

ACTIVITIES HANDBOOK

2023-2024 Edition

Walthill Public School

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Introductions

Walthill Senior High School is proud of the students and coaches who contribute to make the activities program a positive experience for its participants. Success in activities cannot always be measured by the wins and losses of each program, but must also be measured by the satisfaction and educational experiences received by the participants. The activities program at Walthill High School provides experiences to help boys and girls grow physically, academically and emotionally. The element of competition and winning, though it exists, is controlled to the point that it does not determine the nature of the program. This is considered to be educationally and psychologically sound because of the training it offers for living in a competitive society. Students are stimulated to want to win and excel, but the principles of good sportsmanship prevail at all times, to enhance the educational values of contests. The coaching staff at Walthill High School believes that participation in activities, both as a player and as a student spectator, is an integral part of the student’s educational experiences. Such participation is a privilege that carries with it responsibility to the school, to the team, to the student body, to the

community, and to the students themselves. In their participation and in their conduct, they are representing all these groups. Such experiences contribute to the knowledge, skill, and emotional patterns that they possess, thereby making them better people and better citizens.

Awards Letters

Those athletes who have achieved the requirements for lettering in their sport will receive a varsity letter. The head coaches determine the requirements for each sport.

Activities Philosophy

We believe that the opportunity for participation in a wide variety of student-selected activities is a vital part of a student's educational experiences. Such participation is a privilege that carries with it responsibilities to the school, to the activity, to other students, to the community and to the athletes themselves. Participation alone does not guarantee playing time nor does it guarantee a position on a certain level. But, the experience of participation does contribute to the development of learning skills and emotional patterns that enable the student to achieve maximum benefit from his or her education. Walthill High School and Junior High School student activities are considered a supplement to the school's academic program, which strives to provide experiences that will help to develop students physically, academically, socially, and emotionally.

Attendance

Attendance requirements for all activities have the same basic philosophy. Students may miss practices/contests for one of the following reasons; Immediate Family, Church or another School Activity (only). Missing practices for any other reason would fall into the "unexcused" category. This includes missing practice for another "club" or off-season activity. **All absences must be communicated to the coach or sponsor.

In order to attend practice, or participating in a scheduled student activity or game, the student must arrive at school no later than 11:30 and **stay in school** the remainder of the day. Exception in cases of funerals or prearranged dental or medical absences will be considered.

Academic Eligibility Procedures (Grades 7-12)

Student academic eligibility for participation in extra-curricular activities will be determined on a weekly basis starting on the third Monday or the first school day of that week of every quarter. A student will become ineligible based on the NSSA rules or by maintaining an average of less than seventy percent (70%) in two or more classes weekly. The eligibility report will be run on a weekly basis on the first school day of that week.

- If the student is failing (under 70%) in more than one class, they are not eligible to play for the week that the eligibility report is ran. Grades and eligibility will be checked weekly.
- Each quarter will provide a fresh start, you have until the third Monday or the first school day of that week to ensure your grades are above 70%.
- While ineligible students cannot participate in activity events. This includes traveling with the group or team, dressing for games, or any other related activities until eligible.
- Only Student attending **Regular School** may participate in Walthill Activities. Student in **Remote School** cannot participate in Walthill Activities.

Chain of Communications

It is difficult to accept your child not playing as much as you had hoped. WPS Coaches are professionals. They make decisions based on what they believe to be best for all student-athletes involved. There are certain issues that can be and should be discussed with your child's coach.

The three items listed below will not be discussed:

1. Playing time, positioning, and event entry.
2. Team strategies, game tactics, play calling.
3. Any discussion about other student-athletes.

There are situations that may require a conference between the coach and player, or coach and parent. These conferences are encouraged. We also strongly encourage a discussion between the parent and player. A parent having the same expectations as the player is crucial. It is also important that all parties involved have a clear understanding of the other person's position.

When a conference is necessary, the following procedures should be used to help resolve any concerns:

1. Student-Coach: Open-door policy for all coaches
2. Parent-Coach-Student: Done by appointment (email or phone).

If you have a concern to discuss with a coach, the procedure you should follow is:

1. Contact the coach to schedule an appointment (email or phone).
2. Appointments or meetings should take place either over the phone or at the school.

*Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote positive resolutions.

THE NEXT STEP: What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

- Call and schedule an appointment with Walthill High School's AD or Principal to discuss the situation. At this meeting the appropriate next step can be determined, if necessary.

**Both students and parents should be aware of the above information to insure they have done all they can to make participation in one of our activity programs a worthwhile and positive experience.

Clearance to Participate

Each athlete must obtain clearance from the Activities Director's office before the sport season begins. To obtain clearance, the athlete must have a current Physical Exam Form, and Parent Consent Form. In addition, every participant is required to complete baseline concussion testing. Activities Offices will then forward an updated clearance list to the head coach of each sport before the first day of practice. No Athlete will be able to participate in practice until these two forms are turned into the A.D. offices. Physical and Parental Consent forms are available through the school offices and school website. All of the necessary signatures must be completed before these forms can be accepted.

Equipment

The activities department will furnish equipment needed for each program, except for shoes, or any equipment needed of a personal nature. All equipment checked out to a participant is his/her responsibility. Upon completion of the season, the equipment will be checked in. If there is an item missing or damaged, it must be paid for by the athlete.

Facility Use

No one is allowed to be in the building or to use the activities facilities without a coach/sponsor present. In-season programs have first priority; off season programs have second priority. There should be no interruption of ongoing practices by other groups waiting to use the facility.

Middle School Activity Guidelines

The administration, coaches, and staff of Walthill Junior High School want the activities program to be a positive learning experience for all students who choose to participate. Students will have the opportunity for playing time and as such the students who represent their school in an activity must learn the rules of behavior and sportsmanship, which will make them successful in school, activities, and life. Therefore, any student participating in one of the Walthill Junior High School activities will follow school expectations and procedures.

NSAA Eligibility Requirements

In order to represent a high school in interscholastic athletic competition, a student must abide by eligibility rules set forth by the Nebraska School Activities Association. If you do not understand any of the rules stated below, consult the high school principal or activities director.

1. Student must be an undergraduate.
2. After a student's initial enrollment in grade nine, they shall be ineligible after eight semesters of school membership beginning with their enrollment in grade nine.
3. Student is ineligible if nineteen years of age before August 1 of current school year. (Student in grades 7 or 8 may participate on a high school team if he/she was 15 years of age prior to August 1 of current school year.)
4. Student must be enrolled in some high school on or before the eleventh school day of the current semester.
5. Student must be enrolled in at least twenty hours per week and regular in attendance, in accordance with the school's attendance policy at the school they wish to represent in interscholastic competition.
6. Student must have been enrolled and received twenty hours in school the immediate preceding semester.
7. Guardianship does not fulfill the definition of a parent. If a guardian has been appointed for a student, the student is eligible in the school district where his/her natural parent(s) have their domicile. Individual situations involving guardianship may be submitted to the Executive Director for his review and a ruling.
8. A student entering grade nine for the first time after being promoted from grade eight of a two-year junior high, or a three-year middle school, or entering a high school for the first time after being promoted to grade ten from a three-year junior high school is eligible. After a student makes an initial choice of high schools, any subsequent transfer, unless there has been a change of domicile by his/her parents, shall render the student ineligible for ninety school days. If a student has participated on a high school team at any level as a seventh, eight, or ninth grade student, they have established their eligibility at the high school where he/she participated. If the student elects to attend another high school upon entering ninth or tenth grade, they shall be ineligible for ninety school days.
9. If the change in domicile by the parents occurs during a school year, the student may remain at the school he/she is attending and be eligible until the end of the school year or transfer to a high school located in the school district where the parents established their domicile and be eligible.
10. If the parents moved during the summer months and the student is in grade twelve and the student has attended the high school for two or more years, the student may remain at the high school they have been attending and retain eligibility.
11. If a student has been attending the same high school since initial enrollment in grade nine, they may remain at that high school and retain eligibility, or they are eligible at a high school located in the school district where their parents established their domicile.

12. If the parents of a student change their domicile from one school district that has a high school to another school district that has a high school, the student shall be eligible immediately in the school district where the parents established their domicile.

13. Transfer students who have their Enrollment Option applications signed and filed prior to May 1 shall be eligible immediately in the fall. Those students who do not have their Enrollment Option applications signed and filed prior to May 1 shall be ineligible for ninety school days, with such transfers being subject to hardship waiver guidelines.

14. Other non-enrollment option transfer students must have signed and delivered all forms necessary to make such transfer to the school in which they intend to enroll for the upcoming school year prior to the preceding May 1st. For the student to be eligible, the school to which the transfer is being made must have notified the NSAA office in writing, postmarked not later than May 1st of the preceding school year. The student would, however, become ineligible for ninety school days the next fall if the student were to change their mind and decide not to transfer. If such student were to transfer to the new school, but later decides to return to their former district before 90 school days have elapsed, such student will be ineligible in the former district for 90 school days, with the ineligibility period commencing at the start of the fall semester. Those students, who did not have their enrollment forms signed, delivered and accepted prior to May 1st, shall be ineligible for ninety school days, with such transfers being subject to hardship waiver guidelines.

15. Once the season of a sport begins, a student shall participate in practices and compete only in athletic contests/meets in that sport, which are scheduled by their school. Any other competition will render the student ineligible for a portion of, or all of, the season in that sport. The season of a sport begins with the first date of practice as permitted by NSAA rules.

16. During the season of a particular sport, athletes participating in that sport for a high school may attend, but may not physically take part, either as an individual or as a member of a team, in the sport activity in which instruction is being offered in the clinic, camp or school.

17. A student shall not participate on an all-star team while a high school undergraduate.

18. A student must maintain his/her amateur status

Performance Enhancing Drugs

Students should be aware that steroids, a performance-enhancing stimulant, are illegal by law. State law 79-296 specifically addresses students taking, using, or having possession of anabolic steroids, or illegal performance enhancing drugs.

Performance Time Philosophy

We understand that one of the most difficult assignments for any coach or activity sponsor is determining the amount of performance time for individual players. Ability, attitude, attendance, and effort are some of the key areas of consideration when determining these assignments. Below is a description of the varying levels of Walthill Activity Programs along with descriptions of each level's goal and playing time philosophies.

VARSITY LEVEL: This is the highest level of competition, with performance time determined by coaches or activities sponsors so the team or organization will be successful in competition. Walthill does not have a "cut" policy, we allow all students to remain in a program through graduation. However, some sports have a mandatory limit of varsity players that they can carry in a game or event. Each coach or activity sponsor will be responsible for explaining the methods and criteria used to determine who earns a varsity position and playing time in that activity.

JUNIOR VARSITY LEVEL: This level too maintains a high level of competition and generally involves 10th and 11th graders. Unless very special circumstances exist, seniors will not participate at the J-V level. The

philosophy of the J-V level is to best combine the opportunity for winning and playing time and to prepare teams young players for future varsity competition.

8th GRADE LEVEL: The emphasis will be on involving large numbers of participants in games and practices while also developing fundamental skills. While fair playing time will be encouraged in competitions coaches or activities sponsors occasionally may focus on select students to win a particularly close event.

7th GRADE LEVEL: Students are introduced to the "team concept." Formally, it may be their first time playing on an organized team in a given sport or activity. The emphasis will be on involving large numbers of participants in games and practices, while also developing fundamental skills. Fair performance time will be emphasized in competitions.

Personal Electronic Devices and Social Media

Students are reminded that anytime you share information electronically, it is NO LONGER PRIVATE INFORMATION!! Examples may include, but are not limited to: Twitter, Facebook or other social media websites, computers, cell phones (including text messages), personal blogs, and any/all other electronic devices. Students are thus notified that school administration, while not personally involved in securing information in the sharing process of information, WILL follow normal investigative procedures if a possible school violation and/or activity suspension may be involved.

The use of cell phones and other personal electronic devices are permissible during extracurricular activities at the coaches/sponsors discretion. Violation of this rule shall result in confiscation of the device. The coach/activity sponsor shall hold the confiscated device until such time that the parent or guardian can pick it up at their convenience. If a student athlete/activity participant refuses to give up the cell phone or other electronic device to a coach/sponsor when a violation occurs, this constitutes insubordination and may result in suspension from the sport/activity as well as other school consequences. If pictures/videos are taken and used to intimidate, embarrass, or harass any person (staff, student, or otherwise) consequences may range from confiscation of the phone to suspension and possible law enforcement contact if privacy issues are violated. Additionally, student athletes/activity participants who use social media to intimidate, embarrass, or harass any person (staff, student, or otherwise) may be subjected to a code of conduct suspension.

Photo Release Agreement

Walthill School Employee or hired contractors may take pictures of our students in our activities. These photographs may be used for advertisements, programs, press releases and other promotional material. Parents should notify the school if photo of their children should not be used.

Student-Athlete Injury Information (High School and Junior High School Student Student-Athletes)

In the event an injury would occur to your son/daughter, Walthill Public School requests your permission to grant us the right to administer care by the athletic trainer, coaches, or certified personnel. By signing the document called the "Handbook Acknowledgement Form" you the parent/guardian grant permission for Walthill Public Schools to provide care for the injured person. This would also include any care deemed necessary at a hospital, assuming the parents cannot be contacted for immediate permission.

Student, Parents, and Staff Expectations

1. In each program, a coach and/or coaches are hired by the school district to be responsible for the team selection. Criteria for selection are established by the head coach; possibly with input from the entire coaching staff. Team selection, practices, and decisions regarding game situations are the responsibility of the coaching staff.

2. Experience in athletics reveals there are many "select teams" sponsored by many different organizations. Each coach looks for something different in his or her players. Participation on a "select team" DOES NOT guarantee any player a spot on another "select team", nor does it guarantee the athlete a spot on a high school team at Walthill High School. While we believe players can gain valuable experience outside of the school athletic program, neither parents nor students should count on this type of participation to guarantee or assist them to gain an advantage, or to secure them a spot on a high school team.
3. Selection of teams is usually based on talent, and how the player will fit into the overall scheme of the team. See your child's head coach for a more accurate description of this philosophy.
4. Starting positions and playing time are not guaranteed to seniors making a team; or anyone else for that matter. Each member of the team is a valuable asset to the team's overall progress. Some members may play a great deal of time in a contest, while others may not see what a parent would consider to be significant or equal playing time. Each student should have personal improvement as one of his or her goals
5. Being a member of a team, regardless of time spent in actual competition, will hopefully teach them valuable lessons to be applied later in life. Among them would be citizenship, sportsmanship, appreciating a good play by a teammate or opponent, working together to meet team goals, responsibility, commitment to their team and school, loyalty, placing the team above their personal goals, learning to accept instruction and criticism, respect for others, winning and losing with dignity, self-control, and being responsible for their own actions.

The Walthill School recognizes that a successful activities program involves dedicated students, responsible coaches/activities sponsors, caring parents, and a supportive community. To this end, the following responsibilities are given:

- I. The Walthill School will provide:
 - a. An opportunity for every student to participate in some phase of the extracurricular program.
 - b. Leadership in the form of competent, caring, and dedicated coaches and supervisors.
 - c. Necessary equipment, uniforms, and facilities.
- II. The Student will provide:
 - a. A desire to excel in each extracurricular activity they participate in.
 - b. A positive attitude that will include:
 - i. Paying respect to the instruction and expectations of the coach/sponsor.
 - ii. Paying respect to other team members.
 - iii. Doing one's best to maintain the quality of facilities and equipment.
 - iv. Acting as conscientious representative of the school student body, and community.
 - c. Adherence to the good conduct and academic eligibility policies of the Walthill School.
 - d. Support all Walthill extra-curricular activities and their participants.
 - e. Students who suspect they have sustained a concussion shall immediately make such notification.
- III. The parents will provide:
 - a. Encouragement to their son or daughter.
 - b. Reinforcement of the training regulations and expectations of the coaches and sponsors.
 - c. Support to the program in which one's son or daughter is participating.
 - d. Support all Walthill extra-curricular activities and their participants.
 - e. Follow the procedures for concerns or complaints listed in the Walthill Family Handbook and Board Policy.
 - f. Any parent or guardian who suspects a student has sustained a **concussion** is expected to immediately notify district coaches or administrators of the injury.

Time off between Seasons

Multi-sport athletes, that have seasons run together, will not be required to attend practice for 5 calendar days from the date of the last contest (in the preceding season). An athlete may begin practice before the 5-day rest concludes if he/she obtains the approval of his/her parents, coach, and the Activities Director.

Transportation

The school district will provide transportation to all contests. Team members will be expected to travel to away contests as a unit/team under the coach/sponsors direction, unless special provisions are made through the Head Coach/Sponsor and administration. Such provisions may include: family emergencies, medical appointments, attending a funeral, etc.... Parents and students must provide written documentation or communicate to the Activities Director and/or the building principal stating the need to take personal transportation. The Activities Director and/or the building principal must approve special provisions. Team members may travel home with parents/guardians if a parent/guardian signs a release with the Head Coach/Sponsor. Students are only allowed to travel with their own parent/guardian from away events. Athletes that are attending school-sponsored events/contests during the school day will be marked as excused for school activities. If an athlete leaves with a parent/guardian from a contest/event during the school day and does not return to school, the parent/guardian must call into the school office to communicate intentions. If the athlete does not return to school, the absence will be changed from a school activity absence to an excused or unexcused absence.

Wellness and Weight room

The weight room will be opened and supervised by a school staff member. Availability will be prioritized by in-season sports receiving first choice of times available. Off-season sports will be given second choice of times available. A member of the coaching staff must supervise any athlete using the weight room. The equipment is not to be handled roughly or removed from the weight room.

COVID Additions

All COVID related requirement of the NSAA, Department of Health, and Walthill School will be followed by our programs and their students. We will also respect the COVID requirement of other schools as our programs travel to for competitions. The usage of the weight room, workout facilities, and other exercise areas are voluntary, at my and my children's own risk, and that the School District is not responsible in any manner for my children's usage or any injury or property damage to my children as a result of the usage of any such facility. I further understand that I am solely responsible for any property damage caused by my children as a result of the usage of any such facility. I acknowledge that, in the middle of a global pandemic, there is a serious risk that, by using the facility, I or my children could contract a dangerous virus or other health condition, and that I accept this risk and nonetheless voluntarily choose to allow my children to use the facilities.

(Subject to change due to unexpected pandemic issues)

Walthill Mask Policy: The Walthill District is directed to ensure a safe environment. Lessening proximity of exposure, time of exposure, and amount of exposure to infected individuals is the goal. Wearing masks is an effective method of limiting the amount of exposure of our students and staff to COVID 19.

The face covering requirement for students is optional at this time: All students may wear cloth or multi-layer disposable face coverings to help prevent the spread of COVID-19. An appropriate fitting mask can effectively fully cover the students' nose, mouth, and chin.

The school will provide masks if need, however students may bring appropriate fitting masks from home if they wish.

Additional Procedures: Throughout the school day we will continue the basic safety procedures to help prevent Colds, flu, and COVID. Washing our hands, checking our temperatures, not touching each other, etc. Everyone is ready to help you through these procedures, please follow their instructions carefully.

Activities Handbook Agreement

PARENT/GUARDIAN AND STUDENT CONSENT AND OFFICIAL WARNING

The purpose of this WARNING is to bring to your attention the existence of potential dangers associated with your son or daughter participating in activities. Participation in any activity may involve injury of some type. The severity of such injury can range from minor cuts, bruises, sprains, and muscle strains to more serious injuries to the body's bones, joints, ligaments, tendons, or muscles, to catastrophic injuries of the head, neck and spinal cord. On rare occasions, injuries can be so severe as to result in total disability, paralysis, or death. Even with the best coaching, the use of the best protective equipment and strict observance of rules, injuries are still a possibility.

I have received and read the Activity Handbook that describes the Walthill School District's expectations and policies. My child and I have discussed these policies and understand that we must comply with them.

I have read this WARNING and understand the potential risk of injury. Knowing the risk, I hereby give my permission for my son/daughter to practice and compete for Walthill High and Junior High School and will indicate this by signing the "Activities Handbook Agreement".

_____ Student's Signature	_____ Date	_____ Parent/Guardian's Signature	_____ Date
_____ Student's Signature	_____ Date	_____ Parent's Email Address	
_____ Student's Signature	_____ Date	_____ Parent's Phone Number	

NSAA Student and Parent Consent Form

This form is necessary to compete in interscholastic athletics and activities for WALTHILL HIGH SCHOOL AND JUNIOR HIGH SCHOOL. It is entirely voluntary on my part and is made with the understanding that I have not violated any of the eligibility rules and regulations of the State Association.

With my signature on the "Student and Parental Consent Form", I hereby give my consent for my son/daughter (1) to represent his/her school in activities, except those crossed out on the physical form by the examining health care provider, provided that such activities are approved by the State Association; (2) to accompany any school team of which he/she is a member on any of its local or out-of-town trips. I acknowledge that I have selected the health care provider who has examined the student and assume full responsibility for the selection of such examiner. I authorize the school to obtain, through a physician of its choice, any emergency medical care that may become reasonably necessary for the student in the course of such activities or travel. I also agree not to hold the school or anyone acting in its behalf responsible for any injury occurring to the above-named student in the course of such activities or such travel.

To be completed for students participating in any NSAA activities.

Student and Parent Consent Form



School Year: 20____-20____
 Member School: _____
 Name of Student: _____
 Date of Birth: _____ Place of Birth: _____

The undersigned(s) are the Student and the parent(s), guardian(s), or person(s) in charge of the above-named Student and are collectively referred to as "Parent".

The Parent and Student hereby:

- (1) Understand and agree that participation in NSAA sponsored activities is voluntary on the part of the Student and is a privilege;
- (2) Understand and agree that (a) by this Consent Form the NSAA has provided to the Parent and Student of the existence of potential dangers associated with athletic participation; (b) participation in any athletic activity may involve injury **or illness** of some type; (c) the severity of such injury can range from minor cuts, bruises, sprains, and muscle strains to more serious injuries to the body's bones, joints, ligaments, tendons, or muscles, to catastrophic injuries to the head, neck and spinal cord, and on rare occasions, injuries so severe as to result in total disability, paralysis and death; **(d) the severity of an illness, including contagious diseases such as the COVID 19 virus, and bacterial infections may be so severe as to result in disability and death;** and, **(e)** even the best coaching, the use of the best protective equipment and strict observance of rules, injuries are still a possibility;
- (3) Consent and agree to participation of the Student in NSAA activities subject to all NSAA by-laws and rules interpretations for participation in NSAA sponsored activities, and the activities rules of the NSAA member school for which the Student is participating; and,
- (4) Consent and agree to (a) the disclosure by the Member School at which the Student is enrolled to the NSAA, and subsequent disclosure by the NSAA, of information regarding the Student, including the student's name, address, telephone listing, electronic mail address, photograph, date of and place of birth, major fields of study, dates of attendance, grade level, enrollment status (e.g., full-time or part-time), participation in officially recognized activities and sports, weight and height of as a member of athletic teams, degrees, honors and awards received, statistics regarding performance, records or documentation related to eligibility for NSAA sponsored activities, medical records, and any other information related to the Student's participation in NSAA sponsored activities; and, (b) the Student being photographed, video recorded, audio taped, or recorded by any other means while participating in NSAA activities and contests, consent to and waive any privacy rights with regard to the display of such recordings, and waive any claims of ownership or other rights with regard to such photographs or recordings or to the broadcast, sale or display of such photographs or recordings.
- (5) Consent and agree to authorize licensed sports injury personnel to evaluate and treat any **injury or illness** that occurs during the student's participation in NSAA activities. This includes all reasonable and necessary preventive care, treatment and rehabilitation for these injuries. This would also include transportation of the student to a medical facility if necessary. Such licensed sports injury personnel are independent providers and are not employed by the NSAA.
- (6) Acknowledge that Parents are obligated to pay for professional medical and/or related services; the NSAA shall not be liable for payment of such services. We give permission to any and all of the Student's health care providers and the NSAA and its employees, staff, agents, and consultants to release and discuss all records and information about the Student including otherwise confidential medical information and records. We understand that this release has been requested and may be used for the purpose of determining eligibility pertaining to activities participation, fitness, injury, injury status, or emergency.

I acknowledge that I have read paragraphs (1) through (6) above, understand and agree to the terms thereof, including the warning of potential risk of injury inherent in participation in athletic activities.

 Name of Student [Print Name] Student Signature Date

(I am)(We are) the Student's [circle appropriate choice] (Parent) (Guardian). (I)(We) acknowledge that (I)(We) have read paragraphs (1) through (6) above, understand and agree to the terms thereof, including the warning of potential risk of injury inherent in participation in athletic activities. Having read the warning in paragraph (2) above and understanding the potential risk of injury to my Student, (I)(we) hereby give (my)(our) permission for _____ [insert student name] to practice and compete for the above named high school in activities approved by the NSAA, **except those crossed out below:**

Baseball	Basketball	Bowling	Cross Country	Debate	Football	Golf	Journalism
Music	Play Production	Soccer	Softball	Speech	Swim/Dive	Tennis	Track & Field
Unified Bowling	Unified Track & Field	Volleyball	Wrestling				

Parent(s)/Guardian Printed Name(s)*	Parent/Guardian Signature	Date of Signature

***Both Mother and Father must sign, unless parents are divorced, the custodial parent must sign, or if the student is not living with parents, the student's legal guardian.**
 Revised June 2020