

2021 Season Two - La Salle Off-Season Student Athlete Approval Form

Student-Athlete – Season two begins on February 22 and ends on April 10. Season 3 practices will begin on April 5 with the first competitions beginning on April 12. Please complete the information below and obtain varsity head coach signatures of approval from both sports prior to any participation in an offseason workout during season 2. It is important to note the maximum number of hours per day an athlete may practice OSAA sponsored athletics and activities are 3 hours. If conflicts arise the in-season sport will take priority and if the experience proves difficult over time, a coach may withdraw their approval.

In-Season Sport _____ Off-Season Sport _____

Parents & Coaches – Please discuss with your child the heightened level of responsibility and commitment it takes to participate in multiple sports. Also, discuss the increased risk of injury and the potential impact on the in-season team should your child be unable to participate. Please sign below if you agree to allow your child to participate in offseason workouts while participating in an in-season sport.

Student

Parent/Guardian

Fall Varsity Head Coach

Winter/Spring Varsity Head Coach

Athletic Director

Assistant Athletic Director

Revised 2/19/21