



REQUIREMENTS TO PRACTICE CHECKLIST

Name: _____

Sport: _____

Season: _____

All student-athletes are required to have a tryout card in order to practice/tryout. There will be a designated time before each season for students to pick up their cards in the secondary office (located in the high school).

In order to receive a tryout card, student-athletes must submit all required paperwork and fees. This includes:

- ☐ **Code of Conduct** – Must be signed by both student and parent or guardian.
- ☐ **Physical** – Must be completely filled out and valid (completed after April 15, 2022).
- ☐ **Risk and Release Form** – Must be completely filled out and signed by parent or guardian.
- ☐ **Concussion Awareness Form** – Read materials and sign.
- ☐ **Activity Fee** – Form completed and payment submitted. Any student-athlete that qualifies for free/reduced lunch will be reimbursed. If a student tries out for a team and does not make it, the fee will be fully refunded.

Once all this information is completed, please return it along with the participation fee to the secondary office (located in the high school) in order to receive a tryout card.

Students will not be permitted to practice unless they have their tryout card.
