

To All Coaches:

The following items must be discussed with all athletes participating on your team and with parents at the pre-season parent meeting. This form must be returned to your athletic director no later than the date indicated below.

DUE DATE: Aug 25, 2025

ITEMS DISCUSSED:

DATE COMPLETED

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|---|-------|
| 1. Submitted the Athletic Participation/Parental Consent/Physical Examination Forms (VHSL Form). | _____ |
| 2. Submitted the LCPS Parental Consent/Insurance Information Forms. | _____ |
| 3. Reviewed and submitted the Sports/Activities Emergency Cards. | _____ |
| 4. Reviewed the "Lettering Requirements" with all varsity team members. Explained the awards/certificates to be given to JV and Freshman teams. | _____ |
| 5. Reviewed the policy on attendance at practices and participation in games on days when an athlete is absent from school. | _____ |
| 6. Reviewed individual team and coaches rules and regulations and the training room policies. | _____ |
| 7. Reviewed the practice schedule and proper study habits considering the demands of the interscholastic athletes. | _____ |
| 8. Reviewed the LCPS Student Athletic Handbook and Training Rules with all team members and <u>collected signed Training Rules form</u> . | _____ |
| 9. Discussed dangers of steroids and VHSL penalties for use of steroids by student athletes. | _____ |
| 10. Reviewed the LCPS concussion policy with parents and <u>collected parent/student signature page</u> . | _____ |

All items have been discussed with athletes and parents.

Coach's Signature: _____

Sport: _____

School: _____