

Woodruff High School

Dr. W. Rallie Liston, Superintendent

**Dr. Aaron D. Fulmer, Principal
710 Cross Anchor Road
Woodruff, South Carolina 29388**

Athletic 4 Day Sport Transition Waiver

In the best interest of the overall health and well-being of the student athletes at Woodruff High School, the athletic department and school administration strongly recommend students take a 4-day break, including weekends, between back to back sport seasons. With the demand and work load on student athletes ever increasing, we believe this break between sports is crucial to their health and overall success. For example, if a student's sports season ends on a Friday night, the student would not be required to attend practice for the next sport until the following Wednesday.

However, if the student athlete and the parent/guardian would like to waive or decrease their 4-day break between the sports, they may do so by completing the form below. This form, should be completed and turned in to Athletic Director Mike Morris before the student athlete attends the first practice of the next sports season. This decision should be made by the student athlete and parent/guardian and not influenced by any District 4 employee or coach. It is the recommendation of the Athletic Department and the Administration at Woodruff High School that all athletes take advantage of this 4-day break.

Student Athlete Name: _____ ***Desired Transition:*** _____

We, the student athlete and parent/guardian, understand by signing this form, we are foregoing the recommendation of District 4 for student athletes to take a 4-day break between back to back sport seasons. Instead, we would like to proceed to the next sport season with the desired transition time listed above. We also understand the attendance policy for the new sport will begin and be enforced as directed on this form.

Student Athlete: _____ *Date:* _____

Parent/Guardian: _____ *Date:* _____