:

- Watch the YouTube video [click here](#).
- Download detailed instructions [click here](#).
- Or go to step #1.

Follow the steps below.

1. Click on [www.athleticclearance.com](http://www.athleticclearance.com) to register and complete all the items.
2. Schedule a physical with a physician.
3. [Athlete Health History Form- English](#). **Print and take it to the physician.** Spanish click [here](#). **MAKE SURE IT'S COMPLETE WITH DOCTOR SIGNATURE, DATE STAMP AND PARENT SIGNATURE.**
4. Upload the Health History form to the site.
5. Upload your insurance card.
6. Wait for the Athletic Department approval to participate after school.  
You can email Ms. Martinez in A-14.

[martinez\\_cecilia@montebello.k12.ca.us](mailto:martinez_cecilia@montebello.k12.ca.us)

Need Insurance: [Click here](#).

If you are having trouble scheduling a physical, please see the information below as an option.

PIH Health Urgent Care - Montebello  
(Across from the DMV)  
2205 W Beverly Blvd, Montebello, CA 90640  
562-967-2780

[Website](#)

Urteaga Chiropractic, Sports Medicine Specialist  
12466 Washington Blvd, Whittier, CA 90602  
562-274-7771

<https://www.urteagachiropractic.com/>



**SPORTS PHYSICALS**



**\$20 Special  
Cash Only**  
(please present this flyer)



Manuel Urteaga, DC, MS, RCEP-ACSM, CSCS  
Doctor of Chiropractic  
M.S. Sports Medicine  
Registered Clinical Exercise Physiologist  
Certified Strength & Conditioning Specialist

12466 Washington Blvd.  
Whittier, CA 90602  
(Across from PIH Hospital)



To Schedule An  
Online Appointment Visit  
[www.urteagachiropractic.com](http://www.urteagachiropractic.com)





Or Call  
**Call (562) 274-7771**





Or Email  
[dmanuelurteaga@yahoo.com](mailto:dmanuelurteaga@yahoo.com)  
or  
[Manuel@urteagachiropractic.com](mailto:Manuel@urteagachiropractic.com)





