

Candidate Application



Candidate First and Last Name: _____

Application for Class Starting: March 20____, October 20____

Mail/Fax Completed Application to:

**Virginia Commonwealth Challenge Youth
Academy
Attn: Admissions
Bldg. 253 C Street Camp Pendleton Virginia
Beach, VA 23451
757-491-5934 (Fax)**

Please Print Clearly, complete all pages, and answer all questions completely.

VIRGINIA COMMONWEALTH CHALLENGE YOUTH ACADEMY

Data protected by the Privacy Act OF 1974

AUTHORITY: Public Law 102-484, Sec. 1091 e (2)

Principle Purpose: To select applicants for participation in the Virginia Commonwealth Youth Challenge Academy. Medical information is solicited so that successful applicants may be provided safe and effective medical treatment in the event of illness or injury.

Routine Uses: None

Disclosure: Disclosure is voluntary, however, applicants who do not provide requested information will not be considered for participation in the program.

The Virginia Commonwealth Challenge Youth Academy is a non-profit organization sponsored by the Virginia National Guard. Our purpose is to provide a highly disciplined atmosphere which fosters academics, leadership development, and personal growth. We serve unemployed 16-18 year old youth who have withdrawn or have dropped out of high school, without regard to race, gender, or national origin.

Answer all questions honestly and completely. Answers given in this application are intended to help us know the applicant better. It is not our purpose to reject applicants based solely on answers provided in this application.

For more information please visit our web site, www.vachallenge.org or call one of our admissions team members.

Alex Dye	(757)491-5932	Ext.231
Luther Boykin	(757)491-5932	Ext.235
Toll Free Number	1-800-796-6472 Ext 221, 231, 235	

VIRGINIA COMMONWEALTH CHALLENGE YOUTH ACADEMY

To apply for admission complete the following Application as thoroughly as possible and attach required forms.
PLEASE DO NOT LEAVE ANY FORM BLANK. Mail Application to address below or fax to (757) 491-5934
Provide the following documents in this order.

- _____ Application Forms: Complete pages 1 and 2 entirely and accurately.
- _____ Birth Certificate: Provide a copy of your birth certificate.
- _____ Social Security Card: Provide a copy of your social security card.
- _____ Release of Liability Covenant not to Sue and Indemnity Agreement Form: Must be notarized
- _____ Court Documents that: Provide charge(s), type(s) of charge(s), pending court dates, results of charge(s),
_____ etc. Child Custody Documents: Provide a copy of your most current custody papers.
- _____ Two Recommendation of Applicant Forms
- _____ Parent Contract Authorization of Release Form
- _____ Legal Information Form.
- _____ A valid Virginia ID card: provide for GED testing (Note: Needed after 2nd pass).
- _____ Consent for Release of School Information Form
- _____ School Transcript(s): Obtain a copy from the school.
- _____ Individualized Education Plan (IEP) Triennial Report/ 504. Obtain a copy from the school.
- _____ Provide a copy of your most current immunization record
- _____ TB skin test or chest x-ray: Received within 12 months prior to the start of class.
- _____ Medical Insurance Verification: Provide a copy of your insurance card front & back.
- _____ Medical Insurance Form.
- _____ Medical Screening Process
- _____ Medical History Survey: Parents and the child will fill this form out and sign it.
- _____ Physical Examination: To be completed by Medical Provider
- _____ Range of Motion Screening: To be completed by Medical Provider
- _____ Medical Prescription Form: To be completed by Medical Provider
- _____ Mentor Application: Bring your mentor or potential mentor with you to Orientation. Questions about
Mentors can be answered by calling (757) 491-5932 Ext 240 or 250.

Virginia Commonwealth Challenge Youth Academy
Attn: Admissions
Bldg. 253 C Street
Camp Pendleton
Virginia Beach, VA 23451

VIRGINIA COMMONWEALTH CHALLENGE YOUTH ACADEMY

Application Form

Section A: Applicant Information

Last Name Middle Name First Name

SSN D.O.B MM/DD/YY AGE SEX M / F

Address City State Zip Code

Ethnicity/Race

☐ Hispanic/Latino ☐ American Indian ☐ Asian ☐ African American ☐ Caucasian ☐ Native Hawaiian ☐ Alaska Native

☐ Pacific Islander ☐ Other

Height (inches) Weight Hair Color Eye Color

Section B: Parent/Guardian

☐ Please circle
**Parent or
Guardian**

With whom you live: For a parent/guardian with custody, please provide the court document showing the name of the individual(s) awarded legal custody of applicant.

Name Parent/Guardian Cell

Address City State Zip Code

Parent E-Mail Facebook Page

Section C: Emergency Contact

Relationship Name Cell phone number

Section D: Applicant Education

Last school attended

Address Last Grade completed

City State Zip Code

Do you have (check one if apply if not write N/A in the box)

High School Diploma ☐ GED ☐ 504 Plan ☐ IEP ☐

Section E

Drug and alcohol testing.

I fully understand that by submitting this application, I agree to the Challenge Academy administering a drug and alcohol test to my child as a prerequisite for admission to the Commonwealth Challenge Youth Academy, and that my son/daughter will be tested by qualified individuals for drugs and alcohol as part of his/her physical examination. I further understand that during the course of the program, my child will be randomly tested for drugs and alcohol. Any positive results may result in disenrollment. Initial ____

Affirmation of information.

By submitting this application, I affirm that all information and statements that I have provided are accurate and true to the best of my knowledge, and fully understand that any false statements will disqualify my child from the academy.

I certify that my child is in good health. I further understand that the Challenge Academy is a residential academy which provides GED and credit recovery instruction, physical fitness and employment preparation. As such, any information I provide may be made available to any person having the legitimate need for the information. I approve of the Challenge Academy using my child's photo or likeness of, and voice for any video, DVD, radio, TV programs or interviews and Internet presentations to include FaceBook, YouTube and any other social media outlets to promote the Commonwealth Challenge Youth Academy. A photographer chosen by the Challenge Academy can take pictures of my son/daughter for the purpose of Awards Banquet, Family Day and the Yearbook or Yearbook DVD.

Initial _____

Monitoring of Cadets by Surveillance Cameras; 24/7

Cadets are monitored by camera twenty four hours a day, seven days a week in the barracks, HQ, academic buildings, the dining hall and all common areas. Cadets are to be in either school or physical training (PT) uniforms at all times in their barracks, hallways, coming in and out of the shower or latrine, and the academy area. Cadets will be in proper uniform according to CCYA policy and cadet handbook. Uniform changes may be dictated by the Team Leader depending on the situation. If my son/daughter tampers or destroys any of the surveillance cameras he/she may be terminated and the parents or guardians will be held liable for the damage and billed by the state.

Parent Initial _____ Applicant Initial _____

Youth participants shall be informed of the following: Participants receiving training under the Program established by this guidance are neither Federal employees nor members of the National Guard. The participants shall be considered Federal employees under Subchapter I of Chapter 81 of Title 5, U.S. Code, for the purpose of compensation for work injuries; and for the purpose of Sections 1346(b) and Chapter 171 of Title 28, U.S. Code, and any other provision of law relating to the liability of the United States for tortuous conduct of employees of the United States. The participants shall not be considered to be in the performance of duty while not at the assigned location of training or other activity authorized in accordance with the Program Agreement except. When the participant is traveling to or from the location or is on pass from that training or other activity. In computing compensation benefits for disability or death, the monthly pay of a participant shall be deemed that received under the entrance salary for a grade GS-2 Federal employee. The entitlement of a person to receive compensation for a disability shall begin on the day following the date that the person's participation in the Program is terminated.

Parent Initial _____ Applicant Initial _____

Parent Signature

Candidate Signature

How did you hear about CCYA?

Friend/Family Member
School
Radio
Television
Bulletin Board
Newspaper
Social Media
Other

VIRGINIA COMMONWEALTH CHALLENGE YOUTH ACADEMY

Release of Liability Covenant Not to Sue\Indemnity Form

I/we, the parent(s)/guardian(s) of _____, who has applied for enrollment in the Virginia Commonwealth Challenge Youth Academy at the State Military Reservation in Virginia Beach, Virginia, give permission for the Virginia Commonwealth Challenge Youth Academy staff to maintain discipline by imposing disciplinary measures upon my child. **INITIAL** _____

I/we further agree that, if necessary, due to medical, disciplinary or other reasons, the Director may elect to return my child to my home by government, commercial, or private carrier. I/we also authorize the Challenge Academy to transport my child as a passenger in commercial, government or private ground, water and or air vehicles during the program period. **Initial** _____

Furthermore, in consideration of my child's participation in the Virginia Commonwealth Challenge Youth Academy, I/we HEREBY RELEASE the United States and the Commonwealth of Virginia, it's officers, agents, employees, successors, and assigns from any and all liability which may arise from my child's participation in the Academy, and I agree to indemnify and hold harmless the United States and the Commonwealth of Virginia, it's officers, agents, employees, successors, and assigns regarding any liability or cause of action which may arise from my child's participation in this program. **Initial** _____

I agree that I will never prosecute, or in any way aid in the prosecuting and demand, claim, or suit against the United States Government and the Commonwealth of Virginia for any loss, damage, or injury to my child or my property that may occur from any cause whatsoever by taking part in the Virginia Commonwealth Challenge Academy. If I should take part in any such case, I agree to pay the United States Government for all damages, expenses and costs it may incur as a result thereof. **Initial** _____

I understand and agree that I am assuming the risk of any property damage or personal injury to my child that may result from participation at this academy. These include such damages or injuries as may be caused by the negligence of the United States Government, The Commonwealth of Virginia or any of its employees. **Initial** _____

I also understand and agree that I may be held liable for any damage or loss to the United States Government, the Commonwealth of Virginia or any private person, business or residence that is caused by my child's negligence, willing misconduct, or fraud while participating in this activity. I further agree to indemnify and hold harmless the United States Government and the Commonwealth of Virginia from any demand, claim, or suit brought as a result of my child's negligence, willful misconduct, or fraud while participating in this activity. **Initial** _____

Also, in consideration of Naval Air Station Oceana granting permission to enter its premises for the purpose of participation by me and /or my dependent child/children in the Virginia Commonwealth Challenge Academy, I hereby waive all claims for damage or loss to my person or property (including cost and expenses) and that of my dependent child/children whose name I have listed below , which may be caused by any act, or failure to act, or in connection with the instructors' activities and actions, of the United States Naval Air Station Oceana and all military installations its officers, agents, employees or instructors. **Initial** _____

I assume on my behalf and on the behalf of my below listed child/children the risk of the inherent dangers of participation in such a program, all the dangerous conditions in and about Naval Air Station Oceania, or any military installation waive any and all specific notice of the existence of such dangers and conditions. **Initial** _____

I give express permission to gym personnel to notify emergency medical officials , either civilian or military, in the event there is actual or apparent injury to myself or my below listed child/children and understand that any medical bills that result from observation, tests and or treatment will be at my expense as a consequence of this waiver. **Initial** _____

I understand that Commonwealth Challenge, while located on a military reservation, is essentially an open campus. While Commonwealth Challenge will endeavor to ensure that your child does not leave the Challenge campus without proper authority, the program cannot guarantee that cadets will not leave without our knowledge or permission. Commonwealth Challenge staff cannot use force to prevent the cadet from leaving. In the event that a cadet leaves the campus without authority, the parent and the local police will be notified as soon as the absence is discovered. Any unauthorized absence will result in termination of the cadet from the program. The termination will become effective immediately upon the return of the cadet to parental or law enforcement control. **Initial** _____

NOTARY SEAL
Sworn and subscribed before me, in my
presence, this _____ day of _____
20____a Virginia Notary Public, in and for
_____, County / City.

(Signature of Notary Public)

Parent/Guardian Signature _____

Candidate Signature _____

Parent Cell Number

VIRGINIA COMMONWEALTH CHALLENGE YOUTH ACADEMY

Consent for Release of School Information (Parents or Guardians are responsible for obtaining this information)

School Name Address

City State Zip Code Phone Number

Fax Number Guidance Counselor

Is authorized to provide a confidential report for:

Applicant Full Name DOB: MM/DD/YY

The following information requested will be use to assist the staff of the Virginia Commonwealth Challenge Youth Academy in evaluating and assessing the student's application and designing an individual education program for each student.

<input type="checkbox"/> Grade transcripts	<input type="checkbox"/> Individual Education Plans (IEP) / 504 Plan
<input type="checkbox"/> Standardized test records	<input type="checkbox"/> Tri-annual reviews
<input type="checkbox"/> Special Education evaluation	<input type="checkbox"/> Social history
<input type="checkbox"/> Immunization and health records	
<input type="checkbox"/> Withdrawal forms	

Parent/Guardian Signature _____ Date _____

Candidate Signature _____ Date _____

Initial _____ I would like the option of earning credits and returning to my home school. I currently have _____ credits.

Initial _____ I would like the option of earning my GED.

CCYA school official comments _____

Challenge Program Authorization:

E. MARK CHICOINE

Captain, U.S. Navy (Retired)

Official Title: Director

Signature: Mark Chicoine

VIRGINIA COMMONWEALTH CHALLENGE YOUTH ACADEMY

Candidate Letter of Recommendation

Candidate's Name _____

I recommend the above named applicant to the Virginia Commonwealth Challenge Youth Academy. I understand the Academy is a 17 ^{1/2} months (5 ^{1/2} months residential/12 month post residential) program located at the State Military Reservation Virginia Beach, Virginia.

Your Name _____ Phone _____

Street Address _____ CITY _____

State _____ Zip _____

Relationship to Candidate: _____

Please state below your reason for recommending this candidate for the Virginia Commonwealth Challenge Youth Academy.

Signature

--

VIRGINIA COMMONWEALTH CHALLENGE YOUTH ACADEMY

Candidate Letter of Recommendation

Candidate's Name _____

I recommend the above named individual to the Virginia Commonwealth Youth Challenge Academy. I understand the Academy is a 17 ^{1/2} months (5 ^{1/2} months residential/12 month post residential) program located at the State Military Reservation Virginia Beach, Virginia.

Your Name _____ Phone _____

Street Address _____ CITY _____

State _____ Zip _____

Relationship to Candidates: _____

Please state below your reason for recommending this candidate for the Virginia Commonwealth Challenge Youth Academy.

Signature

VIRGINIA COMMONWEALTH CHALLENGE YOUTH ACADEMY

Parent Contract/Authorization of Release

- 1) I _____ the custodial parent(s)/the Legal guardian(s) of _____, understand that effectiveness of the Commonwealth ChalleNGe Youth Academy depends on a variety of factors. One of the most important factors is consistency of Parent/Guardian involvement in supporting the academy rules, regulations and policies of the Commonwealth ChalleNGe Youth Academy, in particular those listed below.
- 2) I agree to keep all correspondence, mail, and telephone calls to my cadet positive in nature. I will refrain from making phone calls during the first two weeks of the program, unless a family emergency arises. If a family emergency does occur, I agree to first contact a ChalleNGe counselor, or Program Coordinator before speaking to my cadet. Initial _____
- 3) I understand that the ChalleNGe staff will contact me in the event of the cadet's serious illness, accident or serious disciplinary action. I also understand that my cadet could be terminated, without prior notice, in certain circumstances. Initial _____
- 4) I agree not to make any attempt to engage with my cadet during field trips. Initial _____
- 5) Should I have a change in address or phone number, I will notify the academy of the changes within twenty-four hours. Initial _____
- 6) I understand that I am personally obligated to pick up and return my cadet for any and all home passes, dental or doctor appointments (regardless of cadet's age). I agree to be prompt concerning time schedules and deadlines when picking up or returning my cadet. I also acknowledge that I am responsible for picking up my cadet promptly in the event that he/she is terminated from the program. Initial _____
- 7) I give the following family members or persons designated below permission to pick up and return my son/daughter to and from the Commonwealth Challenge Youth Academy during their scheduled passes and other authorized absences. I fully understand that by giving the individuals listed below permission to escort my son/daughter to and from the Commonwealth Challenge Youth Academy, I hereby release the state of Virginia, its officers, agent's, employees or successors, from any liability which may arise from my child being transported by the individuals listed below. I also understand that my son/daughter will not be released to any other person not listed below.

Parent/Guardian Signature

Date

Name _____ Relationship _____

Cell Number _____

Name _____ Relationship _____

Cell Number _____

VIRGINIA COMMONWEALTH CHALLENGE YOUTH ACADEMY

Legal Form

Candidate's Name: _____

Please Note: We can't accept any applicant who has been convicted of a felony, or who is currently on a "deferred entry of judgment". The felony MUST be reduced to a misdemeanor or expunged before acceptance. You must have your probation officer sign this form. Any false or misleading information could result in denial or termination from the Challenge Academy.

1. Have you ever been arrested, apprehended, charged, cited, or held by federal, state or other law enforcement or juvenile authorities, regardless of whether the citation was dropped, dismissed or found not guilty? YES ____ NO ____

** If your answer is "NO", sign and go to the next page. **

2. If your answer to question #1 was "YES", please answer the following: What were you charged with; the dates; the locations; outcomes; PLEASE BE THOROUGH!

Date/Nature of Offense or Violation/Law Enforcement Agency/Outcome

a.	_____	_____	_____	_____
b.	_____	_____	_____	_____
c.	_____	_____	_____	_____
d.	_____	_____	_____	_____

YOU MUST ATTACH ALL DOCUMENTS RELATING TO THE INCIDENT'S LISTED ABOVE (disposition summary of charges, minute orders, tickets, outcomes showing the status of charge (misdemeanor/felony))

3. Are you currently awaiting a hearing or sentencing? YES ____ NO ____

a. If you are awaiting a hearing or sentencing, what is the scheduled date? _____

4. Where will the hearing or sentencing take place? (city, county) _____

5. Are any of the above charges a felony? YES ____ NO ____

a. If "YES", which one(s): _____

6. Are you currently on probation? YES ____ NO ____ for how long? _____

a. Who is your probation officer: _____

b. What is your probation officer's phone number: _____

7. Are you currently doing community service? YES ____ NO ____

a. If yes, how many hours do you have pending? _____

Signature of Parent/Guardian _____ Date _____

Signature of Applicant: _____ Date _____

Signature of Probation Officer: _____ Date: _____

Print Name of Probation Officer: _____ Email: _____

COMMONWEALTH CHALLENGE YOUTH ACADEMY

Medical Insurance Form

Cadet Last Name:	Cadet First Name:	MI:	DOB:
------------------	-------------------	-----	------

Custodial Parent(s): I/We the parent(s)/guardian(s) of above Cadet who is enrolling in the Commonwealth Challenge Youth Academy at Virginia Beach, Virginia, being responsible for the above named Cadet's medical care and any incurred medical cost, do HEREBY consent in advance to whatever emergency, X-Ray examination, anesthesia, diagnostic procedure, medical and/or surgical treatment is considered necessary in the best judgment of the attending physician in the event of illness or injury occurring to the above-named Cadet while attending this program. In the event of any illness or injury, reasonable efforts will be made to immediately notify me/us. I further understand that upon request by Challenge's medical department, I will be able responsibility for transporting my child for medical appointments and/or non-emergent care.

I authorize all medical cost(s) incurred, to include prescription medications to be billed to the insurance(s) listed below. I further authorize all re-fillable prescriptions to be provided by Wal-Mart pharmacy, 1149 Nimmo Parkway, Virginia Beach, VA 23456, phone: 757-563-2908. I understand, if my child is taking a medication that Wal-Mart is unable to provide or refill based upon physician orders, that it is my responsibility to ensure arrangements are made so Cadet is not without said medication.

If my insurance has a copay for prescription medications, I authorization the Challenge Medical program to provide the credit card information listed below to Wal-Mart pharmacy. If I do not provide form of payment, I understand that it is my responsibility to contact the pharmacy to make payment arrangements. I further understand delay in making arrangements could interrupt the dispensing schedule. **Please attach copy of the front and back of insurance card(s).**

Primary Insurance Company	Phone Number
	() -
Name of Subscriber(Individual who pays for Insurance)	Policy Number
Prescription Medication Co-pay required? Yes / No If yes, please provide form of payment	

Secondary Insurance Company	Phone Number
	() -
Name of Subscriber(Individual who pays for Insurance)	Policy Number
Prescription Medication Co-pay required? Yes / No If yes, please provide form of payment	

Credit Card No: Visa / MasterCard / Discover / American Express	Name on Card
Expiration Date:	Last 3 digits on Card

Parent Name	Signature	Date:
Email:	Primary Phone:	Secondary Phone

VIRGINIA COMMONWEALTH CHALLENGE YOUTH ACADEMY

Medical Screening Process

Cadet Name (Last, First):	Date of Birth:
----------------------------------	-----------------------

Parents:

A complete physical exam by a licensed medical examiner must be **completed by August 23, 2016**. Entrance into the program is conditional based upon completion of examination and required medical documents. The sooner the examination and documentation is completed and submitted to the Challenge's medical team, the sooner a spot can be secured into the program.

Participants must complete the 3 page, "Medical History Survey" and provide full and accurate information concerning any and all medical, dental and psychological conditions. Any changes or new conditions must be report to the Challenge medical department prior to the start of the program, beginning October 3, 2016. After the start of the program, if undisclosed medications or medical conditions are identified, the Cadet will be dismissed from the program and returned home. The Challenge program cannot assume any financial or personal liability or risk for participants that have previous medical, physical or mental health conditions or disorders that could or would be impacted by the rigorous nature of the program.

Drug Screen:

The Challenge program does have a drug-free policy for all participants. An initial lab based drug screen as outlined below is required as part of the intake process and must be completed and results provided to the Challenge medical team by August 23, 2016. A positive drug screen/test will not automatically disqualify a candidate. However, upon entrance into the program, Cadet will be subject to drug testing and positive drug results shall result in immediate dismissal from the program.

➤ 5 Panel Lab Based screen to include: THC, Cocaine, Phencyclidine, Amphetamines, Opiates

Medical Provider:

The patient presenting this medical packet is applying to the VIRGINIA COMMONWEALTH CHALLENGE YOUTH ACADEMY. The Challenge program is a 5 ½ month residential program with a quasi-military structure, strict adherence to discipline, rules, and order; encompasses a high-stress environment. The students live in open-bay dorms with others and attend school on a daily basis. In addition, the program conducts rigorous physical training on a daily basis. For this reason, we are unable to accept applications from students who require ongoing medical or dental care for conditions that originate prior to their arrival that prevents their full participation on a daily basis. Minor injuries and illness that arise during the program are handled on a case by case basis. The Challenge program does not have the capability to manage the medical care of students with more serious illnesses or injuries that will impact their daily participation in the program. **Please review the Medical History Survey, complete the following and provide your best medial judgment as to the student's ability to safely participate in the Challenge program:**

- Physical Examination
- Range of Motion Screening
- Medication Verification
- Certification of Status
- Drug Screen results

Once all forms are completed, please provide copy to parent and fax copies of all records, to include drug screen with laboratory results to the Challenge Medical department at 757-491-5934. Results can also be mailed to: Commonwealth Challenge, Attn: Medical Department, 253 C Street, Camp Pendleton, Virginia Beach, VA 23451. It is the ultimate responsibility of the parent/guardian to ensure **all records are provided to the Challenge medical team no later than August 23, 2016**.

Any questions, please contact Challenge's medical department at 757-491-5932, ext 243. Hours of operation are Monday through Friday, 8am-1pm.

VIRGINIA COMMONWEALTH CHALLENGE YOUTH ACADEMY

Medical History Survey

PURPOSE: This survey must be completed by parent (or guardian) /youth in order for the youth to participate in the **22 week residential program which utilizes a highly structured quasi-military format. Understandably youth will need to be able to withstand the physical and emotional stressors during their transition into the CCYA lifestyle.** These questions are designed to determine if the youth has developed any condition which would make it hazardous to participate in CCYA academic/athletic program. "Yes" answers are not necessarily disqualifiers. Dishonesty or non-disclosure of medical history are disqualifiers.

Candidates Name: _____ Sex _____ Age _____ Date of Birth _____

Address _____ Phone (H) _____

Are you currently using any **prescribed** medications? ☐ YES ☐ NO
if yes, please list all medications and dose and time:

Medication	Mg	Dosage	Why	How Long Have You Been Taking This Medication

Personal Physician _____ Physician Phone _____

In case of emergency, contact:

Name _____ Relationship _____ Phone (C) _____ (W) _____

Name _____ Relationship _____ Phone (C) _____ (W) _____

HAVE YOU EVER HAD OR DO YOU NOW HAVE:	YES	NO	HAVE YOU EVER HAD OR DO YOU NOW HAVE:	YES	NO
(1) Asthma, wheezing, or inhaler use			(34) Limitation of motion of any joint, including knee, shoulder, wrist, elbow, hip or other joint		
(2) Dislocated joint, including knee, hip, shoulder, elbow, ankle or other joint			(35) Drug or alcohol rehab		
(3) Epilepsy, fits, seizures, or convulsions			(36) Kidney, urinary tract or bladder problems, surgery, stones or other urinary tract problems		
(4) Sleepwalking			(37) Sugar, protein or blood in urine		
(5) Recurrent neck or back pain			(38) Surgery on a bone or joint (knee, shoulder, elbow, wrist, etc.) including Arthroscopy with normal findings		
(6) Rheumatic fever			(39) Pain or swelling at the site of an old fracture		
(7) Foot pain			(40) Shoulder, knee, or elbow problem (out of place)		
(8) A swollen, painful, or dislocated joint or fluid in a joint (knee, shoulder, wrist, elbow, etc.)			(41) Perforated ear drum or tubes in ear drum(s)		
(9) Double vision			(42) Locking of the knee or other joint		
(10) Periods of unconsciousness			(43) Anemia		
(11) Frequent or severe headaches causing loss of time from work or school or taking medication to prevent frequent or severe headaches			(44) Giving way of knee or other joint		
(12) Wear contact lenses			(45) Ear surgery, to include mastoidectomy or repair of perforated ear drum, hearing loss or need/use a hearing aid		
(13) Fainting spells or passing out			(46) Cataracts or surgery for cataracts		
(14) Head injury, including skull fracture, resulting in concussion, loss of consciousness, headaches, etc.			(47) Eye surgery, including radial keratotomy, lens implant or other eye surgery to improve your vision		
(15) Back surgery			(48) Night blindness		
(16) Any of the following skin diseases:			(49) Collapsed lung or other lung condition		
(a) Eczema			(50) Absence or disturbance of the sense of smell		
(b) Psoriasis			(51) Bed wetting		

(c) Atopic dermatitis			(52) Absence or removal of the spleen, or rupture or tear of the spleen without removal		
(17) Irregular heartbeat, including abnormally rapid or slow heart rates			(53) Evaluation, treatment, or hospitalization for alcohol abuse, dependence, or addiction		
(18) Allergic to bee, wasp, or other insect stings			(54) Anorexia or other eating disorder		
(19) Heart murmur, valve problem or mitral valve prolapse			(55) Taken medication, drugs, or any substance to improve attention, behavior, or physical performance		
(20) Allergic to wool			(56) Cracked bone or fracture(s)		
(21) Heart surgery			(57) Bursitis		
(22) Any other heart problems			(58) Do you smoke? (If yes :)		
(23) High blood pressure			(a) Type- Cigarettes, Cigars, Smokeless tobacco		
(24) Ulcer (stomach, duodenum or other part of intestine)			(b) How many per day?		
(25) Intestinal obstruction (locked bowels), or any other chronic or recurrent intestinal problem, including small intestine or colon problems, such as Crohn's disease or colitis			(c) Date last used		
(26) Detached retina or surgery for a detached retina			(59) Braces/Retainers		
(27) Surgery to remove a portion of the intestine (other than the appendix)			(60) Evaluation, treatment, or hospitalization for substance use, abuse, addiction or dependence (including illegal drugs, prescription medications, or other substances)		
(28) Any other eye condition, injury or surgery			(61) Loss of finger, toe or part thereof		
(29) Gall bladder trouble or gall stones			(62) Loss of the ability to fully flex (bend) or fully extend a finger, toe or other joint		
(30) Jaundice			(63) Any illnesses, surgery, or hospitalization not listed above		
(31) Missing a kidney			(64) Broken bone requiring surgery to repair (with or without pins)		
(32) Allergy to common food (milk, bread, eggs, meat, fish or other common food)			(65) Ruptured or bulging disk in your back or surgery for a ruptured or bulging disk		
(33) (Females only) Abnormal PAP smear or gynecological problem			(66) (Males only) Missing a testicle, testicular implant, or undescended testicle		

Have you ever had or do you now have:

Seen a psychiatrist, psychologist, social worker, counselor or other professional for any reason including counseling or treatment for school, adjustment, and family, to include depression or treatment for alcohol, drug or substance abuse? Yes _____ No _____ If yes when? _____ Inpatient or Outpatient

Have you ever been diagnosed or treated for anger management, anxiety, panic attacks, or violent outburst? Yes _____ No _____ If yes when? _____

Have you ever threatened, self-harm, attempted suicide or had homicidal thoughts? Yes _____ No _____ if yes, When? _____

Have you ever been diagnosed with a psychiatric or psychological disorder? Example: ADHD, Depression, Anxiety, Asperger's Disorder, PTSD, ODD, OCD, Bipolar Disorder, etc.) Yes _____ No _____

Have you ever used (Circle all that apply): Marijuana Crack/Cocaine Heroin Beer/Liquor Tobacco Product

Please ensure you have not left any question unanswered (circle those questions you don't know the answers to in order to indicate that you have read them). Include explanations on the following page for all those questions marked, "Yes." Explanations should include any of the following format that is applicable: "Date from – Date to: explanation or cause of illness or injury, treatment or medication received/completed, outcome/result, etc."

Candidate Signature: _____ Parent/Guardian Signature: _____ Date: _____

VIRGINIA COMMONWEALTH CHALLENGE YOUTH ACADEMY

PHYSICAL EXAMINATION: To be completed by Medical Provider

Patient's Full Name				Age	Vision				
					Uncorrected		Corrected		
Weight	Build	Temperature:	BP/Arm/Pos		Far	R 20/	B20/	R 20/	B20/
						L 20/		L 20/	
Height	Resp	Pulse Before Exercise			Near	R 20/	B20/	R 20/	B20/
		Pulse After Exercise				L 20/		L 20/	

Clinical Evaluation

	Normal	Abnormal	Not Done		Normal	Abnormal	Not Done
1 - Head, Face, Neck, Scalp				14 - Anus and Rectum			
2 - Nose				15 - Endocrine System			
3 - Sinuses				16 -G - U System			
4 - Mouth and Throat				17 - Hernia			
5 - Ears				18 - Upper Extremities			
6 - Eyes - General				19 - Feet			
7 - Ophthalmoscopic				20 - Lower Extremities (include knee jerks)			
8 - Pupils (equality and reaction)				21 - Spine Other Musculoskeletal			
9 - Ocular Motility				22 - Identifying Body Marks, Scars			
10 - Lungs and Chest (include breast)				23 - Skin			
11 - Heart (thrust, size, rhythm, sounds)				24 - Neurologic (include Rhomberg)			
12 - Vascular System				25 - Psychiatric			
13 - Abdomen and Viscera				26 - Pelvic (females only)			

Describe Abnormal Finding In Detail

Physician's Recommendation for Participation in the Virginia Commonwealth Challenge Youth Program:

Check one:

☐ Cadet is cleared for participation with NO Restrictions

☐ Cadet is Cleared for participation with Restrictions, explain: _____

☐ Cadet is NOT cleared for participation, explain _____

Additional Comments: _____

Physician's Signature: _____

Physician's Printed Name _____

Date: _____

REQUIRED Physicians Office Stamp or Information

VIRGINIA COMMONWEALTH CHALLENGE YOUTH ACADEMY

Range of Motion Screening

Cadet Name (Last, First):	Date of Birth:
----------------------------------	-----------------------

PURPOSE: The Commonwealth Challenge program is a 5 ½ month residential program that conducts rigorous physical training on a daily basis. Our focus is on 3 stages of exercise: toughening, conditioning and sustainment. Students will run several times a week, and develop muscular strength and endurance through calisthenics and cross-fit exercise. Physical exercise to include, but not limited running, push-ups, pull-ups, marching on pavement, and sports activities. As physical fitness is an integral part of a Cadet's daily life, a range of motion screening is required to identify any physical limitations.

Record "NORMAL" if the test is completed successfully. Record "ABNORMAL" if unsuccessful. Provide description limitations as seen during the screening process.		Observation / Comments <u>Required</u> if abnormal
1) Gait	Have the candidate ambulate towards you in a normal manner. Repeat on his/her toes. Repeat on his/her heels	
2) Hip, Knee, Ankle	Ask candidate to stand with feet shoulder width apart facing examiner. Ask candidate to squat down and return to the starting position. Repeat as needed.	
3) T + L Spine	Ask candidate to bend at waist with knees extended and attempt to touch the floor/their toes. Repeat as needed.	
4) Balance, Shoulder (Left-hyper abduction, supination, pronation)	Ask candidate to stand on left leg and bring his/her arms from their side over their head and touch the palmer surfaces of their hands together and then return arms to original starting position. Repeat as needed.	
5) Balance, Shoulder (Right -hyper abduction, supination, pronation)	Ask candidate to stand on right leg and bring his/her arms from their side over their head and touch the palmer surfaces of their hands together and then return arms to original starting position. Repeat as needed.	
6) Elbow Flexion & Extension	Ask candidate to fully flex and extend elbows. Repeat as needed.	
7) Hand (A/ROM all joints & amputation check)	Ask candidate to flex elbows 90 degrees with hands in pronated starting position and open and close hands. Determine the A/ROM of the applicable joints. Assess whether the candidate has any amputations.	
8) Wrist (A/ROM all joints & amputation check)	Ask candidate to flex elbows 90 degrees with hands in pronated starting position. Ask candidate to perform A/ROM of their wrists in all available planes (i.e. flex, ex RD, UD) Repeat as needed.	
9) Opposition	Ask candidate to touch the tip of their thumb to each fingertip. Repeat as needed.	
10) C-Spine (A/ROM all planes)	Ask candidate to perform A/ROM of c-spine in all available planes in standing position (i.e. flex, extend LSB, RSB, L Rotate, R Rotate) Repeat as needed.	

COMMONWEALTH CHALLENGE YOUTH ACADEMY

Medical Prescription Form

Cadet Last Name:	Cadet First Name:	MI:	DOB:
-------------------------	--------------------------	------------	-------------

Custodial Parent(s): Please provide this form to your child's treating physician to verify current prescription(s) and over the counter medication(s) that my child may need during the duration of the program. As custodial parent(s) of the above name minor, I understand that I/we are personally responsible for having the following prescription(s) and over the counter medication verified by the treating physician. **Only** prescription and over the counter medications approved by the treating physician will be stored and dispensed to your child.

Custodial Parent Signature: _____ **Date:** _____

To Treating Physician: The above name individual is enrolling in the COMMONWEALTH CHALLENGE YOUTH ACADEMY program, which is a **5 ½ month program beginning on Oct 3rd, 2016**. As the authorized treating physician, please outline any and all prescription and over the counter medications that can be dispensed to the cadet. So that the medication schedule is not interrupted, please identify the time frame the medication must be dispensed and when applicable, provide enough refill medication to cover the duration of the program.

***Dispense Schedule:** AM: 7am –8am, PM: 12pm-1pm, HS: 8pm-9pm. **Other (O):** If the medication MUST be given outside of the normal dispensing schedule, please place the exact time the medication must be given. Otherwise, please try to adhere to the Challenge Medical clinic's dispensing schedule.

Medication Brand Name/Generic	Mg	Dose	Freq	Dispense Schedule *circle approved time	Reason
				AM / PM / HS / O: __	
				AM / PM / HS / O: __	
				AM / PM / HS / O: __	
				AM / PM / HS / O: __	
				AM / PM / HS / O: __	
				AM / PM / HS / O: __	
OTC Medication	Mg	Dose	Freq	AM / PM / HS / O: __	
				AM / PM / HS / O: __	
				AM / PM / HS / O: __	
				AM / PM / HS / O: __	

As the treating physician for the above named Cadet, I have outlined the approved prescription and over the counter medication(s) which can be dispensed during the duration of the program. I have also provided adequate prescription refill(s) to cover the duration of the program or have outlined below, requirements before a medication can be re-filled.

Comments: _____

Treating Physician Name: _____ **Signature:** _____ **Date:** _____

Facility/Practice Name: _____ **Phone:** _____

Form must be completed and returned to Challenge's Medical Department by August 26, 2016. Please fax form to: 757-223-7939 or email: Challenge@tmd.bz

VIRGINIA COMMONWEALTH CHALLENGE YOUTH ACADEMY

Certification of Immunization Status

IF YOU ARE EXEMPT FROM IMMUNIZATIONS DUE TO RELIGIOUS, PERSONAL OR PHILOSOPHICAL REASONS, YOU MUST OBTAIN A CERTIFICATE OF EXEMPTION OR A LETTER STATING SO SIGNED BY YOUR DOCTOR.

The Virginia School Immunization Law requires that children be up-to-date on their immunizations (shots) to attend school. Whenever children are brought into group settings, there is a potential for the spread of infectious diseases. Diseases like chickenpox, measles, and whooping cough spread quickly, so children need to be protected before they enter school. Present your immunization record with your application. The immunization record must show the date (month, day, and year) your child was administered each required shot. If you do not have an immunization record or your child has not received all required shots, contact your doctor or local health department now for an appointment.

Review your child's immunization record to make sure you have a date for each shot required.

MINIMUM IMMUNIZATION REQUIREMENTS FOR SCHOOL ENTRY (Preschool & K-12)

Immunization Requirement by Age	Doses of Vaccines Required
Children born on or before September 1, 1999 must have a minimum of:	(4) Diphtheria, Tetanus, Pertussis (DTaP) (1) Measles, Mumps, and Rubella (MMR) (3) Polio (3) Hepatitis B
Children born after September 1, 1999 through September 1, 2005 must have a minimum of:	(5) Diphtheria, Tetanus, Pertussis (DTaP) ² (2) Measles, Mumps, and Rubella (MMR) (3) Polio (3) Hepatitis B
Children born after September 1, 2005 ¹ must have a minimum of:	(5) Diphtheria, Tetanus, Pertussis (DTaP) ² (2) Measles, Mumps, and Rubella (MMR) (4) Polio ³ (3) Hepatitis B (2) Varicella (Chickenpox) ⁴ (2) Hepatitis A

6th GRADE IMMUNIZATION REQUIREMENTS

IMMUNIZATION REQUIREMENTS BY GRADE 5 Doses of vaccines required

Children admitted to 6th grade must meet the following minimum immunization requirements in addition to school entry requirements. (1) Tetanus, Diphtheria, Pertussis (Tdap), (1) Meningococcal-recommended but not required

Preschool children need only be age-appropriately immunized with required vaccines

DTAP the 5th dose is not necessary if the 4th dose was administered at age 4 years or older.

Polio the 4th dose is not necessary if the 3rd dose was administered at age 4 years or older and at least 6 months after previous dose. Varicella: History of chicken pox disease documented by a physician or licensed health care professional meets the requirement. If your child's records is missing some doses, please contact your doctor or clinic now to obtain the full immunization record or any doses needed. If your child recently received immunizations and needs an immunization later in the year, he/she can be allowed to attend, provided you complete the conditional admissions form and get the remaining doses when they are due.

If your child is not immunized due to medical, religious, or philosophical reasons, let the CCYA know.