



The Bolton Central School District understands that interscholastic athletics are a realistic part of the high school educational process. The combination of academics and athletics enhances the quality of the student learning experience. This expands options for personal learning and growth. Athletics provide an opportunity in which students can learn essential life lessons beyond what can be learned in the classroom.

Bolton

Central School District

2022-2023

Student Athletic Handbook

The Bolton Central School District fully supports this document as the mission statement of the Athletic Program. The mission of the Bolton Central School Eagles Athletic program is to foster the quest for excellence by our students, staff and supporters by creating an educational and competitive experience within an atmosphere of sportsmanship and fair interaction. We strive to develop and realize individual and team potential by promoting high standards of competence, character, civility and citizenship.

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THIS HANDBOOK IS DESIGNED TO ASSIST ALL BOLTON CENTRAL SCHOOL STUDENTS AND PARENTS. MORE DETAILED INFORMATION IS AVAILABLE FROM THE ATHLETIC DIRECTOR, COACHES AND ADMINISTRATORS IN THE SCHOOL OFFICES.

ALL STUDENTS PARTICIPATING OR AFFILIATED WITH INTERSCHOLASTIC SPORTS PROGRAMS (STUDENT-ATHLETES, MANAGERS, SCORE AND RECORD KEEPERS, ETC.) ARE SUBJECT TO THE FOLLOWING RULES AND REGULATIONS.

THE DESCRIBED POLICIES, RULES, REGULATIONS AND REQUIREMENTS ARE VALID WHETHER STUDENTS ARE ON OR OFF SCHOOL PROPERTY. THEY ARE ALSO VALID AND STUDENTS ARE SUBJECT TO THEM WHETHER THE ACTIVITY YOU PARTICIPATE IN IS IN SEASON OR NOT. FAILURE TO SIGN AND SUBMIT AN ATHLETIC CODE DOES NOT RELINQUISH THE STUDENT FROM THE RESPONSIBILITIES HEREIN. AS A STUDENT ATHLETIC PARTICIPANT, YOU ARE SUBJECT TO THESE ITEMS THROUGHOUT THE SCHOOL YEAR. (FIRST DAY OF AUGUST PRACTICE FOR THE FALL SEASON THROUGH GRADUATION) STUDENTS IN GRADES 7 -12 ARE EXPECTED TO SIGN AND RETURN THE ATHLETIC CODE OF CONDUCT AT THE BEGINNING OF THE SCHOOL YEAR. NOT SIGNING THE ATHLETIC CODE OF CONDUCT DOES NOT RELEASE A STUDENT FROM THE RESPONSIBILITIES OUTLINED WITHIN THIS DOCUMENT.

BCS EAGLES ATHLETIC PROGRAM PHILOSOPHY –

The Bolton Central School District understands that interscholastic athletics are a realistic part of the high school educational process. The combination of academics and athletics enhances the quality of the student learning experience. This expands options for personal learning and growth. Athletics provide an opportunity in which students can learn essential life lessons beyond what can be learned in the classroom.

General Douglas Mac Arthur understood this when he spoke to a graduating class at West Point when he said – “On the fields of friendly strife are sown the seeds which on other days and other fields will bear the fruits of victory.”

This reflects our belief that the essential requirement for teamwork, the mental and physical challenges of training and competition, and the experience of winning and losing graciously, always with dignity, are important life lessons in the modified experience of every student. These lessons will serve students well beyond graduation into their future years.

Developing good character habits requires time and effort. Coaches, parents, and all other stakeholders can help students develop such habits by continually discussing, modeling and reinforcing the desired attitudes and beliefs over time.

We also understand that participation on an athletic team or teams demands a commitment that requires dedication and sacrifice. This is required not only of student-athletes, but also coaches, parents and siblings.

BCS EAGLES ATHLETIC PROGRAM PURPOSE –

Educational research tells us that the most important reason why student-athletes participate in school athletic programs is as follows:

- * Enjoyment
- * Participation / Being involved with peers
- * Personal Improvement

Therefore, the primary purposes of the Bolton Central School District Athletic Program are:

- * Offer students an enjoyable experience;
- * Provide the greatest opportunity possible for student-athletes to participate in practices and, when earned, competitions;
- * Promote personal improvement in skills, physical conditioning with understanding and knowledge of the sport and associated activities; and
- * Promote program aspects which accomplish the above and lead to success on and off the field of play.

Duke University Men's Basketball Coach Mike Krzyzewski said - "Hunger not for Success, but for Excellence. Don't let anyone else define Excellence for you!"

In order for this Philosophy to be effective, student-athletes must be positioned to gain the most benefit. Therefore, we offer a variety of levels in which they can participate. Each level supports an appropriate and separate emphasis.

Elementary Level - Students who are enrolled in grades less than Seven (7) will be given various opportunities to participate in events that are designed to encourage participation in athletics at the most basic level as well as give understanding to the opportunities that wait for them upon entering Grade Seven (7). These events are not considered to be interscholastic events nor are they part of the BCS Athletic Program regulated by the New York State Public High School Athletic Association (NYSPHSAA). We encourage participation in the hope that these experiences are fun, meaningful and appropriate to their development.

Modified Level - Primarily for students in Grades 7, 8 and in some sports, 9, this level becomes the entry level beyond elementary programs. This level begins to integrate ideals which will be further enhanced at the high school level. The emphasis at the Modified Level shall be:

- 1) To acquire and develop sport specific skills, mechanical traits and fundamental strategies that promote self and team abilities.
- 2) Provide student-athletes opportunities to integrate practice skills and strategies that will be used in future competitive environments.

Junior Varsity Level - This next step will serve as an Intermediate level, introducing the competitive environment to student-athletes in the team concept. It serves as a bridge between Modified levels and Varsity play. The emphasis at the Junior Varsity level shall be:

- 1) Enhance development of individual performance in the team concept, with refinement of sport specific skills and knowledge of the sport.
- 2) Provide student-athletes the opportunity to not only demonstrate acquired skill and knowledge, but to also gain exposure to the arena of competition, thereby learning to be gracious in victory and humble in defeat.

Varsity Level - This is the most advanced level of play at the high school level. Bolton student-athletes are required to demonstrate their maximized potential with regard to athletic proficiency, concepts, strategies for performance, sportsmanship and maturity. As introduced at prior levels, Bolton student-athletes will demonstrate a competitive desire to demonstrate excellence while displaying the character, dignity and class of behavior that is the mark of true champions performing an effort that is well done. The emphasis at the Varsity Level shall be:

- 1) Participate in highly skilled competitions.
- 2) Appreciate competition as a device to learn and grow from. Understand that success can be self-perpetuating.
- 3) Accept directives from coaches and playing time as part of the common good.
- 4) Learn the value in contributing and succeeding as part of a larger group.

BCS EAGLES PROGRAM OFFERINGS

SOCCKER -

Girls Modified and Varsity
Boys Modified and Varsity

GOLF -

Co-ed Varsity

CROSS COUNTRY -

Girls Modified and Varsity
Boys Modified and Varsity

FOOTBALL -

Boys Modified

VOLLEYBALL -

Modified and Varsity

BASKETBALL -

Girls Modified and Varsity
Boys Modified and Varsity

SOFTBALL -

Modified and Varsity

BASEBALL -

Modified and Varsity



PROGRAM VALUES –

It is a privilege, not a right, to be a high school student-athlete. It is important to remember that BCS Eagles student-athletes represent themselves, their families, Bolton Central School and the Bolton community at all times. It is expected that BCS student-athletes will embrace and endorse the rules, regulations, spirit and expectations of the program and the school district. Student-athletes engaging in disruptive and / or illegal behavior will be subject to disciplinary actions that are outlined in our School Code of Conduct, the BCS Athletic Program, the Section VII, Section II, and NYSPHSAA.

In order to place our values in perspective, we believe in prioritizing these values and descriptions:

ACHIEVEMENT – Committed to being the best in all that we do

CARING – Thinking of others and how our actions impact them

COMMUNICATION – Sharing with honesty, integrity and willingness

COMPETENCE – To further ourselves in order to make success more meaningful

DIVERSITY – Differences make organizations and people stronger

ENDURING RELATIONSHIPS – With all students, alumni, employees and others

HEALTH – Physical, emotional, intellectual, spiritual and social

LEADERSHIP – Influencing others through our actions and behaviors

PERSONAL GROWTH – Always prioritizing the development of students

PRESERVATION – Honoring the facilities, properties and the institution

RECOGNITION – Commendation for achievement and jobs well done

TEAMWORK – Working together for the common good

TRADITIONS – Honoring all that has come before us

AFFILIATIONS -

The Bolton Central School District is a member in good standing of NYSPHSAA. In conjunction with the State University of New York and the NYS Education Department, NYSPHSAA provides the governance and regulation for our interscholastic athletic program.

Bolton Central School is a member of NYSPHSAA's Section II and holds an Associate Membership in Section VII. We are also members of The Adirondack League and the Mountain Valley Athletic Conference, both of which provide appropriate level, breadth and scope of athletic opportunities for our students.

Regulations, rules and guidance are provided at varying degrees by all of the above referenced organizations. We are both fortunate and proud to be affiliated with these superb organizations.

ELIGIBILITY -

Any student enrolled in Bolton Central School who fulfills the requirements as set forth to age, eligibility, etc. as per the NYSPHSAA may try out for athletic teams. It is required that you read this handbook completely, comply with the requirements, complete and return the Permission and Medical emergency form included in this handbook before you are considered a member of any program. Official rosters are posted prior to the start of each regular season as described in the Extraction from Teams section on page 9 of this handbook.

ACADEMIC RESPONSIBILITIES -

The primary function of our school centers on the academic effort of each student in every classroom. It is the expectation of Bolton Central School that every student-athlete will achieve, at all times, grades that will be at least of passing quality. All student-athletes will have their grades checked on the first school day of each five (5) week interval from the start of the school year, when Grade Reports are composed by the Guidance Department. It is our hope that there will not be any course Grade lower than a "65." Should that occur, the following applies: A student will be placed on "Academic Probation" in which their progress and grades will be checked on a weekly basis. Once placed on Academic Probation, students will need to pick up a card in the Entry Office. This card will contain a rubric indicating progress that the student is making toward satisfactory grades. If satisfactory effort and improvement is accomplished, the student may continue participation. If not, the student will not be able to participate until such time that weekly progress has been realized. Academic Probation will continue until a weekly period ends with all course grades being above "65." The student is charged with the responsibility to obtain the necessary check marks on the performance rubric card. Failure to live up to this obligation would also result in ineligibility. Remember that denial from participation is described as a period of time, that while the student is still a bona fide member of the team, the student-athlete may ***NOT*** practice, play or be involved in any activities of the squad. The entire process will repeat on the first day of every five week interval during the season. Final determination of eligibility will be made by the Principal and communicated by the Athletic Director.

ATTENDANCE -

All Bolton Central School student-athletes are expected to be in attendance at every practice, game(s) and/or activity in conjunction to their commitment to the team. It is therefore very important that students be on time to school and classes every day and every period. Any student-athlete arriving at BCS after 12:00 p.m. without acceptable documentation will not be eligible to participate in the athletic program that day. Athletes will follow the school policy of tardiness and detention. If assigned, only after detention is served, may an athlete go to the practice or game.

Any suspension automatically suspends students from athletic practices or games, at the rate of one athletic day for every day of suspension. If a suspension is carried into the following week, no participation of practices or games on the weekend is allowed. Suspension will be issued Monday through Friday (regular school days). No participation is allowed until the suspension period is completed. Once an athlete returns to school, he/she may be required to practice at least once before game participation. Any teacher directed instruction time must be honored before you are allowed to participate in the Athletic Program. These commitments **MUST** come first. You must prevent yourself from being in these situations. Legally, all athletic programs are part of a school day where attendance is concerned.

CHARACTER AND SPORTSMANSHIP -

Unlawful behavior, including arrests, convictions, and illegal civil or criminal acts (on or off campus) will result in suspension from the Athletic Program as determined by the Principal and Athletic Director.

SUBSTANCES -

Bolton Eagle student-athletes **MUST NOT** be associated with alcoholic beverages, tobacco, nicotine, vaping, or illegal drug substances. "Associated" means the use, possession, influence of, or sale of such substance. This statement is valid whether he/she is on school property or not. Upon confirmation of the infraction, the student-athlete will be immediately suspended from Athletics for a period of five (5) school days and at least two (2) regular or post-season contests. The player may then return after two meetings with a BCS School Counselor and participation in an intake meeting, which may include the student-athlete, coach, parent, Athletic Director, School Counselor and Principal.

A second infraction during a student-athlete's career will result in suspension for five (5) regular or post-season contests. The student-athlete may then return by committing to a mandatory rehabilitative plan sanctioned by the school and directed toward rehabilitating the player against further substance abuse. Documentation from the rehabilitative provider must indicate continuous progress or completion. The district will incur expenses not covered by the student-athlete's personal health insurance for up to three visits. If parent(s) choose to use a different licensed/certified provider, they must do so at their own expense and with district approval.

A third infraction during a student-athlete's career will result in suspension from all interscholastic athletic activity for one calendar year (example- May 2nd through and including May 1st of the following year.) The Principal or Athletic Director will notify the parent(s) of the suspension from the Athletic Program.

TRAINING RULES -

All students participating must adhere to all training rules and expectations as outlined in our Code of Conduct, the BCS Eagle Student-Athletic Handbook and your coach or advisor. Your signing of the Permission sheet in this handbook indicates your agreement as well as the assumptions of risk involved.

EXTRACTION FROM TEAMS -

Involvement in Interscholastic Athletics not only develops one's self in a physical sense, but it is also a means of one developing a sense of commitment and dedication. **Any eligible Grade 7-12 student may** participate in BCS Eagles Athletic programs.

A student may join a squad and participate on that squad for the first ten (10) practice sessions to ensure compatibility with the program. Rosters are established after ten (10) practice sessions and students may not join teams after that time without administrative approval. Therefore, commencing with the eleventh (11) practice session, the official team roster is set and any student-athlete who quits or is removed from a team during any portion of the season, will then appear before a committee that may include the following: Coach of that sport, Parent(s), School Administrator(s), and the Athletic Director. The meeting purpose is to bring closure to the situation. The student will not be allowed to participate in any further Bolton Central School Eagles Athletic programs during the current, ensuing or following school years without the approval of the same committee.

Any student who fails to complete an entire season through its conclusion will forfeit or have removed all privileges associated with athletic recognition and awards. Examples include all-star teams, league or section recognition, school athletic awards and attendance at school banquets or receptions.

ROLES AND EXPECTATIONS -

Coaches, parents, student-athletes, and spectators play important roles in supporting our philosophy of providing a quality competitive experience for our student-athletes. The following paragraphs identify the roles and expectations of these groups in relationship to our Interscholastic Athletic Program.

The Coach

At all levels of competition, the role of the coach is one of instructional leadership. Our coaches will strive to provide a positive experience for student-athletes through quality instruction based on personal and professional development and knowledge. The coach will challenge and encourage each athlete, as an individual and as a team member, to reach the objectives of his/her respective level of participation.

The following guidelines serve as a benchmark for the conduct of our coaches:

- * Be a good role model.
- * Build an individual and team philosophy.
- * Strive to increase technical knowledge and competency in all areas of the coaching assignment.
- * Enhance and protect the physical and mental health as well as the well being of the student-athletes.
- * Inspire the student-athletes to respect themselves, their teammates, opponents, spectators and officials.
- * Strive to instill in players a desire to accept and live by the spirit of the rules of the team, sport and our school.
- * Help to create an atmosphere of friendly competition where sportsmanship, dignity and honor transcend victory and defeat.
- * Involve themselves with administrators, faculty, and other colleagues to maintain and improve the educational experiences of our students.
- * Encourage the highest standards of academic achievement and personal behavior among all student-athletes.

The Parents/Guardians

The parents of our student-athletes are recognized as a valuable asset to our athletic program. Through their academic, emotional, and moral support, parents shall assist our coaching staff in teaching student-athletes the value of responsibility and commitment as it relates to our program objectives. In addition, parents should be a part of setting high expectations and limits as necessary. Most importantly, all should work to reinforce positive behavior and address negative behavior appropriately and consistently.

Through their attendance and conduct at athletic contests, parents shall demonstrate their support for their child and his/her team by exhibiting good sportsmanship towards opponents, coaches, and officials as identified by the NYSPHSAA Sportsmanship Matters guidelines. Inappropriate spectator behavior may be subject to a Sportsmanship Review Committee.

Students and Spectators

Our student body and spectators representing our school and community must provide moral support for our student-athletes and teams through their attendance at contests and by their adherence to and demonstration of appropriate behavioral conduct as identified by the Adirondack League and Section II, the Mountain Valley Athletic Conference and Section VII Codes of Conduct for Spectators. Be Loud, Be Proud, Be Positive!

Parent and Coach Relationship

Parenting and Coaching are extremely important responsibilities. By establishing an understanding of each other and their position, we are better able to accept the actions of each and provide greater benefits to students. Parents, when your child becomes involved in our Athletic Program, you have the right to know what expectations are placed on them. This begins with clear communication from the coaches of your child's team and program.

Communication You Should Expect From the Coach(es)

- * Expectations for your child and all members of the team
- * Location and times of all practices and games
- * Team expectations
- * Procedures should your child be injured
- * Consequences that result in denying your child's participation

Communication The Coach(es) Should Expect From The Parents

- * Concerns expressed directly to the coach in an appropriate manner
- * Notification of schedule conflicts well in advance of the date and time of practices or games
- * Concerns regarding expectations or requirements

As your child becomes involved in the Bolton Central School Athletic Program, they will experience disappointments and rewarding moments. It is important to understand that there is a time to explain that to them in a positive way. When things don't go the way you or your child wish, it is also important to explore that in a positive way. At these times, discussion with the coach is encouraged. Therefore, we offer these guidelines:

Appropriate Concerns To Discuss With Coaches Include:

- * The treatment of your child
- * Ways to help your child improve and get better
- * Your child's behavior

Issues Not Appropriate To Discuss With Coaches:

- * Playing time
- * Team strategy
- * Play calling
- * Any members of the team, except your own child

UNIFORMS AND EQUIPMENT -

All team members must wear the entire Bolton Eagles team uniform properly at all times, during all games. Any exceptions will disqualify you from participation as per NYSPHSAA regulations. Altering uniforms in any way is not permitted. You are provided with quality uniforms to instill pride in our teams and ensure your safety and comfort. You are responsible for the complete return of all equipment and uniforms at the season's end per your coach's instructions. Charges will be levied for any loss or damage. You are responsible for all items issued to you!

TRANSPORTATION -

All BCS student-athletes are expected to travel to and from all games, events and practices in vehicles provided by the school district. BCS will provide transportation to in-district, off-campus sites such as the golf course or baseball field. Prior approval is needed for a parent to transport their child to an athletic event. If it is necessary for a parent to transport their child home from an athletic event, the parent must sign their child out through the coach.

INJURIES -

In case of student-athlete injury which prohibits competition in any sport, it will be necessary to obtain a Physician's Statement indicating the ability to resume participation before a student may participate in practice sessions or games. All injuries should be reported to your coach. The Coach will communicate with the School Health Officer who, with the injured student, will complete a report. The report will be available if the student-athlete seeks outside (of the school) medical treatment. Remember that school insurance coverage is only supplemental to your own or your parent's insurance.

U.S.A. Hockey Coach Herb Brooks said - "Great moments are born from great opportunities."

ASSUMPTION OF RISK -

Interscholastic sports involve risk of injuries to the players and other support personnel as well as, in some instances, spectators. In case of accident, coaches and school personnel who have access to Medical Emergency Forms found in this Bolton Eagles Handbook are hereby authorized to provide First Aid and arrange for available emergency treatment that they deem necessary.

MEDICAL EXAMINATION -

All participants in Athletic programs must have completed an annual Medical / Physical examination by the School Physician or a certified Physician of their choice. All information relevant to the examination must be on file at the Bolton Central School Health Office. The medical emergency release form included in this handbook must be completed and returned to your coach at the beginning of each sport season to ensure your safety in case of medical emergency. In addition to your Physical Examination information, these forms will also be on file with the School Health Officer, Mrs. Donna DiPietro.

***"Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are."
- The Immortal Basketball Coach John Wooden.***





Parent/Athlete Concussion Information Sheet

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports **one or more** symptoms of concussion listed below after a bump, blow, or jolt to

Did You Know?

- Most concussions occur *without* loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

the head or body, s/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it’s OK to return to play.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or “pressure” in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (<i>even briefly</i>)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can’t recall events <i>prior</i> to hit or fall	Confusion
Can’t recall events <i>after</i> hit or fall	Just not “feeling right” or “feeling down”

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (*even a brief loss of consciousness should be taken seriously*)

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. *They can even be fatal.*

It's better to miss one game than the whole season. For more information on concussions, visit: www.cdc.gov/Concussion.

Please sign on the detachable permission slip & medical release form on the next page to show that you have read this information.

Remember

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

↩ PLEASE DETACH THIS PAGE AND RETURN TO YOUR COACH PRIOR TO SEASON START.

BOLTON CENTRAL SCHOOL ATHLETICS - 2022 - 2023

Student Name: _____

Home Telephone Number: _____ Sport/Season: _____

Address: _____

Grade: _____ Date of Physical: _____

Parent/Guardian Name(s): _____

Medical Insurance Co. and Plan that covers student above ID#: _____

Group #: _____

Additional Info: _____

Special Health Considerations (Allergies, Medication, Health Conditions): _____

- Permission Slip & Medical Release - Should my child require emergency medical care at any time during a sport related activity, and if I am unable to be reached, I give school officials, coaches and / or chaperones of this activity permission to act on my behalf (en loco parentis) regarding medical and surgical emergencies for my son/daughter, named above and signed below.
- I have read and understand the Bolton Central School Athletic Handbook contents and will abide by the information pertaining to student participation in the program. I understand the assumption of risk in regard to the possibility of injury, debilitating circumstances and possible death due to the nature of physical activity associated with Athletics and fully release the above information contained in the medical release for the above stated purpose.
- My signature below indicates that I have read the information on the preceding pages regarding the school athletic program and understand the pages regarding concussion management.

Date: _____ Parent/Guardian: _____

(Signature)

I pledge to abide by school, athletic program and team rules in order to participate in Athletics.

Date: _____ Student _____

(Signature)