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| tIMBERLANE REGIONAL SCHOOL DISTRICT |
| **TIMBERLANE REGIONAL DEPARTMENT OF ATHLETICS** |
| Timberlane owl logo |
| COACHES’ HANDBOOK  2014-15 |
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**STATEMENT OF PURPOSE**

The purpose of this handbook is to assist, coordinate and facilitate the efforts of all members of the Timberlane Regional High School’s athletic coaching staff toward the objectives of the athletic program.

**[[1]](#endnote-1)**

# PHILOSOPHY

The Timberlane Regional School District Athletic Program provides a variety of experiences to aid in the development of favorable habits and attitudes in students that will prepare them for adult life.

Athletics function as an integral part of the total curriculum, assisting in the development of fellowship and good will, promoting self-realization and all-around growth while encouraging the learning of good citizenship.

The Timberlane Regional School District believes that the opportunity for participation in athletics is a vital part of the student’s educational experience. Such participation is a privilege that carries responsibilities relating to the school, the activity, the student body, the community and the student themselves. These experiences contribute to the development of learning skills and emotional patterns that enable the students to make maximum use of his/her education.

# OBJECTIVES OF THE ATHLETIC PROGRAM

The objectives of the Timberlane Regional Athletic Program are to:

1. Provide a positive image of interscholastic athletics in the community;
2. Strive for playing excellence;
3. Provide opportunities for physical, mental and emotional growth and development;
4. Provide interscholastic athletic opportunities for the development of a positive attitude, cooperation and a responsible individual and/or team play;
5. Provide for healthy use of leisure time now and in later life, either as a participant or spectator;
6. Provide opportunity for a student to experience success in an activity he/she enjoys;
7. Provide sufficient activities to meet a wide variety of student interests and abilities;
8. Create a desire to succeed and excel;
9. Practice self-discipline and emotional maturity in learning to make decisions under pressure;
10. Develop an understanding of the value of activities in a balanced educational program; and
11. Provide students with an awareness of health issues through a well-integrated interdisciplinary program.

# GENERAL REQUIREMENTS/RESPONSIBILITIES

1. Coaches are educators. As such, all coaches shall exemplify the philosophy personified by the teaching profession of the Timberlane Regional School District. They shall set an example for student-athletes. With this in mind, the coach/educator shall:
2. Encourage student-athletes to improve his/her grades. Coaches may monitor their student grades through monitor reports, progress reports and report cards.
3. Abstain from the use of profanities and vulgar language.
4. Avoid accusing a student before all the facts are disclosed.
5. Abstain from inappropriate discussion with students, parents and other special interest groups.
6. Dress professionally and appropriately.
7. Coaches shall conduct themselves in a sportsmanlike manner. In doing so, the coach shall:
8. Always set a good example for participants and fans to follow by exemplifying the highest moral and ethical behavior.
9. Instruct participants in proper sportsmanship responsibilities and expect sportsmanship to be a high priority.
10. Respect the judgment of contest officials; abide by rules of the event; and display no behavior that could incite fans.
11. Treat opposing coaches, participants and fans with respect. Shake hands with officials, and the opposing coach in public.
12. Develop and enforce penalties for participants who do not abide by sportsmanship standards.
13. Coaches shall instill in student-athletes the importance of conducting themselves in a sportsmanlike manner. The coach shall require student-athletes to:
14. Treat opponents with respect; shake hands prior to and after contests.
15. Respect judgment of contest officials; abide by the rules of the contest; and display no behavior that could incite the fans.
16. Cooperate with officials, coaches and fellow participants.
17. Accept the responsibility and privilege of representing school and community; and display positive public action at all times.
18. The coaching staff shall address any matters pertaining to coaching and athletics to the Athletic Director’s office *before* going to the principal, superintendent or school board.
19. Team rules and regulations relative to team and individual conduct, attendance at practices and games, etc. will be the responsibility of each coach; however, coaches shall submit a copy of team rules to the Athletic Director for approval. Once approved, these policies and/or rules shall be presented in writing to all team members and parents.
20. Complete team lists shall be presented to the athletic office in the designated time period in order to conduct the final eligibility check for the NHIAA.
21. Coaches must provide adequate supervision at all times. Most sport-related lawsuits cite a coach’s failure to be present during practice or in the locker room. If athletes are present, the coach must also be present.
22. Coaches should provide a safe environment for practice and play. It is the coach’s responsibility to inspect the facility and equipment regularly, and report any concerns to the Athletic Director.
23. Coaches must have a plan to provide proper first aid procedures in the event of an injury. *A coach must also inform the athletes of the potential risks in the sport, and the dangers of using questionable techniques. These warnings must be repeated regularly.*
24. All coaches are encouraged to attend athletic clinics and conferences to remain current on the latest strategies, etc.
25. Head coaches are responsible for their individual Booster and team fundraising activities. Please refer to the Booster Handbook for specific information.

# ELIGIBILITY

1. The violation of any eligibility rule may result in forfeiture of a game won. If, in the opinion of the coach, there is any doubt concerning a student’s eligibility, consult the Athletic Director and/or principal. *When in doubt, it is best to sit a student-athlete out of a contest until their eligibility has been confirmed.*
2. Physical examinations are required of all student participants in the athletic program. A pre-participation physical exam must be on file prior to a student-athlete’s participation.
3. Coaches must be familiar with the academic requirements of the Timberlane Regional School District and ensure that the student-athletes have met these expectations prior to participation.
4. Coaches should report any transfer students, foreign exchange students, fifth year seniors and home-schooled students immediately to the athletic office for processing with the NHIAA. Failure to do so, may result in game forfeiture.
5. Please see NHIAA Attachment for more specific rules and information.

# NHIAA Section 35: COACHES’ ELIGIBILITY

**Sect. 32: Coaches Eligibility**

In order to be eligible to coach in a NHIAA member school the person must have:

A. A current certification in CPR with AED Certification.

B. Successfully completed an NHIAA approved course in First Aid.

• List can be found on the NHIAA website. Equivalent programs may be approved by the Coaches Education Committee.

C. Completed a Coaching Principles Course approved by the Coaches Education Committee. Approved list is located on the NHIAA website.

D. Completed the NFHS Concussion Course (free of charge), required for 2011-12. This course is located on the NFHS website and **MUST** be taken prior to any coaching.

E. All first year head varsity coaches must attend a rules review within one year of hire. All head varsity coaches in their second year or beyond are required to complete a yearly on-line rules update or attend a

rules review in person given by their sports specific rules organization.

NOTE:

• New coaches have one (1) year from date of hire to complete the requirements.

• The above is recommended for volunteer coaches.

• Coaches hired after June 2004 who became eligible through the sport specific clinic/workshop will be required to take the NFHS Coaching Principles course or comparable program approved by the Coaches Education Committee.

• It is recommended coaches continue their professional development through additional education clinics and opportunities listed on the NHIAA website.

F. Enrollment of Coaches - All coaches who coach NHIAA contests at all levels must be enrolled with the NHIAA. There is a $25.00 annual enrollment fee.TEAM SELECTION

1. RESPONSIBILITIES
2. Choosing team members of athletic teams is the sole responsibility of the coaches of those teams.
3. Final decisions shall be made by the head coach.
4. Prior to trying out, the coach shall provide the following information to all candidates for the team:
   1. Length of try-out period
   2. Criteria used to select the team
   3. Number of team players to be selected
   4. Practice commitments
   5. Game commitments
5. CUTTING POLICIES
6. When team cuts become a necessity, the process will include the following elements. Each candidate shall:
   * 1. Have competed in a minimum number of practice sessions.
     2. Be personally informed by the coach and given the reason(s) for the decision.
7. Cut lists are not to be publicly posted. The method of notification shall protect the privacy of the candidates cut.
8. Prior to cuts, the Athletic Director shall be informed by the coach.
9. PRACTICE POLICIES
10. Practices shall not exceed 2.5 hours without Athletic Director approval.
11. Practices shall not be held more than 6 days per week without Athletic Director approval.
12. Practice may be held on Sunday (after 10:30am) with approval of the Athletic Director.
13. The coach is responsible for supervision of all players.

# TRAVEL RULES AND REGULATIONS

# Transportation of teams shall be by bus only, unless otherwise scheduled by the Athletic Director.

1. Discipline on the bus is the sole responsibility of the athletic coach in charge of the trip.
2. The coach is required to accompany his/her team at all times while in transit, unless prior permission is granted by the Athletic Director. If the coach is excused from the bus, an adult designee shall be selected in his/her absence.
3. No unauthorized passengers are to travel on any trip unless approval is given by the Athletic Director and/or principal.

# SAFETY AND EMERGENCY PROCEDURES

1. Coaches shall have medical kits and student information cards at all practices and games.
2. In the event of a serious injury, the athletic trainer shall be located immediately.
3. In situations where the athletic trainer is not available, it may be necessary to call 911.
4. The Athletic Director shall be notified of any injuries that occur.
5. In the event the Athletic Director cannot be contacted, the building principal shall be contacted.
6. All injury incidences shall be followed up with a written report.

# SUMMARY OF COACHING RESPONSIBILITIES

# Coaching responsibilities shall include, but not be limited to:

## Pre-Season Responsibilities:

1. Insure medical and academic clearance of team according to Timberlane Regional School District and NHIAA regulations.
2. Provide a copy of the pre-season sign up sheet immediately following the seasonal sign up meeting for the purpose of determining student eligibility.
3. Present athletes and parents with verbal and written documentation of expectations via a pre-season parent meeting.
4. Must be First-Aid/CPR Certified. Coaches must attend a yearly sport-specific clinic.

## In-Season Responsibilities:

1. Supervise team members from the time they report to practice/game until departure from the premises.
2. Demonstrate knowledge of the skills and strategies associated with the specific sport.
3. Create a practice structure that correlates the knowledge base and strategies.
4. Care of equipment, supplies and school facilities.
5. Care of injuries as directed by the athletic trainer.
6. File injury reports within 24 hours.
7. Adhere to school and NHIAA regulations.
8. Display appropriate personal conduct at games toward players, officials and spectators.
9. Creates an atmosphere of discipline that is firm, consistent and fair.
10. Report Varsity game scores and other pertinent information to appropriate sources, (i.e. Newspapers, Athletic Office).

## Post-Season Responsibilities: (Submit to the Athletic Director)

1. Provide a list of team members who completed the season (varsity letter winners, junior varsity and freshmen members).
2. Submit varsity season record (opponents and scores), championships won, and any outstanding individual achievements.
3. Ensure that all players return issued equipment/uniforms.

**NHIAA RULES AND REGULATIONS**

Please find below excerpts of the NHIAA rules and regulations the Timberlane Regional High School Athletic Department, our athletes, coaches and volunteers must follow. A full version of these rules can be found at www.NHIAA.org.

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Please find below excerpts of the NHIAA rules and regulations the Timberlane Regional High School Athletic Department, our athletes, coaches and volunteers must follow. A full version of these rules can be found at [www.NHIAA.org](http://www.NHIAA.org).

**NHIAA BY-LAW ARTICLE II**

**Eligibility**

**Preface**

Eligibility regulations of the NHIAA apply to each category of interscholastic participation: Varsity and sub-varsity levels. Students entering grade nine in the fall for the first time do not have to meet the Scholastic Standing requirements of By-Law Article II, Sect. 2. Subsequent to their initial entry during the first fall marking period of their grade nine year they must meet the minimum requirement for Scholastic Standing. All other standards for eligibility must be met. In order to represent a member school in interscholastic athletics, a student must be in attendance as a full time student in the district where his/her parents/guardians legally reside. (Exception: Charter, Home Educated and Non Public Students – Sect. 13). No students will represent their school in an interscholastic athletic event unless the principal of that school has certified the student’s eligibility through the official Eligibility Affidavit as filed with the NHIAA.

The sole responsibility for determining athletic eligibility rests with the principal of the high school. The

principal is the official representative of the school at all hearings and appeals. This responsibility cannot

be delegated unless prior approval from the NHIAA has been granted.

**Sect. 1: Age of Contestants**

A student who has reached the age of 19 on or after September 1st may represent the school in any interscholastic athletic contest during that school year. **Rationale for Age of Contestants Rule:** An age limitation requirement: provides commonality between student-athletes and schools in interscholastic competition; inhibits “redshirting,” allows the participation

of younger an less experienced players; enhances the opportunity for more students to participate; promotes equality of competition; avoids over-emphasis on athletics, and helps to diminish the risk of injury associated with participation in interscholastic athletics.

To ensure equality of competition and opportunity, a standard must be established at some point to determine the cut-off date for age eligibility. Use of a specific cut-off date gives notice to all parties involved in interscholastic athletics and maintains equality of participant eligibility among schools.

**Sect. 3: Semester Rule**

A student is eligible for competition, whether or not he/she competes in interscholastic athletics, for no

more than eight (8) consecutive semesters beyond the eighth grade. Approved participation by seventh

and eighth graders does not count toward the eight (8) allowed semesters. Also, if a student terminates at one school he/she may not transfer to another school to increase eligibility.

**Rationale for the Semester Rule:** A maximum participation requirement: promotes timely progress toward graduation by discouraging students from delaying or interrupting their high school education; disallows students to enroll for one (1) semester each school year to increase athletic ability and skill; promotes equality of competition; diminishes risks stemming from unequal competition, and places emphasis on the academic mission of the school.

A maximum participation requirement promotes harmony and fair competition among member schools by maintaining equality of eligibility. Each student is afforded the same number of semesters of athletic eligibility, which increases the number of students who will have an opportunity to participate in interscholastic athletics. A maximum participation requirement is conducive to the prevention of redshirting; helps avoid exploitation by coaches or boosters who otherwise might seek to obtain transfers or to delay a student’s normal progress through school, and prevents displacement of younger student-athletes by older student athletes wishing to protract unfairly their high school athletic careers.

**Sect. 4: Transfer Rule**

A. A student who transfers enrollment with a corresponding move into a new school district by his/her parents or guardians shall be declared eligible immediately if all other eligibility requirements are met.

A change of residence under this By-Law shall consist of the moving of all household properties to the new address and the parents and student(s) actually living there. A second family residence shall not meet the requirements of this standard. The term parents shall mean the student’s 1) natural parents, 2) adoptive parents, 3) foster parents, if the student is placed in a foster home after becoming a ward of the court, 4) custodial parent, if parents are divorced, 5) legal guardian but only in the case where neither parent is living or legally competent, or 6) a family whom a student has been living with for at least 365 days.

B. Residence is defined as the place where the student’s parents have established their permanent home. This means that the family regularly eats and sleeps in a specific place of lodging. It is a place where the student and his/her parents are habitually present and to which when departing, they intend to return directly.

C. A student who transfers enrollment without a corresponding move into a new school district by his/her parents or guardians shall be required to be in attendance in the new school for one (1) year from the date of enrollment in order to establish athletic eligibility. This includes those students who transfer from a non-member school (i.e. prep school, etc.) back to the local school and those students who change schools as a result of change in guardianship (i.e. move to live with different parent/guardian without parent/guardian changing residence).

D. A student transferring to an NHIAA member school without a parental/guardian change in legal residence may not be added to the roster of a sports team (at any level) after the opening of a sports season (first date to play) in that sport.

E. A student who transfers to a new school within one calendar year of the relocation of his/her coach to that school without a corresponding change in residence is considered to have transferred for athletic reasons and is not eligible to participate in sports coached by that coach for one calendar year from the date of enrollment in the new school.

F. Other:

1. Eighteen year old emancipated individuals and homeless students who change their legal

residence and school in compliance with local board of education residency requirements are

ineligible for 365 days. Requests for waivers may be submitted to the Executive Director. Upon

receipt of a Transfer Rule Affidavit from the school principal, the Executive Director will review

each case on an individual basis. Only one (1) transfer in 12 months will be permitted.

2. Students placed in a school by outside agencies (i.e. courts, State Department of Welfare, other school districts, medical referrals) become eligible upon registration and enrollment in the

receiving school provided all other eligibility requirements are met. The principal is to verify

eligibility to the Executive Director. These requirements may be waived, if all the following conditions are met:

1. The student has not transferred for the purpose of participating in interscholastic athletics and

there has been no recruiting of the student for athletic purposes.

2. The Transfer Rule Affidavit is completed and submitted to the NHIAA and approved in writing by the Executive Director.

3. All other eligibility requirements are met.

**DEFINITION OF TRANSFER FOR PRIMARILY ATHLETIC PURPOSES**:

A transfer for primarily athletic reasons includes, but is not limited to:

1. A transfer to obtain the athletic advantage of a superior, or inferior, athletic team, a superior

athletic facility, or a superior coach or coaching staff;

2. A transfer to obtain relief from a conflict with the philosophy or action of an administrator,

teacher, or coach, relative to athletics;

3. A transfer seeking a team consistent with the student's athletic abilities;

4. A transfer to obtain a means to nullify action by the previous school.

**Rationale for the Transfer Rule:** A transfer/residency requirement: assists in the prevention of students switching schools in conjunction with the change of athletic season for athletic purposes; impairs recruitment and reduces the opportunity for undue influence to be exerted by persons seeking to benefit from a student-athlete’s prowess. A transfer/residency requirement: promotes stability and harmony among member schools by maintaining the amateur standing of high school athletics; by not letting individuals other than enrolled students participate and by upholding the principle that a student should attend the high school in the district where the student’s parent(s) guardian(s) reside.

**Sect. 7: Non-School Competition**

A. A member of a school team is a student athlete who is regularly present for, and actively participates in, all team practices and competitions. Bona fide members of a school team are prevented from missing a high school practice or competition to compete with an out-of-school team, practice or competition to include tournaments, showcases, combines or other athletic events. Whenever a conflict arises between the high school team practice/competition and an out-of-school practice/competition on the same day, the high school team practice/competition must be honored by the student athlete. Priority must be given at all times to the high school team, its practices, and its contests unless a waiver has been granted by the principal and athletic director. It is expressly understood that waivers shall not be granted on a regular basis and shall only be granted in extraordinary circumstances. Penalties: Any student athlete who violates this rule, unless a waiver has been granted as stated above, for the first time shall be declared ineligible for the next four (4) consecutive interscholastic events or three (3) weeks of a season in which the student athlete is a participant, whichever is greater. This Penalty is effective from the date of his or her last participation in a high school sport. Any student athlete who violates this rule a second time or subsequent time shall be declared ineligible for participation in any high school sport for the balance of the school year.

B. International Competition:

Students and/or teams desiring this kind of competition must have the approval of the NHIAA. No requests for approval will be considered unless received in writing and signed by the principal six (6) weeks prior to the date of participation. Requests are to be submitted to the NHIAA Executive Director for action.

C. Member Schools’ Students Attending Foreign Country Schools:

Member school student athletes attending high schools in a foreign country will be under all the

Eligibility By-Laws as stated in the NHIAA Handbook.

**Sect. 9: Out-of-Season Competition**

A. **School Year: Fall Starting Date Until Spring Closing Date**

1. A coach may not have any contact with his/her team or potential ***(above grade 6)*** team members for the purpose of planning, practicing, or playing at any time other than within the season limits prescribed by NHIAA.

a. A coach is defined as anyone presently under contract or anyone under contract the previous

year.

b. That no district provided operational school funds are used to subsidize out-of-season activity. Use of

Booster funds or fundraised monies is permissible only to subsidize team activity that is open to all.

2. A coach or other representative of the school shall not require an athlete to participate in a sport or a training program for that sport outside the NHIAA defined sports' season of that sport.

3. A coach shall be limited to one (1) one-hour pre-season meeting with his/her team and may call one (1) "out-of-season" meeting to elect captains and to collect equipment.

4. There are no restrictions on meetings that may take place exclusively for fund raising purposes.

5. A school may not, in any way, subsidize students who might attend a summer camp outside the authorized seasonal limits for a sport.

B. **Summer:**\* A high school coach who is employed by a school district (paid or volunteer) may coach his/her sport under the following conditions:

1. The school year has ended for the school.

2. That no school funds are used (excludes facilities and equipment).

3. The program is open to all youth of the area served on an equal basis and is so advertised.

4. Special emphasis must be made by principals and athletic directors to insure that coaches do not require an athlete to participate in any activity. The option of participation must be made by the athlete/parents.

\*Student-athletes may participate in non-school summer programs once the spring sports season is completed for your school (including tournament play).

C. **Captains Practice:** Captains practices are not permitted under any circumstances whether during the school year or summer.

D. **Other:** Coaches may coach in All-Star competitions (eg. A.A.U.) and are exempt from this By-Law only if the following conditions exist:

1. That the NHIAA, through the Executive Director, has been properly notified by the member

school principal of the coaches selection.

2. That no school funds or equipment are used.

3. That no more than 25% of the group/teams can come from his/her school team or potential (above grade 6) candidates of that school. Expanding or rotating groups/teams is not permitted as a means to circumvent this policy. Regardless of how a program is structured, the coach cannot

have contact with more than 25% of his/her existing or potential players.

4. Whenever possible, the players from that same school must be divided between different

groups/levels.

5. That where a conflict exists between the participation on a school sponsored team and an outside

team; the school team will receive priority consideration.

6. Sports activities that are permitted out of season must also meet the following conditions:

a. No use of school owned or issued warm-ups and/or uniforms

b. A student may accept a symbolic award or merchandise which does not have a value or cost in

excess of $20.00

**E. Out of Season Competition Definitions:**

1. **OPEN GYM**: School sponsored “open gym “or “after school” activities are permitted in the

member school’s facilities out-of-season if they adhere to the following principles.

a. Diversity of students - Program must be open to all students on an equal basis.

b. Diversity of activities - A variety of sports must be activities that are offered throughout the

year, not a focus on one (1) sport.

c. Student conducted - Students must be able to choose from school offered activities. A coach

of a sport under NHIAA jurisdiction shall follow all the regulations under the NHIAA Out of

Season Competition By-Laws.

d. Recreation emphasis - The program cannot be an organized program of instruction and/or

competition.

e. A high school coach who is employed by a school district (paid or volunteer) may supervise an

open gym under the conditions listed in a-d.

2. **CONDITIONING PROGRAMS:**

School sponsored “conditioning programs” are permitted “out-of-season” if they do not involve

equipment which is specific to a sport conducted on an interscholastic basis. Examples of

prohibited equipment include, but are not limited to: basketballs, volleyballs or nets, hockey stick

(field or ice), or pucks/balls, track starting blocks, shots, discusses, hurdles, or high jump and pole vault standards, football helmets, pads or dummies, baseball/softball bats, balls or bases, wrestling mats, gymnastic apparatus. Generic equipment such as cones, weights, jump ropes and other fitness apparatus are permitted in a conditioning program. The conditioning program must be open to all students on an equal basis.

3. **INTRAMURALS**:

A high school coach who is employed by a school district (paid or volunteer) may organize a

school sponsored intramural program in any sport as long as there is no instruction and the activity is recreational in nature.

**Sect. 10: All-Star Competition**

The NHIAA does neither sanction nor endorse any All-Star team or competition in any sport at any level. .A student athlete who is a member of an NHIAA school team may not participate in an All-Star game/event, in season or out, without losing eligibility in that sport for one (1) full year (365 days) from the date of such participation with the All-Star team.

Following completion of high school eligibility in a sport and prior to graduation from high school, a senior student athlete may participate in an All-Star competition.

**NOTE:** Underclass student athletes' participation in non-NHIAA sponsored athletic competition shall not cause athletic ineligibility if the activity is not in conflict with NHIAA Eligibility By-Law Article II; Sect.

7: Non-School Competition or Sect. 9: Out-of-Season Competition. Such activities include, but are not limited to AAU Baseball and Basketball, Select Soccer, Spirit Competitions, Junior Olympic Volleyball, Futures Field Hockey, and similar type competition.

In order to participate in such activities during the school year, a report submitted by the high school principal must be on file at the NHIAA that includes the name(s) of the participants in the form of a roster. Additionally, the high school coach should be reported as well if involved in a program. The NHIAA does neither endorse nor sanction these activities.

**Sect. 14: Sports Season**

For eligibility purposes, the sports season begins on the starting date of that sport as listed in By-Law Article XXXVI relative to “Corresponding Dates for All Sports.” It is not the date of a teams first regular season contest. The sports season ends following the final date that the school will be represented in NHIAA regular season, post-season tournament, or Council of New England Secondary School Principals' Association (CNESSPA) events in that sport.

*For further information on eligibility see the Athletic Director.*

**SIGNATURE PAGE**

***As a coach of the Timberlane Regional School District, I certify that I have read the Timberlane Regional School District’s Athletic Coaching Handbook and hereby agree to abide by the guidelines published there-in.***

**NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Print Name**

**NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Apply Signature**

**SPORT:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**SUBMIT THIS SIGNED PAGE TO THE ATHLETIC DIRECTOR.**

**THANK YOU.**

1. [↑](#endnote-ref-1)