<u>Student/Parent</u>
Athletic Handbook

A Guide to
Athletics
At
Bartelso Elementary
School

2018 - 2019

Revised: August, 2018

Athletic Philosophy

Bartelso School District No. 57's mission statement with the support of the home and community is to "encourage all students to learn and develop their fullest potential." The athletic programs at Bartelso School are an extension of our student's curricular experiences. Essential to any athletic program is the necessity

- to introduce effective composites of competition (good sportsmanship, team work, cooperation, and dedication) and
- to stress the acquisition of the physical skills necessary to complete successfully.

Our school strives to provide a safe and meaningful experience for children to compete in athletic competition. All student participation in co-curricular athletic programs is voluntary. Coaches are important individuals who are charged with the following responsibilities promoting and supervising athletes.

- employing good public relations
- helping each participating student toward achieving a high level of skill, an appreciation for the values of discipline and sportsmanship, and an increased level of self-esteem

Conference athletic rules have established guidelines for basketball and volleyball. It is the coach's decision on who plays and how much they play. However, the school strongly recommends that the coach give each child an opportunity to practice and play. The school further acknowledges that the level of play for 5th & 6th grade midget athletics is individually skilled based. While the junior varsity level is developmentally team based and the varsity level is that of a greater difficulty of team coordination.

Ultimately, the guidelines set forth in the athletic handbook are designed to enhance each student's athletic opportunities and to ensure a positive experience for children.

Welcome

Welcome to Bartelso Elementary School and our athletic program. This handbook is not intended to answer every question or situation concerning athletics here at Bartelso Elementary School, but merely serve as a quick reference to help guide you to your answer. Some areas are covered in more depth while others are only mentioned. If you have a specific question or problem, please contact the coach or the Superintendent immediately.

Mission Statement

The mission of Bartelso Elementary School District #57 is to encourage all students to learn and develop to their fullest potential so that they will be able to excel within the challenges that their lives will experience.

Bartelso Elementary School strives to support this mission statement by developing a well – rounded athletic program designed to enhance each student's athletic opportunities.

Athletic Programs and Coaches

Superintendent	Tom Siegler
Secretary/Bookkeeper	Sharon Schulte
Athletic Director	Tim Moore
Boys Varsity Basketball	Luke Winkeler
Boys 5/6 Basketball	Jason Becker
Girls Varsity Basketball	Scott Harre
Girls 5/6 Basketball	Shelby Kohrmann
Girls Varsity Volleyball	Ms. Sophie Rickhoff
Girls 5/6 Volleyball	Mrs. Chris Gebke
Golf	Bob Gerdes
Cheerleading	N/A

Athletic Conference

Bartelso Elementary School is a member of the Clinton County Athletic Association consisting of elementary schools in the surrounding towns of Germantown, Albers, Aviston, Beckemeyer, St. Rose, All Saints Academy, Breese, Carlyle, Lebanon, Okawville, and Damiansville. Bartelso is also a member of the Southern Illinois Junior High School Athletic Association (SIJHSAA) and the Illinois Elementary Schools Association (IESA). Coaches are responsible for following and sharing information as needed with athletes, parents, and school officials.

Athletic Fees

There is a $25 per sport athletic fee with the exception of Golf, which is $40.

School Attendance

It is expected that participants must be in school on the day of an event. If a participant is absent from school on the day of an event, he/she will not be eligible for the contest with the following exceptions:

- Absence due to death in family
- Absence due to a dental or doctor's appointment
- Absence due to school – sponsored field trip
- Prior approval by the superintendent

Absence due to illness is NOT an exception because if a student is too ill to attend school, he or she should not, on the same day, participate in an activity or contest. This includes ½ day absence due to illness.

If the participant is tardy, he/she must arrive at school by 9:00 a.m. in order to participate in the event. If the participant arrives after 9:00 a.m., he/she will not be permitted to participate.

Absence from a Practice or Game

Players are expected to come to all practices and events. If they choose to not attend practice or a game, it is considered an "unexcused absence" and the player will have the following consequences:

- **1st Offense – One game suspension**
- **2nd Offense – Two game suspension**
- **3rd Offense – Suspension for the remainder of the season**

Before any suspension takes effect, the student will be verbally advised by the head coach or school administration of the alleged violation and the student will have an opportunity to explain/or justify his/her action.

If a player is unable to attend a practice or game, the coach needs to be notified and the reason for the absence given. Examples of excused absences include sickness (absence from school), doctor's appointments, and family emergencies.

Behavior

Members of the school's athletic teams are public representatives of our school as a whole, and must make a good public impression. Good sportsmanship and giving one's best effort is more important than a "win-at-all-costs" attitude.

Team members not playing in the current game shall make one 5 minute visit to the dressing room to change clothes. They must then return to the gym and remain there until called together by the coach. No other unauthorized trips to the dressing room are to be made. *While waiting to participate, team members should set an example for other students by exhibiting excellent behavior, and if another team is playing, cheering and encouraging them to win.*

Sportsmanship

Our athletic program offers students the opportunity to promote the public image of the school. Many parents/guardians/visitors observe our games and the manner in which our student body participates in the extracurricular activities. A well-behaved, courteous student body and parent supporters will complement our teams. Students of Bartelso take pride in promoting a positive image of the school.

Bartelso Elementary school expects all persons who participate or attend any athletic event to show great sportsmanship. This includes:

- Never boo a player, coach or official.
- Never turn your back when players are introduced.
- Appreciate a good play, regardless of who makes it.
- Know the school gets blame or praise for your conduct.
- Recognize the need for more good sports and fewer bad sports.

Students in Grades 4 and below may not attend extracurricular activities unless accompanied by and seated with a parent/guardian unless they are a player. The exception to this would be if the student was a team member participating in the athletic activity.

Students should attend athletic events for two reasons – that of cheering for the team and of watching the game. There must be no playing or pushing on the bleachers and no spectators are permitted on the gym floor or in the lobby during a game. One must not leave the gym except during regular intermissions, including players whose team is not current competing. Students may not bring younger brothers and sisters who are under third grade. Food, drinks, and noise-making devices are not permitted in the gym. Good sportsmanship must be demonstrated at all events, and actions such as booing, yelling at players and officials, or use of profanity will not be tolerated. Students must obey the supervising chaperone that has full charge.

Students may not go outside of the gym/lobby area for any reason except to go home.

The following penalties will be applied for misbehavior at either home or away games:

1. First misbehavior – the student is warned.
2. Second misbehavior – the student must sit with own parent(s) for remainder of game, or if parents aren't there, must sit next to a chaperone, administrator, or teacher.
3. Third misbehavior – student's parents will be phoned and student must leave the game.

Cheerleaders

A Varsity squad of cheerleaders is selected annually. Students in grades 7 and 8 are eligible to participate. If there are not enough girls to make a squad, 5th and 6th grade girls may be invited to participate. In the event there are not enough 5th and 6th graders wanting to participate then 4th graders may also be invited. All grade level invitations below 7th grade will be extended to the ***entire*** class and have prior approval of the superintendent.

GUIDELINES FOR SPORTS EVENT CHAPERONES AT BARTELSO

PFC volunteers are assigned so that student spectators may attend evening games played at the home school. These are sent by the Parent Faculty Club and involve working the gate and concessions at athletic events. Four PFC volunteers are assigned to each "home" game. These parent volunteers are from the entire group of Bartelso students' parents, not just the parents of athletes. At home games, PFC volunteers help administration/teachers supervise student activities in the gym and the concession area. **If appointed volunteers cannot take the assigned date, they are responsible for obtaining a substitute or for trading evenings with another volunteer**. **Please report any changes in assignment to the school office *by 3:30 p.m. on the evening of the game***.

When serving as a PFC volunteer during home games, please keep the guidelines in mind:

- *Once the next game starts, stragglers should be sent back to the gym as soon as they finish their snack. There should be no loitering in the hall.*
- *Soda should be kept in the lobby unless it is in a capped container.*

PFC volunteers have full authority to enforce good student behavior at any time and at any location during the evening. This includes outdoors and in the gym or lobby of the school. Cheerleaders are also under PFC volunteer authority if their sponsor is not present.

Radios and other electronic items may not be used inappropriately during sporting events.

Students must be respectful of adult authority. Volunteers should report instances of misbehavior or disrespect (even if the person was not a Bartelso student) to the office on the morning of the next regular school day, giving as much detail as possible. The misbehaving student(s) will be appropriately disciplined or the proper authority will be called to follow through.

Home games start at 6:00 p.m.

PARTICIPATION IN EXTRACURRICULAR ACTIVITIES: TRANSPORTATION

For Extracurricular Activities outside of the school day, the participating student's parent (or guardian) will be responsible for providing transportation to and from events or activities that are not held at Bartelso School. The School District will not be providing transportation for "away" games, contests, events, or activities to any students involved in these designated Extracurricular Activities. As a result, in order for a student to participate in the designated Extracurricular Activity, the student's parent (or guardian) will be required to complete and submit a signed permission slip for the student indicating the parent's (or guardian's) acceptance of this responsibility for transportation of the student. The parent (or guardian) will need to submit this permission slip to the School District before the student will be permitted to participate in these designated Extracurricular Activities.

Parents are responsible to ensure that their child is at the designated site at the time indicated by the coach, athletic director or sponsor. The District appreciates the support shown by parents on this change in programming.

ELIGIBILITY RULES

Any student wishing to participate in any school athletic program must comply with the following standards:

1. All student athletes must maintain an average of at least 75.5% in each subject area. If academic performance is below a 75.5%, but above a 67.4%, in any subject area for more than 1 week, or if there are multiple grades in that stated range, the athlete will stay ineligible from all athletic events for one week. On Monday of each week academic performance will be reviewed for participation in co-curricular activities. If a student is academically ineligible, he/she may not participate or dress for games nor attend practices from Tuesday through the following Monday. Eligibility will begin on the third week of each quarter. This process affords students the chance to start fresh each quarter and gives teachers time to collect a good sampling of student performance before eligibility begins. Eligibility requirements will be applied to both regular and postseason play. An eligibility check will also be run at the conclusion of the 1st, 2nd, and 3rd quarters. If an athlete is deemed ineligible at this point, he/she must sit out of athletic contests for one week. (Eligibility will be determined by the superintendent. <u>In addition, student performance factors such as individual education plans and students with disabilities may be taken into consideration.)</u>

2. Any athlete guilty of any misbehavior considered by the Superintendent/Principal, teacher(s), and/or the coach to be of a serious nature, shall be suspended from play. The length of the suspension shall be decided by the Superintendent, teacher(s), and/or the coach.

<u>Health Certificate</u>

All students who participate (including practice) in interscholastic competition such as basketball, cheerleading, and volleyball will be given a separate health form so they receive a physical exam before the beginning of the sport. One health certificate is valid for 395 days. These sports' physicals are required by the State Board of Education and must be on file before a student can practice or participate.

Parent Faculty Club

The Parent Faculty Club supports all athletics. It is highly encouraged that all parents are involved in the Parent Faculty Club. You may support the Parent Faculty Club in the following ways:

- Participate in fundraisers
- Work your assigned schedule at the concession stand during games or find a substitute.

Uniforms

Students will be issued a uniform at the beginning of the season. Students are responsible for these uniforms and it is expected that these uniforms are cared for and returned. If the uniform is ruined or lost it will be the responsibility of the student to pay for a new uniform at the current price.

Player/Parent/Coach Relationship

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other party and provide the greatest benefit to the athlete. As parents, you have the right to understand what is to be expected of your son/daughter and this begins with clear communication between all involved parties.

This is what you should expect from every coach:

- Philosophy of the coach
- Expectations the coach has of all athletes
- Locations and times of practices/contests
- Procedures should your child be injured
- Discipline procedures
- Fairness and communication

This is what coaches should expect from parents:

- Concerns expressed directly to the coach
- Notification of any schedule conflicts in advance
- Support of son/daughter in all related activities
- Sportsmanship at all contests
- Understanding that there are always two sides to every story
- Sign athlete out if riding home with you after a contest

Athletes at Bartelso Elementary School will bring many rewarding experiences but there will be times when things do not go the way you or your son/daughter wishes. At these times, discussion with the coach is encouraged and expected.

The following are appropriate concerns to discuss with the coaches:

- The treatment of your son/daughter, mentally and physically
- Ways to help your son/daughter improve
- Concerns about your son’s/daughter’s behavior
- Concerns about academics

Sometimes it is very difficult to accept your son's/daughter's playing time or role on the team. Please remember that coaches are professionals and make judgments based on what they believe is best for all team members. Certain issues should not be discussed and must be left to the discretion of the coach.

Issues not appropriate to discuss with the coaches:

- Playing time of all team members
- Team strategy
- Play calling
- Other students – athletes on the team

There are situations that may require a conference between the coach and a parent. THIS IS ENCOURAGED AND EXPECTED. It is important that both parties have a clear understanding of each other's position. When a conference is necessary, the following procedures will be followed:

- UNDERSTAND THAT YOU DO NOT CONFRONT A COACH AFTER A CONTEST OR A PRACTICE.
- Call to set up an appointment to see the coach.
- If the coach cannot be reached, contact the superintendent's office, who will in turn set up a meeting.
- Profanity has no place in this discussion.

If this meeting does not provide a satisfactory resolution, then the following procedures will be followed:

-- Call and set up an appointment with the Superintendent. UNDERSTAND <u>that unless there are mitigating circumstances</u>, the superintendent will insist that you speak with the coach before a meeting will be set with the superintendent.

- At this meeting the discussion will only deal with your son/daughter.
- An appropriate next step will be determined.

Research has indicated that students involved in junior high sports have a greater chance for success during high school and adulthood; consequently, these programs have been established. It is our hope that both you and your son/daughter have many wonderful memories to share after junior high.

<u>5th/6th Grade Basketball/Volleyball</u>

It is the intent of Bartelso Elementary School to conduct the 5th/6th grade basketball and volleyball programs as a platform for skills development and improvement that will eventually provide the talent necessary to serve as a feeder system for the junior varsity and varsity teams. Participants in the 5th/6th grade sports programs will receive instruction in and practice the fundamental skills of basketball and volleyball. These skills will be put to use while participating in a limited number of interscholastic contests.

The 5th/6th grade athletic programs will be structured in the following ways:

1. Participation will be open to all boys/girls in the fifth and sixth grade.

2. Those boys/girls wishing to participate will be included and there will be no tryouts or cutting of the squad.
3. In the event there are not enough fifth and sixth graders wanting to participate in the program to yield a team, fourth graders may be invited to participate. The invitation will be extended to the ***entire*** class and have prior approval of the superintendent. FOURTH GRADE PARTICIPATION IS LIMITED TO 5TH AND 6TH GRADE ONLY. Note: Depending on skill level, 4th graders' playing up may have very limited playing time.
4. A limited schedule of games will be made each season with other area schools that operate a similar program.
5. A coach for the team will be formally hired by the board of education.
6. Games will be played as soon after school dismissal as possible or on the weekends.
7. Playing time will not necessarily be equal and is at the discretion of the coach; however, all players should be afforded some playing time.
8. Playing time may be forfeited as a result of failing to follow school and team rules or by displaying poor sportsmanship during a contest.
9. Participants will be expected to maintain eligibility as explained in the Student/Parent Handbook.

The 7th/8th grade athletic programs and Golf:

1. If the need arises, the varsity coach, with prior approval of the superintendent, may, based on ability, ask 6th and/or 5th grade players to play up to the junior varsity/varsity level. The number of players playing up is at the coach's discretion.
2. Varsity sports are competitive. While coaches strive to provide all participants playing time, the competitive nature of the sport will generally dictate any given student's participation during the game.

Hygiene for Sports Participants

In addition to the previously mentioned recommendations, sports participants should be provided these recommendations:

1. Do not share towels, clothing, or uniforms.
2. Do not store wet, dirty clothing in lockers.
3. Avoid sharing personal equipment.
4. Keep equipment clean. Follow coach's directions about cleaning the equipment.
5. Keep cuts, abrasions, and wounds covered with clean, dry bandages. Persons with draining wounds or infections are not allowed to participate in practices or games until the wound has stopped draining.
6. Report any cuts, abrasions, or wounds to the coach and school office.

Anabolic Steroids

What are they?
• Man-made substances related to male sex hormones
• Come from a synthetic derivative of the naturally occurring male anabolic hormone testosterone.
• Testosterone is produced at about 10 milligrams in males per day.
• Females also produce testosterone but at a very minute level.
• The hormone's anabolic effect helps the body retain dietary protein, which aids in the development of muscles.
• Many different types but main objective is increased muscle mass and strength.

How are they taken?
• Orally
• Injected (Short term or Long term)

Who uses them?
• Professional athletes
• Body Builders
• Men and Women
• Adolescents
• Anyone linked to a desire to hopefully look, perform, and feel better

What are the risks in using them?
In Men:
• Reduced sperm count
• Impotence
• Development of breasts
• Shrinking of testicles
• Difficulty or pain while urinating
• "Feminization" effect with a decrease in normal male sexual function

In Women:
• Facial hair growth
• Deepened voice
• Breast reduction
• Menstrual cycle changes

For Both:
• Acne
• Bloated appearance
• Rapid weight gain
• Clotting disorders
• Liver damage
• Premature heart attacks and strokes
• Elevated cholesterol levels
• Weakened tendons
• In extreme cases the effects can be irreversible

Anabolic Steroid Use by Students
2006 Monitoring the Future Survey

	8th Grade	10th Grade	12th Grade
Lifetime	1.6%	1.8%	2.7%

Anabolic Steroids and the Muscular System
Designed to increase protein synthesis in muscles.

Reduces recovery time by inhibiting effects of the stress hormone cortisol on muscle tissue.

Inhibits components that break down muscle fibers. The end result is a mass build up in cellular tissue, especially in muscles.

Steroids as a Benefit
Stimulates growth of blood cell precursors after kidney failure or leukemia.

Helps growth in children with growth failure.

Is given to people with chronic wasting conditions such as cancer and AIDS.

Induction of puberty.

Some forms can be safely used as a male contraceptive.

Used in hormone replacement therapy for men with low levels of testosterone.

Sources
(1) National Institute on Drug Abuse
http://www.nida.nih.gov/Infofacts/Steroids.html
(2) ESPN Special
http://espn.go.com/special/s/drugsandsports/steroids.html
(3) Medline Plus
www.nlm.nih.gov/medlineplus/anabolicsteroids.html
(4) Scally, Michael. *America's Nuremberg: Human Experimentation In Anabolic Steroid Research.*

For Further Reading
D. Kochakian, Charles. *Anabolic Steroids in Sport and Exercise*. Human Kinetics.
Daniels, R. C. (February 1, 2003). The Anabolic Steroid Handbook
Roberts, Anthony; Brian Clapp (January 2006). Anabolic Steroids: Ultimate Research Guide

Bartelso School Concussion Policy Information and Sign-off

A concussion is a brain injury. It is caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. A concussion can range from mild to severe and disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly**. Even a "ding" or a bump on the head can be serious. You can't see a concussion and most concussions occur without loss of consciousness. Signs and symptoms of a concussion may appear right after the injury or take hours or days to fully appear. If your child reports any symptoms of a concussion, or if you notice the symptoms or signs of a concussion, seek medical attention right away.

Symptoms Reported by Student-Athlete	Signs observed by others:
Headache Nausea Balance problems or dizziness Blurred, double, or fuzzy vision Sensitivity to light or noise Fogginess or grogginess Drowsiness or sluggishness Concentration or memory problems Confusion	Loss of consciousness Appears dazed Confused about play/assignment or forgets play/assignment Unsure of game, score, or opponent Clumsiness Slowly responds to questions Slurred speech Behavior or personality changes Can't recall events prior to or after injury Seizures or convulsions Vacant facial expression

It is Bartelso School Policy that any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.

What can happen if my child keeps on playing with a concussion or returns too soon?

A student-athlete with the signs/symptoms of a concussion should be removed from play immediately. Continuing to play with the signs/symptoms of a concussion leaves the student-athlete vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after a concussion occurs, particularly if the student-athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. Student-athletes sometimes fail to report injury symptoms. Concussions are no different. Education of administrators, coaches, parents and students is the key to the safety of student-athletes.

Return to Play (RTP) Policy

Any student-athlete suspected of suffering a concussion **SHALL** immediately be removed from play. No student athlete may return to play after a concussion without medical clearance, regardless of how mild it seems or how quickly symptoms clear. Close observation of the student-athlete should continue for several hours. IHSA Policy states that a student-athlete removed from an interscholastic contest or practice due to a possible concussion, and not cleared to return to that same contest or practice, is required to provide the school with written clearance from either of the medical professionals listed below.

1. Physician licensed to practice medicine in all its branches.
2. Certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches.

In accordance with Public Act 097-0204, all SIJHSAA member schools are required to follow this policy.

Inform the coach if you think your child may have a concussion. It is better to miss one game than to miss the whole season.

"**When in doubt, the student-athlete sits out"**

Visit: http://www.ihsa.org/initiatives/sportsMedicine/index.htm for more information

Please Sign and Return with the other signed athletic documents

Your signature, below, indicates that you have read the information above and are aware of the school's **concussion policy**.
Both signatures are required before the student-athlete will be permitted to participate in any school related extra-curricular athletics.

_____	_____	_____
Name of Student-Athlete (Printed)	Student-Athlete Signature	Date
_____	_____	_____
Name of Parent or Legal Guardian (Printed)	Parent or Legal Guardian Signature	Date

Bartelso School District No. 57

Participation in Extracurricular Activities:
Transportation to Events or Activities Not Held at Bartelso School

Extracurricular Activity: _____ [Insert Name of Activity]

I understand that in order for my child to participate in the above-listed Extracurricular Activity, I, as my child's parent or guardian, will be responsible for transporting my child to and from any games, contests, events, or activities not held at Bartelso School (such as, all "away games"). I also understand that the Bartelso School District will not be responsible or otherwise obligated to provide transportation to my child to or form these "away" games, contests, events, or activities.

It is my further understanding that the coach or sponsor for this Extracurricular Activity will notify me and my child when my child is expected to arrive at these "away" games, contests, events, or activities and where these "away" games, contests, events, or activities will take place.

RETURN THIS DOCUMENT TO BARTELSO SCHOOL DISTRICT NO. 57.

I hereby certify my understanding that in order for my child to participate in this Extracurricular Activity, I will be responsible for providing or otherwise obtaining transportation for my child to and from any "away" games, contests, events, or activities for this Extracurricular Activity. I further take full responsibility for any alternative transportation that I arrange for my child when I do not provide this transportation for my child. With this understanding, I give permission for my child to participate in this Extracurricular Activity.

Extracurricular Activity: _____

Name of My Child: _____

Name of Parent(s) / Guardian(s):

_____

Date: _____

Parent/Guardian Signature: _____

Parent/Guardian Signature: _____

BARTELSO ELEMENTARY SCHOOL DISTRICT 57

Agreement to Participate:

Student: _____

Sport or Activity: (Please list all that you will try-out for) _____
_____

TO BE COMPLETED BY THE STUDENT-PARTICIPANT
In consideration of the Bartelso School District permitting me to participate in the above sport(s) or activity, I agree as follows.

1. I will abide by all conduct rules of Bartelso Elementary School.
2. I will follow the coach/sponsor's instructions, playing techniques, training schedule and safety rules for the above sport(s) or activity.
3. I acknowledge that I am aware that participation in the above sport(s) or activity may involve MANY RISKS OF INJURY. A serious injury may result in physical impairment or even death. I hereby assume all the risks associated with participation and agree to hold the Bartelso Elementary School, its employees, agent, coaches, School Board members, and volunteers, harmless from any kind and nature whatsoever which may arise by or in connection with my participation in the above sport(s) or activity. The terms hereof shall serve as a release and assumption of risk for my heirs, estate, executor, administrator, assignee, and for all members of my family.

Date_____, 20_____ _____
Signature of Student

TO BE COMPLETED BY THE PARENT/GUARDIAN
I, _____, am the parent(s)/guardian(s) of the above named student. I have read the above Agreement to Participate and understand its terms. I understand that all sports can involve RISKS OF INJURY. In consideration of the School district permitting my child/ward to participate in the above sport(s) or activity, I agree to hold the Bartelso School District, its employees, agent,, coaches, School Board members, and volunteers harmless from any and all liability, action, causes of action, debts, claims, or demands of any kind and nature whatsoever which may arise by or in connection with the participation of my child/ward in the above sport(s) or activity. I assume all responsibility and certify that my child is in good physical health and is capable of participation in the above mentioned sport(s)/activity.

Date _____, 20__ _____
Signature of Parent(s)/Guardian