



Pewamo-Westphalia High School

Athletic Policy Handbook

2023-24

INTRODUCTION TO PEWAMO-WESTPHALIA HIGH SCHOOL ATHLETICS

I. Mission Statement

The role of extracurricular interscholastic athletics in the Pewamo-Westphalia Community Schools is to provide educational experiences in the framework of competitive athletics.

II. Athletic Philosophy

Athletics are a part of the extra curricular educational process of the school district serving as an arena for learning. We strive to have each student-athlete enjoy a positive experience while developing competitive teams. Within this framework, the participation of all student-athletes is encouraged, without compromising that competitive nature.

III. Governance

- A. The Board of Education – The Board of Education, responsible to the people, is the ruling agency for the Pewamo-Westphalia Community Schools. The Board of Education is responsible for the following areas:
 1. Interpreting the needs of the community.
 2. Developing policies in accordance with state statutes and mandates and in accordance with the educational needs and wishes of the people of the Pewamo-Westphalia School District.
 3. Approving means by which professional staff may make these policies effective.
 4. Evaluating the interscholastic athletic program in terms of its value to the community.
- B. Association Membership – Pewamo-Westphalia High School is a member in good standing of the Michigan High School Athletic Association is a private, voluntary association of public, private and parochial secondary schools. The primary function of the Association is to sponsor tournaments and ensure that member schools follow rules and guidelines to promote equitable competition.
- C. League Affiliation – Pewamo-Westphalia High School is a voluntary member of the Central Michigan Athletic Conference. This league was established for the primary purpose of promoting selected interscholastic activities among member schools and a union of effort may gain the assurance of such advantages. The object of this league is to promote sportsmanship, to foster a spirit of wholesome rivalry, and to determine championships in high school sports or other activities in which member schools shall participate.

IV. Pewamo-Westphalia Athletic Programs

A. Fall Programs

1. Volleyball (Girls) – Varsity, JV, Freshman, 7th & 8th Grade
2. Sideline Cheer (Girls) – Varsity
3. Cross Country (Boys) – Varsity/MS
4. Cross Country (Girls) – Varsity/MS
5. Football (Boys) – Varsity/JV

B. Winter Programs

1. Basketball (Boys) – Varsity, JV, Freshman, 7th & 8th Grade
2. Basketball (Girls) – Varsity, JV, Freshman, 7th & 8th Grade
3. Cheerleading (Girls) – Varsity/MS
4. Bowling (Girls) – Varsity
5. Bowling (Boys) – Varsity
6. Wrestling(Co-ed) -Varsity/MS-Co-op

C. Spring Programs

1. Baseball (Boys) – Varsity/JV
2. Softball (Girls) – Varsity/JV
3. Track (Boys) – Varsity/MS
4. Track (Girls) – Varsity/MS
5. Golf (Boys) – Varsity/JV

V. Athletic Awards

- A. All Varsity Sports – An athlete must successfully complete the season in good standing. Each coach will establish minimum requirements for earning an award and make these requirements known to the athletes at the beginning of the particular season. Each varsity sport will have four special awards that will be determined by the coach. Each varsity sport will issue a certificate, P-W letter, and pins awards for each varsity season.

ELIGIBILITY

I. Pewamo-Westphalia High School Requirements for High School Participation

The following are requirements that shall be completed prior to participation on any Pewamo-Westphalia athletic team. Each time a student tries out for an athletic team, he/she will be informed of the online location of the Athletic Policy handbook containing all the information for participating in athletics at Pewamo-Westphalia High Schools.

- A. Athletic Physical Form – This form must be completed and on file in the athletic office before a student will be able to try out/participate in athletics. The physical must be completed each year on or after April 15 of the previous school year.
- B. Scholastic eligibility – In order to participate on a Pewamo-Westphalia athletic team, each athlete must have satisfied all of the scholastic eligibility requirements of Pewamo Westphalia Schools. Grades are checked every Monday (with a week of grace to get grades up by that Friday) of each week and at the end of each semester. If by that Friday, 6/7 classes are not passing the student will be ineligible for the following week (Monday-Sunday). When grades are checked, a student must be passing at least 6

classes. If at semester a student is not passing at least 6 classes, they are academically ineligible for the following semester.

- C. Pewamo-Westphalia Athletic Code of Conduct – Each parent or guardian shall read all of the above-mentioned material and certify that they and their child understand the athletic eligibility rules, code of conduct and policies of the school district.
- D. Financial obligations and equipment:
 - 1. School issued uniforms, warm-ups and equipment – All athletes are responsible for the proper care and security of equipment issued to them. School-furnished equipment is to be worn only for contests and practice. Equipment not returned in good condition at the end of the season may be subject to financial penalty.
 - 2. Athletes may be required to purchase various pieces of sport specific equipment. Examples include, but are not limited to: shoes, cleats, various gloves, practice jerseys, etc. All athletes supplied equipment will remain the property of the athlete.
 - 3. If an athlete wishes to purchase any part of the high school issued uniform at the end of the season, approval must be granted by the head coach of that sport, as well as, the athletic director.
NOTE: Pewamo-Westphalia Athletics are for everyone. If financial conditions exist that make it difficult for a team member to purchase mandatory equipment or uniforms, please contact the athletic office so that confidential arrangements can be made to supply such equipment or uniforms.
 - 4. Athletes are required to pay an athletic participation fee of \$ \$100.00 per student per year for High School athletics. This fee is to help defray costs incurred by the athletic department. This fee must be paid to the Athletic Director before participation in an athletic event and is non-refundable after the first contest. The fee is capped at \$200 per family. Families who would receive free/reduced lunch have fees waived. There is no fee for Middle School sports.
- E. MHSAA Requirements for High School Eligibility – to be eligible for interscholastic athletics, a high school student must meet the following state regulations.
 - 1. Age– High school students become ineligible if they reach their nineteenth (19) birthday before September 1st of the current school year.
 - 2. Athletic Participation Form - Students must have on file, in the school's office, a physician's statement for the current school year (after April 15) certifying that he/she is physically able to compete in athletic practices and contests.
 - 3. Enrollment– Students must be enrolled in school prior to the fourth Friday after Labor Day (1st semester) or the fourth Friday of February (2nd semester). A student must be enrolled in the school for which he/she competes.
 - 4. Semesters of Enrollment – Students cannot be eligible in high school for more than eight semesters, and seventh and eighth semesters must be consecutive. Students are allowed four first semesters and four second semesters of competition and cannot compete if they have graduated from high school.

5. Semester Records – Students must have passed at least six full credit subjects in the previous semester of enrollment, and must be currently passing six full credit courses.
6. Transfer Students – A student in grades 9 through 12 who transfers to another high school is not eligible to participate in a sport in which they participated in at their previous high school for one year but is immediately eligible in any sport in which they have not participated unless the student qualifies for immediate eligibility under one or more of fifteen published exceptions. Students and parents anticipating a change of schools should first seek advice from their high school administration.
7. Undue Influence – The use of undue influence by any person directly or indirectly associated with a school to secure or encourage the attendance of a student for athletic purposes, shall cause the student to become ineligible for one semester.
8. Limited Team Membership – After practicing with or participating with high school teams, students cannot participate in any athletic competition not sponsored by his or her school in the same sport during the same season. Individual sports apply the rule from the point of a student’s first participation in a contest or scrimmage, rather than practice. Students in individual sports may practice, but not compete, in more than two non-school individual meets or contests during the school season while not representing their school.
9. All-Star Competition – Students shall not compete at any time in any sport under MHSAA jurisdiction in all-star contests or national championships regardless of the method of selection. Participation in such a contest shall cause that student to become ineligible for a maximum period of one year of school enrollment.
10. Awards and Amateurism – Students cannot receive money or other valuable consideration for participating in MHSAA sponsored sports or officiating in interscholastic athletic contests, except as allowed by the MHSAA Handbook. Students may accept, for participation in MHSAA sponsored sports, a symbolic or merchandise award, which does not have a value over \$25. Banquets, luncheons, dinners, trips and admissions to camps or events, are permitted if accepted “in kind.” Awards in the form of cash, merchandise, certificates, or any other negotiable document are never allowed.

NOTE: Consult the MHSAA Handbook for detailed regulations and/or interpretations.

CODE OF CONDUCT

Preamble

Representing Pewamo-Westphalia High School in interscholastic athletic competitions is regarded as a privilege and not a right. Students who participate in interscholastic athletics while attending Pewamo-Westphalia High School are expected to represent the highest ideals of character by exemplifying good conduct, good sportsmanship, good citizenship and good training, which includes abstaining from the use of tobacco, alcohol and drugs. Separate and apart from a student’s performance as an athlete, the student’s conduct, sportsmanship,

citizenship and training reflect at all times on the student athlete, his or her team, our school, and our community. Accordingly, this Athletic Code has been established for all students who aspire to participate in interscholastic athletics while attending Pewamo-Westphalia High School.

I. Application of Athletic Code

When a student voluntarily participates in interscholastic athletics, he/she agrees to abide by the Pewamo-Westphalia High School's Athletic Code throughout his/her high school athletic career. A student may neither attend tryouts nor practice with a team until he/she has submitted a signed acknowledgment form agreeing to abide by the Athletic Code. This Athletic Code applies to candidates, members, and managers of all athletic teams.

A. Calendar Application of the Athletic Code

Students shall be regarded to be under the rules of the School Athletic Code beginning with their first day of participation in interscholastic athletics and continuing through to their date of graduation or the last date of participation, whichever is later.

B. Time/Place Application of the Athletic Code

This includes vacation breaks, summer recess, and off-season times. The participant is always under the student activity code from the beginning to the end of their athletic career.

II. Standards of Conduct

The following behaviors constitute a violation of the Pewamo-Westphalia Community Schools Athletic Code and subject the athlete to discipline as outlined in the "Penalties" section of the Athletic Code:

- A. Use, possession, concealment, distribution, sale, or being under the influence of those substances listed in Items 1-7 below. For purposes of this section of the Athletic Code, the term "distribution" includes the "hosting" of a party at which any of the substances listed in Items 1-8 are provided:
 1. Tobacco/Marijuana or tobacco/marijuana products in any form;
 2. Electronic cigarettes, i.e. vapes;
 3. Alcohol or alcoholic beverages in any form;
 4. Illegal drugs, including but not limited to those substances defined as "controlled substances" pursuant to federal and/or state statute;
 5. Steroids, human growth hormones or other performance-enhancing drugs;
 6. Substances purported to be illegal, abusive or performance enhancing, i.e., "look-alike" drugs;
 7. Misused prescription drugs (misuse of prescription drugs may lead to disciplinary action);
 8. Misused non-prescription drugs or inhalants (misuse of non-prescription drugs or inhalants may lead to disciplinary action).

Note: It shall not be a violation of the Athletic Code for an athlete to use or possess a prescription or patent drug when taken pursuant to a legal prescription issued by a licensed practitioner for which permission to use in school has been granted pursuant to Board Policy. An athlete shall notify his or her coach if he or she is taking a prescription

medicine that could alter the athlete's behavior or affect the athlete's ability to participate in physical activity.

- B. Use, possession, concealment, distribution, manufacture or sale of devices designed for and/or associated with the use of controlled substances, e.g., to include but not be limited to a marijuana pipe, "roach" clip, rolling papers, or devices used to smoke, inhale, inject, or otherwise consume controlled substances.
- C. Violation of federal, state or local law/ordinance, including felony or misdemeanor acts other than minor traffic offenses. Conviction of said act is not necessary to establish a violation of Athletic Code, but will be determined through an independent school investigation and may result in a penalty as provided in III, A., #3 below.
- D. Cumulative or gross misconduct, including behavior which school officials consider conduct unbecoming to an athlete and a representative of the Pewamo-Westphalia Public Schools (example: profanity, gross gestures), may result in a penalty as provided in III, A., #3 below.
- E. Violation of the Student Conduct Code as set forth in the Pewamo-Westphalia High School Handbook, which results in a school suspension.
- F. Violation of any team conduct or training rule as may be established by the coach and approved by the Athletic Director.

III. Penalties

- A. Conduct Offenses: Violations of Conduct Standards C-F above and the venue is off the athletic field or court.
 - 1. First Conduct Offense: Violations will be addressed as set forth in the Pewamo-Westphalia Athletic Handbook and by team rules established by the coach and approved by the Athletic Director.
 - 2. Second and Subsequent Conduct Offenses: Violations will result in disciplinary actions as determined by the coach and the Athletic Director.
 - 3. In the event that the Athletic Code or other school policies or procedures do not cover situations that arise, the administration reserves the right to establish such rules, conditions, and penalties to respond effectively to unanticipated or unique circumstances.
- B. Substance Abuse Offenses: Violation of Conduct Standard #A & #B above.
 - 1. First Violation -Would be subject to suspension from 25% of their team's contests. if a student fulfills the following conditions their consequence will be reduced to 10% of their team's contests:
 - a. take responsibility - A student must self-report the incident, or accept responsibility when first questioned by their coach or administrator.
 - b. must cooperate with the administrator completing the investigation into the incident, answering questions thoroughly and honestly.
 - c. shall address their team and apologize for the negative impact of their actions.
 - d. attend every practice/team activity.

2. Second Violation – Would be subject to suspension from 50% of their team’s contests. If a student fulfills a-d above and the following condition, their consequences will be reduced to 20% of their team’s contests:
 - a. is required to attend at least 1 session of substance abuse counseling.
 3. Third Violation – An athlete that violates the code of conduct related to a substance abuse issue, on a third offense, would be subject to suspension from participating in athletic competition for 180 school days. Any subsequent offenses beyond the third offense will result in suspension from participating in athletic competition for an additional 180 school days.
 - a. Satisfaction of the assessment/treatment requirements must be verified in writing by the licensed agency.
 - b. Any expenses incurred for the chemical assessment/treatment program will be the responsibility of the athlete and not the Pewamo-Westphalia Community Schools.
- C. Guideline for Reporting and Investigating Violations – All students are guaranteed the right to due process. To ensure those rights when investigating a code violation, the following procedures will be followed.
1. All reporting of violations must be submitted in writing to the athletic director.
 2. An athlete will be informed of any charges brought against him/her.
 3. An athlete will have the right to present any relevant information that will support their defense.
 4. If a possible violation has occurred, a conference may be held with the athlete, his/her parents(s) and the athletic director.
 5. If an athlete is suspended, the parent(s) will be notified and will receive a letter stating the findings of the investigation and action being taken.
 6. A written report of the investigation will be held on file in the athletic office.
 7. This report will not become part of the student’s academic record and will be held confidential.
- D. Student Appeals Procedure – All athletic code violations determined by the athletic director can result in an appeal to the Principal. He/she may accept or modify the recommendation. The procedure below is to be followed in sequence.
1. Parents or guardians may request a conference with the principal or his/her designee. The principal shall affirm or modify the terms of the recommendation within two school days from the date of the conference.
 2. A second appeal may be made to the superintendent of schools within five days of the decision of the principal.
 3. All final appeals may be made to the Pewamo-Westphalia Board of Education within ten days of the decision of the superintendent of schools.
- E. Student Grievance Procedure – In a situation where there has been no apparent infraction or disciplinary action applied, but a student wishes to lodge a grievance or present some other issue involving a respective sport, the procedure below is to be followed in sequence.

1. Direct communication with the coach.
2. Direct communication with the athletic director.
3. Direct communication with the principal.
4. Direct communication with the superintendent.

PROCEDURES AND GUIDELINES

I. Parent/Coach Communication

As parents, when your children become involved in our program, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program. If a situation arises that requires a conference between the coach and the parent, it is important that both parties involved have a clear understanding of the other's position.

- A. Communication and conduct you should expect from your son/daughter's coach
 1. Philosophy of the coach
 2. Expectations the coach has for your child and other players on the squad
 3. Locations and times of all practices and contests
 4. Team requirements, i.e. fees, special equipment, off-season conditioning
 5. Procedure should your child be injured during participation
 6. Discipline that results in the denial of your child's participation, should occur before the next scheduled event.
 7. Modeling P-W's values - be of high character, give their personal best, and teach life lessons.
- B. Communication coaches expect from parents – As Pewamo-Westphalia High School athletes become involved in the athletic program, they will experience some of the most rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way an athlete wishes. At these times, discussion with the coach is encouraged.
 1. Concerns expressed directly to the coach
 2. Notification of any schedule conflicts well in advance
 3. Specific concerns regarding a coach's philosophy and/or expectation
- C. Appropriate concerns to discuss with coaches – It is very difficult to accept as a parent your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved.
 1. The treatment of your child mentally and physically
 2. Ways to help your child improve
 3. Concerns about your child's behavior
- D. Issues not appropriate to discuss with coaches – While there are certain things that can and should be discussed with your child's coach, there are other things, which must be left to the discretion of the coach.
 1. Playing time

2. Strategy
 3. Play calling
 4. Other student-athletes (under FERPA)
- E. If you have a concern to discuss with a coach, please follow the process below:
1. Please follow the “24 Hour Rule,” and do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.
 2. Contact the coach after 24 hours.
 3. If the coach cannot be reached, call the Athletic Director and a meeting can be set for you.
 4. If the meeting with the coach did not provide a satisfactory resolution, contact the Athletic Director to discuss the situation and determine, if warranted, the appropriate next steps.

II. Limits of Participation

Athletes will be limited to participation in one school-sponsored sport per season. Any exception to this rule must be made with the approval of the athletic director and high school principal and must be mutually acceptable by the coaches involved in the shared participation.

III. Transportation

- A. All athletes must go to the contest via the method of transportation under the supervision of the coach, unless prior arrangements and approval has been made. Athletes will make trips as a team unit whenever possible. Athletes may leave an away athletic event only with an adult.
- B. In the event that a bus and/or driver is not available, athletes will be allowed to drive and ride to and from athletic events when the permission to transport has been signed by a parent.
- C. All athletes will observe the Guidelines for Athletic Transportation set down by the school district regarding behavior on a school bus.

IV. Dropping Out of a Sport

Dropping out of a sport without a valid reason is always considered a serious matter. If an athlete wants to quit any sport, he/she should notify the coach and return all equipment. If an athlete does quit a sport, he/she will not be permitted to try out or use school facilities to work out for another sport until the conclusion of that sport season.

V. College Recruitment

College recruitment information is available in both the guidance and athletic office. Current NCAA qualifications and standards for recruitment are available online at ncaa.org under the “Guide for the College-Bound Student Athlete”. Athletes should make the head coach aware of their situation in regards to being recruited.

VI. Conflicts in Extracurricular Activities

Every attempt will be made to schedule events in a manner that minimizes conflicts. If conflict does occur between practices, contests, and/or performances, the following criteria will be used:

- A. If a conflict occurs between a performance or contest and practice, the athlete may go to the performance/contest without any reprisal. If this conflict occurs on the same day but at different times, all coaches and instructors involved will devise a plan to solve the conflict. If necessary, transportation will be provided and/or arranged by the school.
- B. If a conflict occurs between two events, the academic event has precedence.
- C. If a conflict occurs between two non-academic events, a meeting will be called as soon as possible to work out a solution.

VII. Attendance

Athletes are expected to attend all classes and only miss class for legitimate reasons. Parents are expected not to excuse students from school for non-emergency situations during a student's athletic season. If absence is for a Dr.'s appointment, a note must be brought back from the office allowing student eligibility. When an absence does occur (whether 1 hour or an entire day), athletes are ineligible to participate in practice or competition. The principal or athletic director must approve any exception to this rule.

VIII. Missing Practice

Perfect attendance for all practices is the expectation for all Pewamo-Westphalia athletes. If it is necessary for an athlete to miss practice, the coach of that team should be notified prior to the absence. Unexcused absences are unacceptable and can lead to consequences related to the athlete's status on the team.

IX. Restricted Practice Days/Game Days

- A. Inclement weather policy--if school is canceled for the day or students are sent home early due to inclement weather, the decision to hold practices and/or contests will be made by the administration by 1:00pm and communicated via email and social media. State Tournament participation is exempt.
- B. Summer Dead Periods--Pewamo-Westphalia Schools will be shut down for two one-week periods during summer vacation to be determined by the administration. Our facilities will be closed and coaches/players are not to have contact on or off school property. No athletic activities shall occur during these time periods.

X. Squad Selection

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program within the framework of high school interscholastic competition. Time, space, facilities, equipment, personal preference and other factors will place limitations on the most effective squad size for any particular sport. Prior to trying out, the following information will be made available to all candidates for the team:

- A. Extent of try-out period (a minimum number of practice sessions)
- B. Criteria used to select the team
- C. Number to be selected
- D. Practice commitment if they make the team (including possible holiday conflicts and/or commitments)
- E. Game/Season commitments

XI. Squad Reduction

Choosing the members of the athletic squads is the sole responsibility of the coaches of those teams. When a squad reduction becomes a necessity, the process will include three important elements. Each candidate shall:

- A. have a predetermined minimum number of practice sessions
- B. have performed in at least one game-like setting (unless extenuating circumstances prevent such a setting, e.g. – weather and spring sports), and
- C. Be personally informed of the cut by the coach.

Coaches will discuss specific alternative possibilities for continued participation in the sport, or in other areas of participation within the athletic program with the athletes.

XII. Resolving Conflict between Athletics and other School Events

If an athlete is involved in other extracurricular activities and a conflict occurs between practice, contest and performance, the following criteria will be used.

- A. If a conflict occurs between an event and a practice the athlete may go to the event without any reprimand.
- B. If a conflict occurs between two events, the academic event has precedence.
- C. If a conflict occurs between two non-academic events, a meeting will be called as soon as possible to work out a solution.
- D. If a conflict occurs between a practice and contest or performance on the same day but at different times, all coaches and instructors involved will devise a plan to solve the conflict. If necessary, transportation will be provided or arranged by the school. As soon as it becomes apparent that a conflict exists, let the athletic director know so a solution can be arranged.

XIII. Sunday Shutdown Policy

Sunday activities will be limited to off-season sports in the MS gymnasium and all other P-W Community Schools facilities are restricted without specific prior approval from the Superintendent; in-season sports teams are prohibited from meeting on Sundays without prior approval from the Superintendent. It is understood that off-season only activities in the MS gym will not begin before 12:00 p.m. noon and will end by 8:00 p.m.

XIV. Pewamo Westphalia's Athletic Snow Day Policy

The following guidelines will be adhered to in the event school is canceled due to inclement weather:

- A. No practice will be held before 1:00 pm. This will allow for snow removal to occur and for road conditions to potentially improve.
- B. All practices are optional and no consequences will be assessed for an absence.
- C. Middle School sports will not practice or play on a snow day.

If school is canceled on a day when there are scheduled athletic contests in the evening, the status of those events will be handled on an individual basis after consulting with the administration of the schools involved. Decisions will be made by 1:00 pm at the latest.

PRACTICE SCHEDULE

I. Snow Day Practice Schedule

In order to allow the athletes and their families to plan, we will adhere to the following practice schedule for all snow days:

- A. Cheerleading 5:00 pm – 9:00 pm (Dependent on what type of practice) P-W Elementary
- B. S/A Normal Scheduled Time
- C. Girls Basketball 3:15 pm – 5:15 pm P-W Fieldhouse / P-W Middle School
- D. Boys Basketball 5:15 pm – 7:15 pm P-W Fieldhouse / P-W Middle School
- E. Off Season Sports 1:00 pm – 3:00 pm OR 7:30 pm – 9:00 pm if an in season sport doesn't need the gym space. Use google calendar to sign up.

****The Superintendent and/or Athletic Director can cancel all events depending on the severity of the weather.****

Bowling and wrestling co-op have off-site practices... coaches will contact student-athletes regarding practice sessions and times, but the teams will abide by the established policy above.

The P-W Athletic Department can be contacted if there are questions... (989) 587-5100, x 5105.

II. Middle School Policies

- A. Philosophies
 1. All athletes should be given the opportunity to learn the fundamentals and rules of the sport.
 2. Participation, sportsmanship and cooperation will be valued more than winning or losing.
 3. All players will meet the academic standards and follow the rules of the team.
 4. Participation will be enhanced by all schools. Schools should field two teams whenever possible.
 5. Coaches and spectators should be learning proper game behavior and should be held accountable.
 6. Every effort should be made to reschedule events.
 7. Players who are not eligible to compete should not be listed in the scorebook and should not be in uniform.
 8. All eligible athletes will play at some time in the game. Athletes are eligible if they meet academic and behavior expectations of the MHSAA, school and coach.

ATHLETIC PARTICIPATION INFORMED CONSENT

Pewamo-Westphalia Community Schools strives to protect each student from injury while engaging in athletic activities. The guidelines identified below have been established for athletic activities in order to protect students from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach.

I. Safety Rules to be Followed By All Participants Include, But Are Not Limited, to the Following:

- A. Travel to and from off-campus facilities shall be in accordance with the athletic policy.
- B. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitted or defective equipment.
- C. Advise the coach if you are ill or have any prolonged symptoms of illness.
- D. Advise the coach if you have been injured.
- E. Engage in warm-up activities prior to strenuous activities.
- F. Be alert for any physical hazards in the locker room or in or around the participation area. Advise your coach of any hazard.
- G. Follow your coach's instructions regarding techniques, training and other team rules.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in any school sponsored athletic activity.

I am aware that participation in athletics is a high-risk activity and that practicing or competing in athletic activities involves high-risk activity and involves MANY RISKS OF INJURY. I understand that the dangers and risks of participating and competing in athletics include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and all aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in athletics may not only result in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life.

In consideration of the Pewamo-Westphalia School District permitting my child/ward to try out for a school sponsored athletic team and to engage in all activities related to the team, including but not limited to trying out, practicing or competing in a school sponsored athletic activities, I hereby assume all the risks normally associated with athletic activities and agree to hold the Pewamo-Westphalia School District, its employees, agents, representatives, coaches and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise from such risks. The terms hereof shall serve as a release for my heirs, estate, executor, administrator, assignees, and for all members of my family.

I have read the above warning and release and understand its terms. I understand that participation in athletic activities involves HIGH-RISK ACTIVITY involving MANY RISKS OF INJURY, including but not limited to those risks outlined above.