



# STUDENT - ATHLETE HANDBOOK

ANTIOCH UPPER GRADE SCHOOL

ANTIOCH CCSD 34

## Guidelines in the Antioch CCSD 34 Family Handbook apply to all athletes.

### Introduction - Parents/Guardians

The student-athlete handbook is presented to you because your student has indicated a desire to participate in interscholastic athletics at Antioch Upper Grade School and you have expressed your willingness to permit them to compete. We believe that participation in extracurricular activities provides a wealth of opportunities and experiences, which assist students in their developmental growth.

We are concerned with the educational development of students through athletics and feel that a properly controlled, well-organized sports program can meet student needs for self-expression, social, mental, and physical growth. It is our intent to conduct a program that is educationally sound in purpose and will enhance each student's personal growth.

We would like to take this opportunity to acquaint the parents with specific policies that are necessary for a well-organized program of athletics.

### Introduction - Students

Being a member of the Antioch Upper Grade School athletic teams is a fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic team at Antioch Upper Grade School, you have inherited a wonderful tradition that you are challenged to uphold.

Our tradition has been to win with honor. We desire to win, but only with honor to our athletes, our schools and our community. Such a tradition is worthy of the best efforts of all concerned. Over many years our squads have achieved more than their share of conference and tournament championships.

It is not easy to contribute to such a great athletic tradition. When you wear the green and gold colors of your school, we assume that you not only understand our traditions, but also are willing to assume the responsibilities that go with them. However, the contributions you make should be a satisfying accomplishment to you and your family.

- **Responsibilities to Yourself:** The most important of these responsibilities is to broaden and develop strength of character. You owe it to yourself to derive the greatest benefit from your middle school experiences.

Your academic studies, participation in extracurricular activities and sports will prepare for your high school career, and your life as an adult.

- **Responsibilities to Your School:** Another responsibility you assume as a member of a team is to your school. Antioch Upper Grade School cannot maintain its position as being an outstanding school unless you do your best in the activity in which you engage. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school.

You assume a leadership role when you are on an athletic team. The student body and citizens of the community know you. You are on stage with the spotlight on you. The student body, the community and other communities judge our school by your conduct and attitude, both on and off the field. Because of this leadership role, you can contribute significantly to school spirit and community pride. Make Antioch Upper Grade School proud of you, and your community proud of your school, by your consistent demonstration of these ideals.

- **Responsibilities to Others:** As a squad member you also bear a heavy responsibility to your home. If you never give your parents anything to be ashamed of, you will have measured up to the ideal. When you know in your heart that you have practiced to the best of your ability everyday and that you have played the game "all out," you can keep your self-respect and your family can be justly proud of you. In addition, the younger students in our school district are watching you. They will copy you in many ways. Do not do anything to let them down. Set good examples for them.

## Athletic Mission Statement

The Antioch Upper Grade athletic programs will seek to provide students with a quality athletic experience while preparing them for a successful future in athletics as well as academics. Since the foundation of a quality athletic program is quality coaches, the athletic administration will seek to hire outstanding coaches and provide opportunities for coaches to gain knowledge and skill.

## Athletic Objectives

The student-athlete shall learn:

1. **Work With Others:** In a democratic society a person must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed higher than personal desires.
2. **Be Successful:** Our society is very competitive. We do not always win, but we succeed when we continually strive to do so. You can learn to accept defeat only by striving to win with earnest dedication. Develop a desire to excel.
3. **Develop Sportsmanship:** To accept any defeat like a true sportsman, knowing we have done our best, we must learn to treat others as we would have others treat us.
4. **Improve:** Continual improvement is an essential component of good citizenship. As an athlete, you must establish a goal and you must constantly try to achieve that goal. Try to improve in the skills and knowledge required and those personal traits that enhance the success of a team.
5. **Enjoy Athletics:** It is necessary for athletes to enjoy participation, to acknowledge all of the personal rewards to be derived from athletics, and to give sufficiently of themselves in order to persevere and improve the program.
6. **Develop Desirable Personal Health Habits:** To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits, and to develop the desire to maintain this level of physical fitness after formal competition has been completed.

## Antioch Upper Grade School-Sportsmanship In Interscholastic Athletics

- It is important to the educational nature of athletic events to stress the type of exemplary behavior that should be exhibited by all players and spectators at our events.
- The values learned in athletic competition are ones that last for a lifetime. The positive actions by a coach, athlete or spectator at an event can influence how our school is perceived in our own community and the communities of those schools we meet on the field of play. We want to raise our level of expectation in our own community, so we can continue to take pride in our athletic teams.
- We are asking for your support in this effort by emphasizing to your son or daughter what is expected of them as a competitor or spectator at an athletic event. After all, such events are an extension of the school day, and we should expect the same type of respectful behavior exhibited in the athletic arena as we do in the classroom.
- We ask that you regularly discuss sportsmanship, ethics, and integrity in all areas of life, with your children at the earliest possible age. With all the attention in this world given to poor behavior, it is essential that good sportsmanship be applauded at all times. **It is also important to be a good role model**, so we ask that you set a good example when in the stands at an event. It is only through these efforts that we can clearly communicate what is acceptable behavior.
- Please also consider the thoughts that our children are bombarded with daily, that winning is considered everything. Help them to realize that winning as a goal itself is failure-oriented, because at least half of the participants won't achieve it. Success is oriented in the development of a skill, and should make a person feel good about themselves, win or lose.
- We urge you to take a few moments to review the guidelines for sportsmanship we expect our spectators to follow at athletic events. We hope that your positive example will help set the tone for those around you so we may all enjoy the games our athletic teams are involved in. We look forward to serving you in the season ahead, and appreciate your continued support.

## Guidelines for Behavior/Behavior Expectations

### Of the Student-Athlete

- Accept and understand the seriousness of your responsibility, and the privilege of representing your school and your community
- Learn the rules of the game thoroughly and discuss them with parents, fans, fellow students, and elementary students. This will assist both them and you in the achievement of a better understanding and appreciation of the game
- Treat opponents the way you would like to be treated, as a guest or friend. Who better than yourselves can understand all the hard work and team effort that is required of your sport? Never direct remarks at opponents in a taunting manner.

- Wish opponents good luck before the game and congratulate them in a sincere manner that you would like to be greeted following either victory or defeat.
- Respect the integrity and judgment of game officials. The officials are doing their best to help promote you and your sport. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of you and your team in the eyes of the officials and all people at the event.

### **Of Spectators**

- Remember that school athletics are learning experiences for students and that mistakes are sometimes made. Praise student/athletes in their attempt to improve themselves as students, as athletes and as people.
- Admission is a privilege to observe the contest, not a license to verbally assault others and be generally obnoxious.
- Learn the rules of the game, so that you may understand and appreciate why certain situations take place.
- Show respect for the opposing players, coaches, spectators and support groups. Treat them as you would treat a guest in your own home.
- Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student/athlete, and admire their willingness to participate in full view of the public.
- Recognize and show appreciation for an outstanding play by either team.
- Use only those cheers that support and uplift the teams involved.

### **Documents Necessary Before Participation in a Tryout or Practice (if no tryout is necessary)**

- Permission/Concussion Slip
- Current Sports Physical
- Current on all school fees
- Once the team is selected, there will be a non-refundable \$60 activity fee that will be collected from each student for each sport/activity

### **Electronic Sign-Up**

Electronic sign-ups are required for all athletes interested in trying out or participating in a no-cut sport. The sign ups notify the office, nurse, and applicable coaches of an athlete's intent to try out or participate in an upcoming sport. This allows the office time to verify any necessary paperwork and sports physicals prior to tryout dates and/or the first practice date. If an athlete or parent does not sign up electronically before it closes, the athlete may not be able to try out or participate in the sport.

### **Sports Physicals**

Sports physicals are valid for one calendar year plus 30 days. This documentation must be turned into the school nurse. Sports physical forms can be obtained from the school nurse.

### **Activity Fee**

There is a non-refundable \$53 activity fee for each sport that must be paid during the current season. Please make all checks payable to AUGS. School registration fees must be paid before a student can participate in extracurricular programs.

### **Uniform Agreement**

It is the responsibility of the parent/guardian and students to properly care for the uniform that is issued. A student may wear a modified uniform for the purpose of modesty in clothing or attire that is in accordance with the requirements of his or her religion or his or her cultural values or modesty preferences. A student is not required to receive the prior approval of the school board for such modification. Uniforms must be returned within one week of the last scheduled contest of the season. If the uniform is not returned in the same condition in which it was received, the parent/guardian will be responsible for the full replacement cost of the lost or damaged uniform.

Please Note: The full replacement cost is more expensive when a single uniform is ordered due to screening and shipping costs.

Approximate cost of single uniform:

Basketball	Cross Country	Dance and Spirit	Soccer
Basketball Jersey: \$75 Basketball Short: \$50	Cross Country Jacket: \$50	Varsity D&S: \$100 Junior Varsity D&S: \$20	Soccer Jersey: \$40 Soccer Short: \$25 Soccer Goalie Jersey: \$70
Softball	Track and Field	Volleyball	Wrestling
Softball Jersey: \$50 Softball Pants: \$35	Track & Field Singlet: \$25 Track & Field Short: \$15	Volleyball Jersey: \$40 Volleyball Short: \$25	Wrestling Singlet: \$70

## Athletic Department Policies

### Dropping a Sport

An athlete that does not complete their commitment to the team they are on by quitting may lose the privilege of participating in athletics for the remainder of the year. On occasion, however, an athlete may find it necessary to drop a sport for a good reason. If this is the case, the following procedure must be followed:

1. Consult with the coach
2. Report the situation to the athletic director
3. Check in all equipment

### Equipment

School equipment checked out by the student-athlete is their responsibility. They are expected to keep it clean and in good condition. Loss of any equipment is the athlete's financial obligation.

### Missing Practice

An athlete should always consult with his/her coach before missing practice. The coach will deal with missing practice or a game without good reason.

### Travel

All athletes must travel to and from contests in transportation provided by the athletic department unless previous arrangements are made by the parents for an exceptional situation.

- Athletes will remain with their team and under the supervision of the coach when attending away contests
- Athletes that miss the bus will not be allowed to participate in the contest unless there are extenuating circumstances
- All regular school bus rules will be followed
- Dress should be appropriate and in good taste

### Attendance

Students must be in attendance for a half-day in order to participate in after school activities.

### Team Selection

In accordance with our philosophy of athletics and our desire to see as many students participate in the athletic program as possible while at Antioch Upper Grade School, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment, and other factors will place limitations of the most effective squad size for any particular sport.

## Tryout Policies

Choosing the members of the athletic teams is the sole responsibility of the coaches of those teams. Prior to trying out, the coach shall provide the following information to all candidates for the team:

1. Extent of tryout period
2. Criteria used to select the team
3. Number to be selected
4. Practice commitment if they make the team

## Reporting of Injury

All injuries that occur while participating in athletics should be reported to the coach.

## Locker Room Regulations

1. Rough-housing and throwing towels or other objects is not allowed in the locker room.
2. No one except coaches and assigned players are allowed in the locker room.
3. No glass containers are permitted in the locker room.
4. All spiked or cleated shoes must be put on and taken off outside. No spikes or cleats are ever allowed in any part of the school building.

## Attendance

Attendance is critical for the success of the team, both in practice and games. On the third unexcused absence, the coach will take appropriate action.

## Sports Supervision

On Wednesday afternoon every student/athlete is expected to report to sports supervision at 1:50 PM. An exception to this policy is made for students that have prior administrative approval to leave school during this time and return for practice at 3:30 PM. Students that need to leave during this time and return for practice at 3:30 PM must have parent/guardian permission in the form of a written note. The note must be taken to the office for approval.

## Eligibility Policy

In order to participate in school-sponsored extracurricular activities, each student must maintain **passing grades weekly** in all courses. These guidelines apply to all interscholastic, music programs, and various clubs.

- Athletes must participate in PE to be eligible to participate with the team on a daily basis. (This applies if the student is currently enrolled in PE.)
- Any student participating in sports or activities who has an F in any subject at the weekly check will be ineligible to participate in games/contests for one week.
- The student is not eligible to compete and/or travel but may try-out and/or practice with the team.
- Weekly eligibility checks will occur on Wednesday.
- The Athletic Director will create a current list of athletes and distribute the list on Wednesday morning to all staff.
- The staff will email the athletic director by 8:00 AM on Thursday morning (unless the school calendar dictates an alternative) the names of students that are failing a class.
- The Athletic Director will notify the coaches on Thursday of any ineligible athletes.
- Coaches will be responsible to notify the athletes of their ineligible status.
- Students who are ineligible will not be allowed to participate in any competition starting Sunday through the following Saturday. They will be allowed to participate on the Thursday, Friday, and Saturday they are notified.
- Students ineligible for the third time during a season will be removed from the team.
- Students with special needs may be given individual consideration at the discretion of administration.
- Eligibility checks will begin one week prior to the first athletic contest in that sport.

## Chain of Command

As a parent, you have the right to have open communication with your son/daughter's coach. As such, it is imperative that those lines of communication be open and respected. If there are any questions regarding your student's participation in a particular sport, parents must first contact the coach. Please allow 24 hours for your call to be returned. If there are still questions or concerns after contacting the coach, then you may contact the AUGS Athletic Director, Mrs. Conners, or the AUGS Principal, Mr. Koeune.

1. Mrs. Conners, Athletic Director
2. Mr. Koeune, Principal

## Opportunities for Athletic Competition

### FALL

- **IESA Girls' Softball**  
State TEAM | Regional, Sectional, and State Level Competition | 12-15 players  
Tryouts are held at the beginning of August. 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade girls are eligible to try out for the IESA softball team. Once the team is selected, practices will be Monday–Friday.
- **Girls' Softball**  
Conference TEAM | Conference team | 12-15 players  
Tryouts are held during the first week of school. 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade girls are eligible to try out for the conference softball team. Practices will be held Monday–Friday.
- **Coed Soccer**  
Green Team | 12-15 players / Gold Team | 12-15 players  
Boys and Girls that are in the 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grades are eligible to try out for the soccer teams. Tryouts are held during the first week of school. Once the teams are selected, practices will be held Monday–Friday.
- **IESA Boys' and Girls' Cross Country**  
Sectional and State Level Competition | No Cut Sport  
Boys and Girls in 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade can participate. Practice begins the first week of school. Practices will be held Monday – Friday.

### WINTER

- **7<sup>th</sup> Grade Girls' Basketball | 12 players**  
Tryouts are held mid October. Once the team is selected, practice schedules will be handed out to each player. Each practice will be scheduled for two hours, but the time and location will change due to gym availability. 6<sup>th</sup> grade girls can try out for the 7<sup>th</sup> grade team. Contact the coach for more information.
- **8<sup>th</sup> Grade Girls' Basketball | 12 players**  
Tryouts are held mid October. Once the team is selected, practice schedules will be handed out to each player. Each practice will be scheduled for two hours, but the time and location will change due to gym availability.
- **6<sup>th</sup> Grade Boys' Basketball**  
A Team | 10 players / B Team | 10 players  
Tryouts are held mid October. Once the teams are selected, practice schedules will be handed out to each player. Each practice will be scheduled for two hours, but the time and location will change due to gym availability.
- **7<sup>th</sup> Grade Boys' Basketball | 12 players**  
Tryouts are held mid October. Once the team is selected, practice schedules will be handed out to each player. Each practice will be scheduled for two hours, but the time and location will change due to gym availability.

- **8<sup>th</sup> Grade Boys' Basketball | 12 players**  
Tryouts are held mid October. Once the team is selected, practice schedules will be handed out to each player. Each practice will be scheduled for two hours, but the time and location will change due to gym availability.
- **Dance and Spirit | Varsity 12-16 members**  
Tryout routine and tryouts are held mid October. Once the teams are selected, practices will be held Monday–Friday.
- **Cheerleading**  
**Varsity | 12-15 members / Junior Varsity | 12-15 members**  
Tryout routine and tryouts are held mid October. Once the teams are selected, practices will be held Monday–Friday.
- **Wrestling | No Cut Sport**  
All 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade boys and girls. Practice begins at the beginning of December. Practices will be held Monday–Friday.
- **6<sup>th</sup> Grade Girls' Basketball**  
**A Team | 10 players / B Team | 10 players**  
Tryouts will be held mid January. Once the teams are selected, practice schedules will be handed out to each player. Each practice will be scheduled for two hours, but the time and location will change due to gym availability.
- **7<sup>th</sup> Grade Girls' Volleyball | 12 players**  
Tryouts will be held mid January. 6<sup>th</sup> grade and 7<sup>th</sup> grade girls may try out for this team. Once the team is selected, practices will be held Monday–Friday.
- **8<sup>th</sup> Grade Girls' Volleyball | 12 players**  
Tryouts will be held mid-January. Once the team is selected, practices will be held Monday-Friday.
- **7<sup>th</sup> Grade Boys' Volleyball | 12 players**  
Tryouts will be held mid-January. 6<sup>th</sup> and 7<sup>th</sup> grade boys may try out for this team. Once the team is selected, practices will be held Monday–Friday.
- **8<sup>th</sup> Grade Boys' Volleyball | 12 players**  
Tryouts will be held mid-January. Once the team is selected, practices will be held Monday-Friday.

## SPRING

- **Boys' and Girls' Track and Field | No Cut Sport**  
All 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade boys and girls can participate. Practice begins at the end of March. Practices will be held Monday–Friday.

# CONCUSSION INFORMATION SHEET

Adapted from the CDC and the 3rd International Conference on Concussion in Sport

A concussion is 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 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 child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

SYMPTOMS MAY INCLUDE ONE OR MORE OF THE FOLLOWING:		
<ul style="list-style-type: none"> <li>● Headaches</li> <li>● Pressure in head</li> <li>● Nausea or vomiting</li> <li>● Neck pain</li> <li>● Balance problems or dizziness</li> <li>● Blurred, double, or fuzzy vision</li> <li>● Sensitivity to light or noise</li> <li>● Feeling sluggish or slowed down</li> </ul>	<ul style="list-style-type: none"> <li>● Feeling foggy or groggy</li> <li>● Drowsiness</li> <li>● Change in sleep patterns</li> <li>● Amnesia</li> <li>● “Don’t feel right”</li> <li>● Fatigue or low energy</li> <li>● Sadness</li> <li>● Nervousness or anxiety</li> </ul>	<ul style="list-style-type: none"> <li>● Irritability</li> <li>● More emotional</li> <li>● Confusion</li> <li>● Concentration or memory problems (forgetting game plays)</li> <li>● Repeating the same question or comment</li> </ul>
SIGNS OBSERVE BY TEAMMATES, PARENTS, OR COACHES MAY INCLUDE:		
<ul style="list-style-type: none"> <li>● Appears dazed</li> <li>● Vacant facial expression</li> <li>● Confused about assignment</li> <li>● Forgets plays</li> <li>● Is unsure of game, score, or opponent</li> </ul>	<ul style="list-style-type: none"> <li>● Moves clumsily or displays incoordination</li> <li>● Answers questions slowly</li> <li>● Slurred speech</li> <li>● Shows behavior or personality changes</li> </ul>	<ul style="list-style-type: none"> <li>● Can’t recall events prior to hit</li> <li>● Can’t recall events after hit</li> <li>● Seizures or convulsions</li> <li>● Loses consciousness</li> <li>● Any change in typical behavior or personality</li> </ul>

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

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a 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. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to 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 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. The IHSA and [IESA Return-to-Play Policy](#) requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all schools are required to follow this policy.

You should also inform your child’s coach if you think that your child may have a concussion. Remember it’s better to miss one game than miss the whole season. And when in doubt, the athlete sits out. For current and up-to-date information on concussions, [click here](#).



# ANTIOCH UPPER GRADE SCHOOL

WIN THE DAY!

## STUDENT PARTICIPANTS CODE OF CONDUCT

We believe that sportsmanship is a core value and its promotion and practice are essential. Student participants have a duty to assure that their teams promote the development of good character. This code of conduct applies to all student participants involved in interscholastic athletics and activities.

1. Student participants will support the value of academics and the educational process.
2. Student participants will advocate, model, and promote the development of good character to include:
  - Trustworthiness
  - Responsibility
  - Citizenship
  - Honesty
  - Fairness
  - Caring
3. Student participants will respect peers, coaches, officials, opponents and others associated with the event.
4. Student participants will promote fair play and uphold the spirit of the rules in the activity.
5. Student participants will model appropriate behavior at all times.
6. Student participants will engage in a healthy lifestyle.

I have read and understand the requirements of this Code of Conduct and acknowledge that I may be disciplined or removed from a team if I violate any of its provisions.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

## PARENT/GUARDIAN CODE OF CONDUCT

We believe that sportsmanship is a core value and its promotion and practice are essential. This code of conduct applies to all parents, guardians, and fans involved in interscholastic athletics and activities.

1. Parents/Fans will promote academic, emotional, physical and moral well being above desires and pressure to win.
2. Parents/Fans will teach, enforce, advocate, model, and promote the development of good character to include:
  - Trustworthiness
  - Responsibility
  - Citizenship
  - Honesty
  - Fairness
  - Caring
3. Parents/Fans will respect participants, officials, opponents, and all others involved.
4. Parents/Fans will promote fair play and uphold the spirit of the rules in the activity.
5. Parents/Fans will model appropriate behavior at all times.

I have read and understand the requirements of this Code of Conduct and acknowledge that I may be forbidden from attending games or practices if I violate any of its provisions.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date



# ANTIOCH UPPER GRADE SCHOOL

WIN THE DAY!

## EMERGENCY CONTACT SHEET | SPORTS/INTRAMURALS

### STUDENT INFORMATION

Student Name \_\_\_\_\_

Grade \_\_\_\_\_

Address \_\_\_\_\_

Date of Birth \_\_\_\_\_

### PARENT/GUARDIAN INFORMATION

Parent/Guardian 1 \_\_\_\_\_

Phone Number \_\_\_\_\_

Email Address \_\_\_\_\_

Alternate Phone Number \_\_\_\_\_

Parent/Guardian 2 \_\_\_\_\_

Phone Number \_\_\_\_\_

Email Address \_\_\_\_\_

Alternate Phone Number \_\_\_\_\_

### MEDICAL INFORMATION

Medical Concerns (such as, but not limited to, life threatening allergies, asthma, diabetes, seizures, heart conditions, current conditions (broken bones, sprains, or fractures) or other medical concerns the coach/supervisor needs to be aware of:

**Does your child require access to medication: YES / NO. If yes, please list the medication(s):**

Doctor's Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Preferred Hospital: \_\_\_\_\_

City/State: \_\_\_\_\_

### EMERGENCY CONTACTS

Name/Relationship to Student \_\_\_\_\_

Phone Number \_\_\_\_\_

Name/Relationship to Student \_\_\_\_\_

Phone Number \_\_\_\_\_

Name/Relationship to Student \_\_\_\_\_

Phone Number \_\_\_\_\_