



Empowering Every Student, Elevating Every Future

Athletic Handbook

2025-2026

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CO-CURRICULAR ELIGIBILITY CHECKLIST

**_____ I HAVE HAD A PHYSICAL WITHIN THE PAST TWO YEARS AND HAVE
TURNED A COPY OF THAT PHYSICAL IN TO THE ATHLETIC DIRECTOR OR OFFICE
SECRETARY OR COACHES**

**_____ MY PARENT/GUARDIAN AND I HAVE BOTH SIGNED THE PARENT/STUDENT
AGREEMENT AND PERMISSION FORM, AND THIS HAS BEEN TURNED IN TO THE
ATHLETIC DIRECTOR OR OFFICE SECRETARY**

**_____ I AND/OR MY PARENT/GUARDIAN HAVE FILLED OUT THE HEALTH FORM,
EMERGENCY FORM AND CONCUSSION FORM. TURN THEM INTO THE ATHLETIC
DIRECTOR OR OFFICE SECRETARY**

WOODLAND JR/SR HIGH SCHOOL

To continue the fine tradition of athletic activities at Woodland Jr/Sr High School, the School Committee has adopted the following athletic code. It is suggested that any student who wishes to participate in an athletic activity within the Woodland Junior and Senior High Schools should make certain that he/she has read this code and understands the obligations he/she is assuming before deciding to become a participant. Parents or guardians should also be familiar with the code and understand it.

Each student participant should realize that participation in athletic activities at Woodland Junior and Senior High School is **a privilege not a right**. Students are afforded this privilege of representing the school as long as they are willing to accept the responsibilities and obligations represented in the athletic code.

PHILOSOPHY OF WOODLAND JR/SR HIGH SCHOOL ATHLETIC ACTIVITIES:

The Baileyville School Department believes that ATHLETIC activities are an integral part of the educational system. The school encourages the concept of having as many students as possible actively involved in athletics. These activities foster school pride, self-esteem, self-worth and a positive attitude towards competition. Our athletics build upon the framework of teamwork while fostering the development of individual skills. Our students should be developing decision-making skills as they learn how to win and lose graciously. All participants in activities at Woodland Jr/Sr High School will be treated with fairness, equity and respect.

GENERAL POLICIES

1. Each student and his/her parent or guardian must read and sign the attached agreement before the student can participate in any activity.
2. All parents must fill out the health history form. Participants who have had a serious or chronic illness may be required to have a physical annually. **Before a student can participate in any activity, he/she must provide proof of having had a physical within a two-year span.**
3. Students who have been injured during, or directly before, a sports season will not be permitted to return to practice or competition until written clearance is received from a physician.
4. ***In order to participate in any athletic activity, the student must meet the following academic requirements:***
 1. **Must meet MPA minimum standards**
 2. **All student athletes will have a fresh start to the Fall sports season.**
 3. **Eligibility will be determined according to the following provisions:**
 - a. At the beginning of the season (exception Fall), a student athlete is expected to be passing all subjects. **Students failing more than one class will not be eligible for the sports season.**
 - b. During the fall seasons all students will have a fresh start. The philosophy behind a fresh start is to allow students to start a new year with a fresh start. The first grade check will be three weeks after school starts.
 - c. Grade checks in the winter and spring sport seasons will be performed on the Friday prior to the first day of tryouts. Students not meeting academic requirements at this check will not be eligible to try out.

Grade Eligibility Policy

Grade checks will follow a three-week schedule (Following the report card and progress report schedule), excluding vacation weeks. If a student is not passing all core/required subjects with an average of 70 or above at each grade check, the following actions will be taken:

1. **First Grade Check:**
 - **If a student is not passing:**
 - **They will be placed on probation.**
 - **They may practice and attend activities but will NOT be allowed to participate in any activities or games.**
 - **Students who get their grade to passing prior to the next grade check will be removed from probation**
2. **Second Grade Check:**
 - **If the student is still not passing the class they were failing**
 - **They will be removed from the team**

If the student is failing a different class than the one they were failing at the first progress report they failed, then they remain on probation

5. Woodland Jr/Sr High School tries to equip students with the best possible equipment within its means. Each student must assume responsibility for his/her equipment and uniform and be prepared to pay for any damage or loss.
6. Varsity basketball teams are limited to 12 participants. Other squad sizes will be determined by the coach considering issues such as adequate supervision, available uniforms, amount of seating on buses and MPA recommendations for playoffs.
7. Any students cut from a team will be notified personally by the athletic director.

GUIDELINES FOR TWO-SPORT PARTICIPATION

Students may only participate in an individual and a team sport (not two team sports).

List Individual & Team

Individual include: Tennis, Wrestling, Cross Country, golf, esports

Team sports include: Volleyball, soccer, basketball, cheering, softball, baseball

Students must declare which sport is their core sport if regular season schedules conflict or if playoffs conflict.

Students must have parental approval to participate in two sports.

Students must go to team sport practice if practices conflict.

Any other issues or participation questions will be resolved by the principal and the athletic director.

STUDENT AWARDS & LETTERING

- Students will receive certificates for all activities in which they participate.
- At the senior final assembly, each eligible senior will be presented with a plaque that comprehensively showcases their extra-curricular participation during high school. (Students will provide the necessary information to the athletic director)
- State championship teams and individuals will receive his/her jacket. (Students will only receive one jacket in a high school career per sport).

Opening Statement in School Board Policy on Substance Use and Abuse

The teachers, coaches, administrators and the school board are truly concerned with the student as a "whole" person and his/her overall growth and development. Chemical dependency is recognized as a treatable disease which may interfere with the learning process, create severe interpersonal problems and cause physical and emotional suffering to the user as well as to family and close associates. Substance use/abuse may permeate all facets of the community. Therefore, the school unit will cooperate with effective organizations to help detect, diagnose and treat affected students. The board unequivocally endorses the philosophy that the schools should be free from the detrimental effects of illicit drugs and alcohol.

In order to ensure the highest possible standards of learning, as well as the safety, health and well-being of students, the school board endorses a substance abuse policy which will aid students to abstain from the use of drugs and alcohol, provide for early intervention when use is detected, corrective disciplinary sanctions when necessary, and aftercare support as appropriate. Compliance with the school unit's standards of conduct related to substance abuse is mandatory.

(The above is only an excerpt from the actual board policy)

Adopted: January 15, 1985

Revised: November 2, 1993

Reviewed: October 3, 1995, October 1, 2002

DRUG & ALCOHOL REGULATIONS
FOR ATHLETIC PARTICIPANTS

- A. A student shall not, use/possess any beverage containing alcohol, use any tobacco products, or use, possess, buy, sell or distribute marijuana, or any other substance defined by law as a scheduled drug or is designated or intended to resemble an illegal substance. Being present in a vehicle that is transporting illegal drugs or alcohol or being present in an area in which illegal drugs or alcohol is present are also violations of this policy. Any violation of this policy will result in the student forfeiting extracurricular eligibility as follows: (THIS POLICY INCLUDES TOBACCO AND VAPE PENS)
- First Offense: Ineligible for the remainder of the current sports season and mandatory participation in drug & alcohol counseling.
 - Second Offense: Ineligibility for the duration of the current sports season and the two ensuing sport seasons. Drug and alcohol counseling with parent participation in at least one session is required.
 - Third Offense: Ineligibility for the remainder of the student's high school career.
- B. A student who finds him/herself involuntarily in violation of the section of the substance abuse policy that does not allow students to be "in the presence of" and makes a good faith effort to remove him/herself from the situation will not be found to be in violation of the policy, e.g., a student is at a friend's house prior to a group of students arriving with alcohol. The student calls for transportation and removes him/herself from the setting. This is an example of a good faith effort, and the high school Principal will make the final decision as to the validity of the situation. Additional incidences of self-admission will be reviewed by the Principal and the athletic director. If it is determined that the self-admitted student is abusing the policy to their advantage, he/she will be subject to the consequences outlined above under Section A.
- C. It shall be the Principal's responsibility for the fair enforcement and administration of this policy. The Principal will make the decision whether or not to investigate reported violations. The Assistant Principal and the Activities Coordinator will conduct investigations of possible offenses to the drug/alcohol policy, as the Principal's designees.
1. Parents will be contacted prior to questioning any students regarding drug/alcohol issues.
 2. Parents may be present during any interview with the student.

Substance Awareness Program

The following is an outline of the drugs/alcohol/tobacco awareness program. The program is tailored to meet individual student's needs according to the severity of drug/alcohol use, personal risk factors, the student's level of awareness, and ability to take responsibility for his/her actions.

Each student is encouraged to view the sessions not as a punishment, but as a chance to take a look at his/her life and see if it is moving in the desired direction. This is a chance for the student to be introspective and review recent choices and chart a new course if they so desire.

Meet for five sessions for one class period each session. Ideally, the sessions are once per week and after school hours.

#1 Complete substance use assessment

#2 and #3 Educational Component

Impact of genetics

Why people use substances

Effects of use

Peer Pressure

Self Esteem

Other Relevant Topics

#4 Video on alcohol use by teenagers

#5 Alternatives to substances. Coping strategies to avoid use.

Policies & Procedures:

- a. A student who would like to participate in this program must make arrangements to participate within ten school days after the infraction occurred.
- b. The student should contact the athletic director. The athletic director will work with the student and guidance to arrange participation.
- c. The program will be provided to the student by either the school guidance counselor or school nurse.
- d. Sessions will be scheduled at the availability of the guidance counselor or nurse. These sessions will be conducted during non-school hours.
- e. Upon completion of the program, the school guidance counselor or nurse will inform the athletic director and principal of course completion.

CITIZENSHIP

Woodland High School believes that in conjunction with training rules it is also important that students in extra-curricular activities adhere to certain policies regarding citizenship. General conduct in, and out of, school shall be such as to bring no discredit to the student, his/her parents, school, or team. The following acts are considered wrongful, and students will be punished for these infractions at the discretion of the advisor, coordinator, and principal.

1. **Vulgar Language and actions** – will not be tolerated and is just cause for dismissal from participation in all extra-curricular activities. First offenses of this nature will result in next game/activity suspension.
2. **Vandalism & Stealing** – Stealing or willful destruction of facilities will result in a **REMOVAL FROM THE TEAM.**
3. **School Suspension** – Students under school suspension (in or out-of-school) may not participate in any activity, practice, or game while under suspension.
4. **Detention** – Administrative or teacher-issued detention will be served at the required time. This takes priority over an activity, practice, or game.
5. **Behavior Out of School** – A student whose behavior outside of school reflects poorly on his/her school or community, or who violates the law, will be subject to suspension or dismissal from a team or activity.
6. Hazing, teasing or harassing fellow teammates or opposing players will not be tolerated and will be just cause for dismissal from the team.
7. Students are privileged to represent their school and community. The administration and staff of Woodland High School have high expectations for our students both in school and at activities. Students who receive frequent office referrals and are unable to abide by school rules may be deemed ineligible for participation in athletic activities. This will be decided at the discretion of the activity coordinator, assistant principal, and principal.
10. Additional reasonable standards may be established by the coach.

*** All students will be given due process when accused of wrongdoing.

1. Violators will be notified of specific allegations.
2. Evidence or witness(es) will be provided if appropriate.
3. The accused will have a reasonable opportunity to be heard.
4. The accused may present extenuating evidence.
5. Accused will be notified of finding or judgment concerning the allegations in a timely manner

TEAM ACTIVITY RULES AND POLICIES

I. Dress Code

1. *On school sponsored-trips, students are to be neat, clean, and presentable*, and they are to behave in a manner that will credit their team, school, and community.
2. Students participating in Volleyball, Basketball, Cheering, Wrestling contests must dress up as prescribed.*
 - a. *Dress pants or capris (no jeans, no yoga pants, no leggings), dress tops (no sweatshirts), and appropriate footwear . During cold weather, sweaters may be worn as part of the attire.Hats WILL NOT be allowed as part of the dress attire.
3. Students participating in Cross Country, Golf, Soccer, Baseball, Softball and Tennis change into their uniforms prior to departing on the bus. If students do not change prior to leaving the school, students should follow #2a. Any team that has team warmups, may wear them to away meets as opposed to dressing up.

***FAILURE TO COMPLY WITH THE ABOVE-OUTLINED DRESS CODE WILL RESULT IN A VERBAL WARNING FROM THE COACH FOR THE FIRST OFFENSE AND DENIAL OF GAME PARTICIPATION FOR SUBSEQUENT *OFFENSES.**

II. Rules and Policies Continued

1. **Locker** rooms are to be kept clean and presentable at all times. If there are problems with the facilities in the locker rooms, students should notify the coach, coordinator, or physical education teacher as soon as possible.
2. **No** participant may drop a sport once it has been in progress for two weeks and be eligible to participate in another sport that same season except with the permission of the coordinator and principal.
3. Students dropped from an activity for disciplinary reasons may not participate in any other extra -curricular activity for the remainder of the season or longer according to the severity of the infraction.
4. Managers will be considered as members and will meet the same requirements as the participants.
5. Students who have an unexcused absence, tardy or dismissal cannot participate in any athletic activities that day (practice, meeting or game). If a student is absent/tardy due to illness the day of a game, practice or activity, he/she will not be allowed to participate.
6. Students shall, by some method, notify the coach/advisor by the end of the school day if lateness or absence from a game, practice or activity is anticipated.

7. Athletic participation is strictly on a voluntary basis.
8. Membership in any activity implies the understanding of, and adherence to, all sections of this code.
9. All participants are required to travel to and from extra-curricular activities on the bus provided for the activity. It is the philosophy of Woodland High School that team competitive spirit is built on team continuity and harmony. Students may ride home with **THEIR OWN** parents/guardians after the contest, but they must have their parents/guardians personally present the coach with a written note stating that they will be providing transportation. The coordinator may grant permission for a participant of any activity to return home with another participant's parents/guardians provided the request is made in writing to the coordinator 24 hours in advance of bus departure.
10. Students shall use crosswalks when crossing streets.
11. All student athletes shall have proper insurance and shall sign an acknowledgement of **risks** for all sports they are involved in. Student accident insurance is available by request.
12. Students shall come to games and practices supplied with plenty of fluids to avoid dehydration.
13. During sporting events students are required to wear safety equipment supplied to them.
14. Students requiring equipment separate from the uniform, e.g., leg braces, knee pads, sneakers, etc., must acquire these at their own expense.
15. Students involved in inappropriate behavior during a contest, practice or bus trip will be suspended from the next contest. Second offenses of this nature will result in removal from the team. If at any time the inappropriate behavior puts other students or adults at risk, the student will be immediately removed from the team. (This will be in conjunction with consequences as outlined in the student handbook.)
16. At the end of the season or if a student leaves the team, the student will have two weeks to return any and all uniforms. The failure to do so will result in the parents/guardians of the student being charged for the replacement of the uniform.

III. Summer School

- A. For calculating eligibility, review and original credit course grades earned in summer school/retrieval classes will be used in lieu of the grade earned in the same course during the fourth marking period.
- B. Determining eligibility using summer school grades:
 - 1. Substitute grades earned in summer school (review and/or original credit).
 - 2. Compute new grade point average
 - 3. Students become eligible if the new grade point average is passing..

IV. Transfer and Home-Schooled Students

- A. A student transferring from a different school to Woodland Jr/Sr High School will be eligible only if he/she were eligible in the sending school.
- B. For students who are homeschooled and wish to participate in extracurricular activities, the principal will evaluate the student's prior educational experiences and determine to what degree the student is meeting Woodland Jr/Sr High Schools' standards.

Progress Report and Report Card Dates 2025-2026
Dates for Grade Checks

SMTR	Report Type	Grading End	Post Grades by 2:30 pm This Date	Reports Sent Out on This Date
1	Progress Report Grade Check	10/10/2025	10/12/25	10/13/25
2	Progress Report Grade check	11/24/25	11/25/25	11/26/25
1	Report Card Grade Check	1/23/2026	1/24/26	1/25/26
1	Progress Report Grade Check	3/12/26	3/13/26	3/13/26
2	Progress Report Grade Check	4/30/26	5/1/26	5/4/26
2	Report Card	6/12/26	6/12/25	6/17/26

ATHLETICS SPORTS CALENDAR 2025-2026

Fall Season: Soccer, Golf, Volleyball, Cross-Country

Soccer & Volleyball Registration: August 1st at 6:00pm

Cross Country Registration: August 3rd at 6:00pm

Tryouts Start: August 18th

First Countable Game: September 4

Last Playable: October 21

Fall Sports Pictures:

Winter Season: Basketball, Cheerleading, Wrestling

Winter Sports Registration:

Tryouts Start: November

First Countable Game: December

Alumni Games: December

Last Playable: February

Athletic Banquet:

Winter Sports Pictures:

Spring Season: Baseball, Softball, Tennis

Spring Sports Registration:

Tryouts Start: March

First Countable Game: April

Last Playable: May

Athletic Awards Banquet:

DAC Banquet:

Spring Sports Pictures:

Parent/Staff Communication

Involvement requires commitment from students, parents, coaches and advisors and successful extra-curricular programs depend on clear communication.

A. Communication you should expect from your child's coach:

- I. When and where practices and contests are to be held. Remember sometimes schedules do change unexpectedly. Practices will be closed to spectators. A parent may view a practice by setting up an appointment with the athletic administrator.
- II. What the coach's philosophy is.
- III. What the coach's expectations are for all the players on the squad as well as expectations for individual participants.
- IV. What is required to be part of the team, i.e., fees, special equipment, off-season conditioning
- V. When your child is injured during participation
- VI. Any disciplinary action against your child that may result in removal from participation

B. What are appropriate concerns to discuss with coaches?

- I. The treatment of your child; mentally and physically.
- II. Skill improvement and development.
- III. Concerns about your child's behavior.

C. What issues are inappropriate to discuss with coaches?

- I. Playing time.
- II. Team strategy.
- III. Play calling.
- IV. Other student athletes.

D. Communication coaches expect from parents:

- I. Concerns expressed directly to the coach and athletic administrator.
- II. Notification of any schedule conflicts well in advance.
- III. Support towards the commitment of the program, e.g., making certain that the student is at practice on time, volunteering to help out as needed, supporting players and coaches, etc.

E. If you have a concern to discuss with the coach, what procedure should be followed?

- I. Make an appointment with the coach and the athletic administrator.
- II. Please do not attempt to confront a coach before, during or directly after a contest or practice. These are emotional times for both the coach and parents, and this time does not promote an objective analysis of the situation.

F. What can a parent do if a meeting with a coach did not prove satisfactory?

- I. Call and set up an appointment with the principal and the athletic administrator to discuss the situation. (At this meeting the appropriate next step can be determined and changes made if the need exists.)

Parents and student-athletes: Please read, sign, and keep a copy. You must turn in a signed form prior to the start of practice.

BAILEYVILLE SCHOOL DEPARTMENT CONCUSSION INFORMATION SHEET

A concussion is the result of a brain injury and all brain injuries are serious. They are 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. They can range from mild to severe and can 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.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions may occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your student-athlete reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

This document is adapted from the CDC and the 3rd International Conference on Concussion in Sport Consensus Statement (2009)

Symptoms may include one or more of the following:

- | | |
|--|---|
| <ul style="list-style-type: none"> ● Headaches ● “Pressure in head” ● Nausea or vomiting ● Neck pain ● Balance problems or dizziness ● Blurred, double, or fuzzy vision ● Sensitivity to light or noise ● Feeling sluggish or slowed down ● Feeling foggy or groggy ● Drowsiness ● Change in sleep patterns | <ul style="list-style-type: none"> • “Don’t feel right” • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment • Amnesia |
|--|---|

Signs Observed by teammates, parents or coaches include:

- | | |
|--|---|
| <ul style="list-style-type: none"> ● Appears dazed ● Vacant facial expression ● Confused about assignment ● Forgets plays ● Is unsure of game, score, or opponent ● Moves clumsily or lacks coordination ● Answers questions slowly | <ul style="list-style-type: none"> * Shows behavior or personality Changes * Can’t recall events prior to hit * Can’t recall events after the hit * Seizures or convulsions * Any change in typical behavior or personality * Loses consciousness * Slurred speech |
|--|---|

BAILEYVILLE SCHOOL DEPT CONCUSSION INFORMATION SHEET

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

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. Adolescent or teenage athletes usually will under report symptoms of injuries, and concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury with or without loss of consciousness or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. **BAILEYVILLE SCHOOL DEPT** requires the consistent and uniform implementation of well-established return to play concussion guidelines that have been recommended for several years and reflected in Board policy:

Any student suspected of having sustained a concussion or other head injury during a school-sponsored athletic activity including but not limited to competition, practice or scrimmage, must be removed from the activity immediately. . .

No student will be permitted to return to the activity or to participate in any other school-sponsored athletic activity on the day of the suspected concussion.

Any student who is suspected of having sustained a concussion or other head injury shall be prohibited from further participation in school-sponsored athletic activities until he/she has been evaluated and received written medical clearance to do so from a licensed health care provider who is qualified and trained in concussion management.

You should also inform your child's coach if you think that your child may have a concussion, or has exhibited any concussion symptoms. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

**WOODLAND JR/SR HIGH SCHOOL
ATHLETIC DEPARTMENT
EMERGENCY MEDICAL AUTHORIZATION**

I am fully aware that participation in competitive athletics may result in injury ranging from mild to severe. Improvement in equipment, medical treatment and physical conditioning, as well as rule changes, have reduced these risks. However, it is impossible to totally eliminate such occurrences from athletics.

ATHLETE'S NAME _____

BIRTHDATE: _____ GRADE: _____ SEX: _____

PARENTS (GUARDIAN) NAME: _____

HOME ADDRESS: _____

HOME PHONE: _____ WORK PHONE: _____

EMAIL ADDRESS: _____

IN THE EVENT PARENTS CANNOT BE CONTACTED, PLEASE CONTACT: _____

RELATIONSHIP: _____ PHONE: _____

MEDICATIONS TAKEN:

HEALTH PROBLEMS:

ALLERGIES:

I hereby authorize the school to obtain, through a physician or hospital of it's choice, any emergency care that may become necessary for the student in the course of athletic activities or travel.

PREFERRED PHYSICIAN: _____ PHONE: _____

PREFERRED HOSPITAL: _____

*Medical Insurance Company: _____ *Policy Number: _____

I / We understand this authorization will only be enforced when I / we cannot personally be contacted and provide for immediate treatment.

SIGNATURE: _____ DATE: _____

****Medical Insurance Information MUST be included or students will NOT be eligible to participate in chosen activity.***

WOODLAND HIGH SCHOOL
STUDENT ATHLETE HEALTH FORM

NAME _____ **DATE** _____ **DATE OF BIRTH** _____

GRADE _____ **SPORT** _____

Do you take any medications?	Yes	No	Please list:	
Known allergies?	Yes	No	Please list:	
Under a physician's care	Yes	No	Please name:	

HAVE YOU HAD OR DO YOU CURRENTLY HAVE:

Rheumatic Fever	Yes	No		Eye Disease	Yes	No
Seizures or Convulsions	Yes	No		Loss of vision in one eye	Yes	No
Anemia or Sickle Cell Anemia	Yes	No		Concussion	Yes	No
Mononucleosis	Yes	No		Hepatitis	Yes	No
Diabetes	Yes	No		High Blood Pressure	Yes	No
Kidney Problems	Yes	No		Emotional Problems	Yes	No
Any surgical problem	Yes	No		Back Injury	Yes	No
To be hospitalized	Yes	No		Injury to Bone or Joint	Yes	No
Asthma	Yes	No		Injury to Ligament or Tendon	Yes	No

Parent Signature

Athlete Signature

Second Sport (Re-certification): _____

Any injuries or health problems since your last exam? YES NO

Explain

Briefly: _____

Third Sport (Re-certification): _____

Any injuries or health problems since your last exam? YES NO

Explain

Briefly: _____

WOODLAND JR/SR HIGH SCHOOL
ATHLETIC DEPARTMENT
PARENT/STUDENT AGREEMENT AND PERMISSION FORM

Student Name _____ Class _____ Phone _____
Parent/Guardian _____ Mailing Address _____

Sport (check all that apply)

____ Volleyball ____ Soccer ____ Cross Country ____ Wrestling ____ Golf

____ Cheerleading ____ Basketball ____ Baseball ____ Softball ____ Tennis

I hereby give my son/daughter permission to participate in athletics at Woodland Jr/Sr High School as checked above. I understand my child will be required to abide by the rules set down in the athletic handbook. I also understand the risk involved with participation in these activities and assume responsibility, and I will assume responsibility for my child's equipment and uniform being prepared to pay for any damages or loss.

(Parent/Guardian Signature)

(Date)

I am aware that playing or practicing to play/participate in any sport can be a dangerous activity involving many risks or injuries. I understand that the dangers and risks of playing/participating in the above-indicated sports include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the musculoskeletal system, and serious injury or impairment to other aspects of my body, general health, and well-being. I understand that the dangers and risks of playing or participating in the above-indicated sports may result not only in serious injury but also serious impairment of my future abilities to earn a living and to engage in other business, social and recreational activities.

Because of the dangers of participating in the above-indicated sports, I recognize the importance of following coaches' instructions regarding playing and training technique, team rules, etc., and I agree to obey such instructions.

In consideration of Woodland High School permitting me to play in the sport indicated above and engage in all activities related to the team, including, but not limited to, practicing or playing in that sport, I hereby assume all the risks associated with such participation. I agree to report all injuries to my coach within 24 hours of their occurrence.

I have read and understand the extra-curricular code and policies, and I agree to live by the regulations as stated. I understand that the code will be enforced by the Woodland High School coaching staff and administration.

(Student Signature)

(Date)