

# ACTIVITIES HANDBOOK

FOR PARENTS AND ATHLETES



CAMBRIDGE PUBLIC SCHOOLS

2022-2023

## **PHILOSOPHY:**

THE EXTRACURRICULAR PROGRAM IN THE CAMBRIDGE PUBLIC SCHOOLS IS DESIGNED TO PROVIDE WHOLESOME COMPETITION FOR ALL STUDENTS WHO DESIRE TO PARTICIPATE. CAMBRIDGE HIGH SCHOOL HAS A GREAT TRADITION IN EXTRACURRICULAR ACTIVITIES, AND THIS FINE TYPE OF TRADITION WAS NOT ESTABLISHED OVERNIGHT. IT TAKES A TREMENDOUS AMOUNT OF HARD WORK AND DEDICATION BY MANY INDIVIDUALS OVER A LONG PERIOD OF YEARS, IT IS HOPED THAT YOUR INTEREST WILL CONTINUE TO ADD TO THE MANY SUCCESSES CAMBRIDGE HAS HAD IN THE PAST. IT IS IMPORTANT TO ASSUME THAT A STUDENT IS SOMEONE SPECIAL WHO HAS IMPORTANT RESPONSIBILITIES GIVEN TO HIM OR HER. ALONG WITH THIS RESPONSIBILITY, GO CERTAIN LEADERSHIP ROLES THAT A STUDENT CANNOT ESCAPE. THE YOUNG PEOPLE OF THE COMMUNITY, THE CITIZENS OF THE TOWN, YOUR PARENTS, AND THE PRESS ARE ALL AWARE OF THE IMAGE YOU PRESENT WHEN YOU PERFORM IN VARIOUS ACTIVITIES SPONSORED BY THE SCHOOL. IT IS UP TO YOU TO MAKE YOUR SCHOOL PROUD OF YOU AND YOUR COMMUNITY PROUD OF YOUR SCHOOL BY DEMONSTRATING HIGH IDEALS IN AND OUT OF YOUR ACTIVITY PROGRAMS. ACTIVITIES ARE VERY DEMANDING UPON AN INDIVIDUAL, AND ALL CAMBRIDGE STUDENTS WILL BE EXPECTED TO MEET CERTAIN REQUIREMENTS IN ORDER TO PERFORM TO THE BEST OF THEIR ABILITIES.

## **NSAA ACTIVITIES ELIGIBILITY – 2022-2023**

IN ORDER TO REPRESENT A NEBRASKA HIGH SCHOOL IN INTERSCHOLASTIC ACTIVITIES COMPETITION, A STUDENT MUST ABIDE BY ELIGIBILITY RULES OF THE NEBRASKA SCHOOL ACTIVITIES ASSOCIATION. A SUMMARY OF THE MAJOR RULES IS GIVEN BELOW. CONTACT THE PRINCIPAL OR ACTIVITIES DIRECTOR FOR AN EXPLANATION OF THE COMPLETE RULE.

2.2.1 Student must be a bona fide student of their member school and have not graduated from any high school.

2.2.2 After a student's initial enrollment in grade nine, he/she shall be ineligible after eight semesters of school membership beginning with his/her enrollment in grade nine.

2.3 Student is ineligible if nineteen years of age before August 1 of current school year—age 21 for non-contact Unified Sports athletes.

(Student in grades 7 or 8 may participate on a high school team if he/she was 15 years of age prior to August 1 of current school year.)

**2.4.1 Student must be enrolled in some high school on or before the eleventh school day of the current semester.**

**2.5.1 Student must be continually enrolled in at least twenty credit hours per semester and regular in attendance, in accordance with the school's attendance policy at the school he/she wishes to represent in interscholastic competition.**

**2.5.2 Student must have been enrolled and received twenty hours of credit in school the immediate preceding semester.**

**2.6.2.1 Guardianship does not fulfill the definition of a legal parent. If a guardian has been appointed for a student, the student is eligible in the school district where his/her legal parent(s) have their domicile. Individual situations involving guardianship may be submitted to the Executive Director for review and a ruling.**

**2.6.3 A student entering grade nine for the first time after being promoted from grade eight of a two-year junior high, or a three-year middle school, or entering a high school for the first time after being promoted to grade ten from a three-year junior high school is eligible. After a student makes an initial choice of high schools, any subsequent transfer, unless there has been a change of domicile by his/her parents, shall render the student ineligible for ninety school days. (See May 1 Transfer List bylaw below.)**

**If a student has participated on a high school team at any level as a seventh, eighth, or ninth grade student, he/she has established his/her eligibility at the high school where he/she participated. If the student elects to attend another high school upon entering ninth or tenth grade, he/she shall be ineligible for ninety school days.**

**Student eligibility related to domicile can be attained in the following manners:**

**2.6.9.1 If the change in domicile by the parents occurs during a school year, the student may remain at the school he/she is attending and be eligible until the end of the school year or transfer to a high school located in the school district where the parents established their domicile and be eligible.**

**2.6.9.2 If the domicile is changed during the summer months and the student is in grade twelve and the student has attended the high school for two**

**or more years, the student may remain at the high school he/she has been attending and retain eligibility.**

**2.6.9.3 If a student elects to remain at the high school where he/she initially enrolled after being promoted from grade eight of a middle or junior high school, or grade nine of a junior high school, he/she is eligible at that school, or is eligible at a high school located within the school district in which the parents established their domicile.**

**2.6.10 If the legal parents of a student change their domicile from one school district that has a high school to another school district that has a high school, the student shall be eligible immediately in the school district where the parents established their domicile.**

**2.7.7 Nebraska transfer students whose name appears on the NSAA transfer list prior to May 1 shall be eligible immediately in the fall at the transfer high school. Those students whose name does NOT appear on the NSAA transfer list prior to May 1 shall be ineligible for ninety**

school days, with such transfers being subject to hardship waiver guidelines.

**2.7.8 Nebraska transfer students must have signed and delivered all forms necessary to make such transfer to the school in which he/she intends to enroll for the 2022-2023 school year prior to May 1, 2022; for the student to be eligible. The school to which the transfer is being made must have notified the NSAA office via an NSAA online transfer form, no later than May 1, 2022. The student would become ineligible for ninety school days the next fall if the student were to change his/her mind and decide not to transfer. If such student were to transfer to the new school, but later decides to return to his/her former district before 90 school days have elapsed, such student will be ineligible in the former district for the remainder of the 90 school days, with the ineligibility period commencing at the start of the fall semester. Those students, who did not have their enrollment forms signed, delivered and accepted prior to May 1, 2022, shall be ineligible for ninety school days, with such transfers being subject to hardship waiver guidelines.**

**2.7.9 Transfer to Home School District. Any student entering high school for the first time after promotion from grade eight who did not initially enroll in the high school located in the school district where the student's parents have their domicile, or a student who transfers back to a high school located in the school district where his/her legal parent(s) have established their domicile shall be ineligible for ninety school days.**

**3.5 / 3.1 Once the season of a sport begins, a student shall participate in practices and compete only in athletic contests/meets in that sport that are scheduled by his/her school. Any other competition will render the student ineligible for a portion of, or all of, the season in that sport. The season of a sport begins with the first date of practice as permitted by NSAA rules.**

**3.5.1 During the season of a particular sport, athletes participating in that sport for a high school may attend, but may not physically take part, either as an individual or as a member of a team, in the sport activity in which instruction is being offered in the clinic, camp or school.**

**\*(Refer to 3.5.1.1 for exception in Swimming & Diving.)**

**3.6 A student shall not participate on an all-star team while a high school undergraduate.**

**3.7 A student must maintain his/her amateur status.**

### **CAMBRIDGE PUBLIC SCHOOL ELIGIBILITY RULES:**

Cambridge Public Schools will use NSAA Eligibility Policy/Rules to determine the eligibility of a student athlete.

The Cambridge Schools also has a weekly eligibility policy: A Weekly down lists will be issued, and a student that is failing two or more solid classes for the current nine weeks will not be eligible the upcoming week (Monday-Sunday). Week 2 of each quarter is the 1st week of compliance for activities eligibility.

A high school student has only (8) semesters of eligibility and is not eligible if he/she is 19 years or age before AUGUST 1.

- B. Participation by any student, in athletics or other extra curricular activities, will be dependent upon the student's regular attendance for each class period each day. If a student is not in school for at least three consecutive full class periods immediately prior to the end of the school day or immediately prior to the group's

departure for the scheduled activity if dismissal is before the end of the regular school day, he/she will not be allowed to participate in any extracurricular activity, whether it be practice, games, matches, meets, concerts plays, etc. The only exception to this absence rule is if a student is excused from school in advance for a pre-arranged absence. Such absences must be excused in advance in writing; such written excuses must be presented to the Principal, preferably one to three days, in advance.

- C. The primary purpose of attending school is to receive an education. Participation in extracurricular activities is a privilege dependent upon each student's acceptable behavior and his/her satisfactory progress toward fulfilling their education requirements. The Administration has the responsibility and authority to withhold any student from activities whose behavior casts a poor reflection on the school. Students may be declared ineligible to participate either as a participant or a spectator in any or all activities of Cambridge Public Schools.

### CAMBRIDGE ATHLETIC RULES AND REGULATIONS:

Students must meet the following requirements before they will begin practice:

- a. Successfully complete a physical examination, which must be returned to either the Coach or Athletic Director.
  - b. The student/athlete or his/her parents must pay for the personal physical and turn in a physical form to the High School office.
  - c. Return to the Head Coach or Athletic Director the sheet found attached to this Handbook, which includes:
    1. Parental/Guardian permission to participate in approved sports.
    2. Parental/Guardian agreement to Athletic Guidelines.
    3. Parental/Guardian permission for trips and the securing of medical aid.
    4. Parental/Guardian signature regarding athletic insurance
    5. Warning statement.
    6. Athletes agreement to Athletic Guidelines.
- II. No practice or School Activity (VARSITY OR NON VARSITY) will be scheduled on Sundays unless a conference, district or state contest is scheduled on the following week, and permission has been approved by the activities director.
- III. If an athlete suffers an INJURY which requires a doctor's attention, he/she must have a WRITTEN medical release from examining doctor before being permitted to resume practicing or participating in any athletic contest.
- IV. Seniors will not be permitted to participate in any reserve athletic contests unless by special permission of the Head Coach and Athletic Director.
- V. All athletes are expected to attend all contests and practice sessions unless excused by the Head Coach.
- VI. At no time should an athlete wear equipment checked out to him except for practices and contests.
- VII. Students must use a school lock checked out from the Athletic Director for all Physical Education Classes and athletics. There is no fee for the use of the lock; however if the lock is not returned to the school at the end of the last participating season, the student will be assessed a \$5 fee for replacement of the lock.

## **WARNING FOR PARTICIPANTS AND PARENTS**

The purpose of this warning is to bring your attention to the existence of potential dangers associated with athletic injuries. Participation in any intramural or athletic activity may involve injury of some type. The severity of such injury can range from minor cuts, bruises, sprains and muscle strains to more serious injuries to the body's bones, joints, ligaments, tendons, or muscles, to catastrophic injuries to the head, neck and spinal cord. On rare occasions, injuries can be so severe as to result in total disability, paralysis or death. Even with appropriate coaching, appropriate safety instruction, appropriate protective equipment and strict observance of the rules, injuries are still a possibility.

### **TEAM TRAVEL**

All athletic team members or school groups are expected to travel with their coach or sponsor by school buses or school vehicles to their activities. Exception: The bus can pick up students if it is on a direct route to the contest, and in rare circumstances a parent may take the student to the activity provided previous Administrative approval has been granted. ALL MEMBERS OF A TEAM WILL RETURN FROM A CONTEST BY THE SAME TRANSPORTATION PROVIDED FOR TAKING THEM TO THE CONTEST. Exception: A student's parent/guardian must gain permission from the Head Coach to take the student home with them. If the coach grants permission the parent permission form can be obtained from the activity sponsor or head Coach.

### **APPEARANCE:**

1. All athletes will take pride in their appearance and apparel while representing Cambridge Public Schools in any athletic program while home or away.

### **TRAINING RULES:**

There is no place in extracurricular activities for the use or possession of tobacco (chewing or smoking), alcohol, or drugs. The athlete, the athlete's parent, a coach, law officer, or an administrator may report violations. The athletic director will investigate the report. If the student admits to the infraction or if sufficient evidence indicates to the administration that the student violated the activities training rules by being involved in the possession or use of tobacco, alcohol or drugs the following will be in effect:

#### **1) First Offense:**

A fourteen (14) calendar day extracurricular suspension from date of failed test notification. The student shall be prohibited from public performance of any kind, but shall be allowed to continue to practice with the team. A meeting will be held with the student, the student's parent(s) or guardian(s), school administrators, and head coach. Drug treatment and counseling will be encouraged.

Follow up testing may be required for a period of 3 months. The frequency of the follow up testing shall be determined by Drug Program Coordinator and Principal. Follow up testing may be continuous but shall be no less frequent than one (1) test per month. If a student is not currently participating in an extracurricular at the time of a failed test notification, the student shall receive a fourteen (14) extracurricular suspension, as described above in this paragraph (starting on the first day of scheduled practice) for the next activity in which he or she chooses to participate during the current program year and any future program year.

#### **Admission of violation by student:**

An admission shall be defined as a willful written acknowledgement by the student of violation of this policy. Any student admission must be made prior to the student becoming aware of a pending drug test and/or prior to a student being questioned

by any school official in regards to misconduct. A student who admits to violation of this policy shall be subject to the following:

Seven (7) calendar day extracurricular suspension from date of admission by the student of violation of this policy. The student shall be prohibited from public performance of any kind, but shall be allowed to continue to practice with the team. A meeting will be held with the student, the student's parent(s) or guardian(s), school administrators, and head coach. Drug treatment and counseling will be encouraged.

Follow up testing may be required for a period of 3 months. The frequency of the follow up testing shall be determined by Drug Program Coordinator and Principal. Follow up testing may be continuous but shall be no less frequent than one (1) test per month. If a student is not currently participating in an extracurricular at the time of a failed test notification, the student shall receive a fourteen (14) calendar day extracurricular suspension, as described above in this paragraph (starting on the first day of scheduled practice) for the next activity in which he or she chooses to participate during the current program year and any future program year.

## **2) Second Offense:**

A one-semester extracurricular suspension from date of failed test notification or admission by the student of violation of this policy. No practice, team participation, or public performance of any kind. A meeting will be held with the student, the student's parent(s) or guardians, school administrators, and head coach. Drug treatment and counseling will be encouraged.

Follow up testing may be required for a period of 6 months. The frequency of the follow up testing shall be determined by Drug Program Coordinator and Principal. Follow up testing may be continuous but shall be no less frequent than one (1) test per month. If a student is not currently participating in an extracurricular at the time of a failed test notification, the student shall receive a one- semester extracurricular suspension (starting on the first day of scheduled practice) for the next activity in which he or she chooses to participate during the current program year and any future program year.

The student will receive up to a day (5) day in school/out of school suspension to begin immediately after a failed testing result is received or admission is made by the student.

### **Mitigation:**

If the student completes a drug and alcohol evaluation by a certified drug and alcohol counselor and complies with any treatment recommendations, the student's extracurricular suspension shall end upon satisfactory completion of that drug and alcohol evaluation and completion of recommended treatment; however, the extracurricular suspension shall be up to ninety (90) days.

It shall be the sole responsibility of the student to seek, schedule, and pay for evaluation and treatment.

It shall be the responsibility of the student to provide a copy of the drug and alcohol evaluation and treatment recommendations to the Drug Program Coordinator. Any documents provided to the Drug Program Coordinator under this paragraph shall be retained by the Drug Program Coordinator for a period of 18 months after the period of extracurricular suspension has passed and SHALL NOT become part of the student's academic file and shall remain confidential. After the record holding period has lapsed the records shall be destroyed.

### **3) Third Offense:**

Three hundred sixty-five (365) calendar day extracurricular suspension from date of failed test notification or admission by the student of violation of this policy. No practice, team participation, or public performance of any kind. A meeting will be held with the student, the student's parent(s) or guardians, school administrators, and head coach. Drug treatment and counseling will be encouraged.

Follow up testing is required for a period of 18 months. The frequency of the follow up testing shall be determined by Drug Program Coordinator and Principal. Follow up testing may be continuous but shall be no less frequent than one (1) test per month. If a student is not currently participating in an extracurricular at the time of a failed test notification, the student shall receive a Three hundred sixty-five (365) calendar day extracurricular suspension (starting on the first day of scheduled practice) for the next activity in which he or she chooses to participate during the current program year and any future program year.

The student will be expelled immediately after a failed testing result or admission of violation is received.

### **NSAA MORATORIUM**

The NSAA has adopted a 5-day moratorium in December. During these 5 days, the following rules are to be followed by all levels of activities:

- The 2021-2022 moratorium is December 22nd-26th.
- All high school facilities will be locked down and no athletes will be allowed in for any reasons, including watching film, shooting around, or conditioning.
- There shall be no attempt, on or off school premises, by any member of the coaching staff or a volunteer/parent to hold a competition or practice involving any age-level of athlete.

### **THEFT:**

Most extracurricular school activities involve association with other students and travel to other communities. The impressions we leave will have a direct bearing on the reputation we establish while taking part in these activities. The ability to use facilities and not disturb their appearance or remove equipment that does not belong to us is essential for successful activity programs.

Students involved in theft or destruction of property will be removed from all extracurricular activities and will not represent the Cambridge Public Schools following the 1<sup>st</sup> and 2<sup>nd</sup> offense rules from the policy above.

## **LANGUAGE/CONDUCT:**

Foul language has no place at the music contest, on the athletic field, in the dressing room, or on the school campus. The use of foul language will not be tolerated. Non-cooperation in this matter will result in parental conferences and continued use of bad language will result in dismissal from activities.

You automatically assume a leadership role when you take part in extracurricular school activities. The student body and citizens of Cambridge know you. You are in the center stage with the spotlight on you. All judge you. There is to be no hazing or initiation of other students, as this is the one easy way to break up the group and team unity that is essential for success.

## **INSURANCE:**

Parents and athletes are financially responsible for medical insurance or for payment of medical costs incurred through participation in the schools activities program. The Cambridge Public Schools are not responsible for costs related to athletic injuries. A local insurance agent offers school insurance at a reasonable premium rate, which covers participation in most activities. A special premium rate is required for high school football coverage. Enrollment forms are available through the school office.

## **LETTERING REQUIREMENTS:**

The athlete may letter as stated below: The athlete must complete the season of the sport the letter is earned unless due to a verified (Physician Statement) injury or illness. If the athlete qualifies for an earned letter but does not complete the season, other than injury, the letter will be revoked. The athlete must attend all practices and contests unless excused by the head coach.

FOOTBALL—An athlete must play in  $\frac{1}{4}$  of the quarters of regularly scheduled games.

BASKETBALL—An athlete must play in  $\frac{1}{4}$  of the quarters of regularly scheduled games, including non-conference games.

VOLLEYBALL—An athlete must play in  $\frac{1}{4}$  of the games of regularly scheduled games, including non-conference games.

TRACK and FIELD—An athlete must score 10 or more team points (only including track meets of 6 teams or more) and successfully complete the season as directed by the head coach.

GOLF—Letters will be awarded to: 1. Participants who have earned a varsity medal at a varsity meet. 2. Participants who have been a member of the varsity for at least three meets.

WRESTLING—The athlete must acquire a total of 25 points during the course of the season, or place in a district meet. Points will be awarded against varsity competition in this order:

PIN -----	6
TECH FALL -----	5
MAJOR DECISION ----	4
DECISION -----	3
FORFEIT -----	6
DEFAULT -----	6
Varsity Part. -----	1

CROSS COUNTRY—An athlete must: 1. Compete (coaches discretion) in 5 varsity meets during the year, or 2. Medal in an invitational meet.

SPEECH TEAM—The following conditions must be met for a student to letter in Speech.

1. Be a member in good standing the entire speech season.
2. Place in a contest, or receive five superiors in an event.
3. Display the proper attitude, respect, and performance guidelines.

STUDENT MANAGERS—The student manager may letter at the discretion of the head coach if the student manager at least meets the following requirements. The manager must attend all practices and contests and successfully complete ONE SEASON as per the direction of the Head Coach of the sport he/she is serving as student manager. Student managers may be excused from some practices/contests at the discretion of the Head Coach. Thus, the student manager may letter; however, he/she will receive a manager's letter rather than an athletic letter.

Only two (2) 7-12 managers will be accommodated for district and state competitions; football may have 4 managers. Elementary managers are the responsibility of their parents.

NOTE:

# 1. If the participant does not fulfill the lettering requirements under the sport applicable to their situation, the head coach may present the participant's case to the athletic director. The athletic director will review the participant's case on an individual basis and make a decision. The athletic director's decision will be final. This applies to all sports. #2. Activity Sponsors having additional rules for their activity must turn them in to have them approved by the administration before beginning the activity.

### **PARENT / PLAYER / COACH RELATIONSHIP**

The player-coach relationship is perhaps the most critical relationship in athletics. Unfortunately, a parent can have an effect on this very important and delicate relationship. While you may not agree with all decisions of a coach, how and when you express your feelings can have a decided effect upon your child.

Players need to adhere to the policies and instruction given by their coach in order to be successful. Receiving technical or strategic instruction at home may interfere and conflict with the instructional process at practice sessions and games. This may ultimately impede the progress of the athlete and affect his/her playing time or hinder the success of the team as a unit.

In your role as a parent, you obviously love and are concerned about your child's welfare. You want the best for him/her but a teen-age athlete can only have 1 coach and the school-hired coach has the ultimate say. Please, do not approach a coach immediately before or after a contest and refrain from trying to coach from the stands. These kinds of actions not only irritate the coach but they may also have a negative impact on your child as well.

**The Athletic Chain of Command at Cambridge Public School is as follows:**

**Athletic Director  
Head Coach  
Assistant Coach  
Players  
Parents**

Coaches are instructed to have an open door when it comes to talking with their players and maintain professional conduct with their communication. If an athlete feels the need to discuss an issue, they should first go to the Assistant Coach unless the Head Coach has instructed his/her players to come and talk to them directly. **At NO TIME should a parent talk directly to the Head Coach about any topics related to their child's playing time or opinions about a coaching philosophy.**

If you as a parent feel something is wrong, talk with your son/daughter first. If you both agree that you should meet with the coaches, both parent and athlete should meet with the assistant coach together. If the problem is still unresolved, a meeting with the head coach should be made; and if further assistance is needed, the AD will then intervene.

Remember, coaches start the day as teachers before 8AM. They put in a full day with teenagers and then try their best as a coach to get those teenagers to perform at their highest level the night of a contest. Many of these teachers/coaches then go home and become a husband/wife or mom/dad for the limited time they have left in the day. Students are also exhausted at the end of a day from a full day of studies and practice so please be respectful of everyone and the work they are trying to do.

## **REPRESENTING YOUR SCHOOL**

With more and more unacceptable behavior being shown at sporting events around the nation, Cambridge Public School would like to list the following examples as to what could be deemed as acceptable or unacceptable behavior while at sporting events. Parents, athletes, and spectators are asked to use common sense when attending a sporting event at the school and to respect the opponent as well as their own athletes and coaching staff. Students and parents should understand that their participation or attendance at a contest or event is a privilege and not a right. Wearing a uniform or buying a ticket is not a release to act inappropriately, those doing so will be asked to leave.

Some things that can be done to help boost team spirit:

- Applaud the introduction of players, coaches, and officials for both teams
- Accept the decisions of the officials (no matter how hard you have to bite your lip!)
- Start a cheer or chant that is in good taste or join in when someone tries to get one started
- Showing good sportsmanship to the players by shaking their hand when they foul out or at the end of the game
- Show concern for an injured player regardless of the team
- Clap and sing along with the school song

Below are actions that depict poor sportsmanship and will not be tolerated at Cambridge Public School:

- Yelling or stomping during a free throw, serve, field goal, etc.
- Derogatory cheers, chants, songs, or gestures
- Booing or verbal assault of an official, athlete, coach, or fan
- Yells that antagonize the opponent
- Refusing to shake hands with an opponent or official
- Taunting, profanity, or actions made to bring attention to you and away from the team.

Definitions:

- Athlete: An individual who strives to compete at his/her highest level to bring about the best possible results for the team in a positive manner.
- Fan: An individual who attends an event to show SUPPORT and CHEER for the athletes. A fan always looks to applaud the good play.
- Unacceptable: An individual who casts a dark light on what the athletes and fans are trying to achieve. Always focused on the

negative things and finds it tougher to find people willing to sit by he/she as the season goes on.

## **PLEASE BE AN ATHLETE OR FAN!!!!**

To be completed for  
students participating in  
all NSAA activities.



### NEBRASKA SCHOOL ACTIVITIES ASSOCIATION (NSAA) Student and Parent Consent Form

School Year: 20\_\_\_\_-20\_\_\_\_ Member School: \_\_\_\_\_

Name of Student: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Place of Birth: \_\_\_\_\_

The undersigned(s) are the Student and the parent(s), guardian(s), or person(s) in charge of the above named Student and are collectively referred to as "Parent".

The Parent and Student hereby:

(1) Understand and agree that participation in NSAA sponsored activities is voluntary on the part of the Student and is a privilege;

(2) Understand and agree that (a) by this Consent Form the NSAA has provided to the Parent and Student of the existence of potential dangers associated with athletic participation; (b) participation in any athletic activity may involve injury of some type; (c) the severity of such injury can range from minor cuts, bruises, sprains, and muscle strains to more serious injuries to the body's bones, joints, ligaments, tendons, or muscles, to catastrophic injuries to the head, neck and spinal cord, and on rare occasions, injuries so severe as to result in total disability, paralysis and death; and, (d) even the best coaching, the use of the best protective equipment and strict observance of rules, injuries are still a possibility;

(3) Consent and agree to participation of the Student in NSAA activities subject to all NSAA by-laws and rules interpretations for participation in NSAA sponsored activities, and the activities rules of the NSAA member school for which the Student is participating; and,

(4) Consent and agree to (a) the disclosure by the Member School at which the Student is enrolled to the NSAA, and subsequent disclosure by the NSAA, of information regarding the Student, including the student's name, address, telephone listing, electronic mail address, photograph, date of and place of birth, major fields of study, dates of attendance, grade level, enrollment status (e.g., full-time or part-time), participation in officially recognized activities and sports, weight and height of as a member of athletic teams, degrees, honors and awards received, statistics regarding performance, records or documentation related to eligibility for NSAA sponsored activities, medical records, and any other information related to the Student's participation in NSAA sponsored activities; and, (b) the Student being photographed, video taped, audio taped, or recorded by any other means while participating in NSAA activities and contests, consent to and waive any privacy rights with regard to the display of such recordings, and waive any claims of ownership or other rights with regard to such photographs or recordings or to the broadcast, sale or display of such photographs or recordings.

I acknowledge that I have read paragraphs (1) through (4) above, understand and agree to the terms thereof, including the warning of potential risk of injury inherent in participation in athletic activities.

DATED this \_\_\_\_ day of \_\_\_\_\_, \_\_\_\_.

\_\_\_\_\_  
Name of Student [Print Name]

\_\_\_\_\_  
Student Signature

(I am)(We are) the Student's [circle appropriate choice] (Parent) (Guardian). (I)(We) acknowledge that (I)(We) have read paragraphs (1) through (4) above, understand and agree to the terms thereof, including the warning of potential risk of injury inherent in participation in athletic activities. Having read the warning in paragraph (3) above and understanding the potential risk of injury to my Student, (I)(we) hereby give (my)(our) permission for \_\_\_\_\_ [insert student name] to practice and compete for the above named high school in activities approved by the NSAA, **except those crossed out below:**

Baseball	Golf	Tennis	Play Production	Basketball	Swimming/Diving
Track	Football	Speech	Cross Country	Soccer	Volleyball
Music	Football	Softball	Wrestling	Debate	Journalism

DATED this \_\_\_\_ day of \_\_\_\_\_, \_\_\_\_.

\_\_\_\_\_  
Parent [Print Name]

\_\_\_\_\_  
Parent Signature