

WEST FORK SCHOOL
ATHLETIC INFORMATION FORM
(Revised 05/09)

Dear Parents/Guardians and Athletes:

The purpose of this form is to give you information about athletic safety, to remind you of West Fork High School's eligibility rules, and to make sure you are covered by insurance.

First, we remind you that because of the nature of athletic activity, injuries will occur. In football, for example, the players are taught that the helmet is not to be used as a ram or to make initial contact. They are taught to maintain a balanced position, with knees bent, back straight, body slightly bent forward, and head up. They are taught to make contact with the shoulder rather than the head. They are taught not to block below the waist outside the free blocking zone.

Other examples: In basketball, volleyball, and track, the players are taught proper form and positioning to prevent and reduce injury. In baseball and softball, the players are taught how to throw, bat, run, and slide correctly and safely. Safety and prevention of injury are a primary concern of all West Fork coaches at all practices and games.

In addition, West Fork athletes are warned in all sports that unsportsmanlike acts will not be tolerated.

West Fork coaches also emphasize proper physical conditioning and training for the athletes. During warm-ups, the players perform exercises to strengthen muscles, including neck muscles and knee joints, as one more method of preventing injury. Practice sessions include activities designed to develop and then maintain proper physical condition. Athletes are instructed to report any injuries or physical problems to their coaches immediately.

And finally, West Fork coaches stress the proper fit of the equipment issued to players. Properly fitted equipment helps insure safety, players are told to report ill-fitting or faulty equipment to the coaches at once.

In regard to eligibility to participate in games, parents and players should know that failing grades will make an athlete ineligible to play. Grades will be checked at four and a half week intervals each nine week grading period. Athletes that have a failing grade will be ineligible for a minimum of one week and until the grade is up to passing. Athletes that have **ONE OR MORE** failing and/or incomplete grades at semester will be ineligible for **30 consecutive school days**.

Drinking, smoking, possessing, or distributing alcohol, tobacco, or controlled substances and violations of school rules are subject to penalty, as are criminal acts, vandalism, and theft. **For a first offense, athletes will be ineligible to participate in school activities for six weeks. For a second offense, a penalty of 12 weeks of ineligibility will result, and a third offense will result in one calendar year of ineligibility.** Other disciplinary problems may lead to penalties at the discretion of the principal or coaches.

Your signature means you understand that West Fork coaches are concerned about player safety and prevention of injury, are teaching safe playing fundamentals and techniques, are stressing good physical conditioning, and are issuing properly fitted equipment. Further, you understand the eligibility rules, and finally, insurance and physical exam are in order.

(detach and return bottom portion to the school)

* * * * *

___ Yes, my son/daughter has had a physical exam.

___ Yes, my son/daughter has medical insurance.

Athlete's Signature

Parent/Guardian Signature

Athlete's Name (Please Print)

Date

Basketball, Football, Volleyball, Track, Cross Country, Golf, Baseball, Softball, Cheerleading