

Cheerleader Name: _____

TRANSPORTION TO PRACTICE

Cheerleaders are responsible for their own transportation to and from 7th period practice at the Cheer Shack Monday through Friday. All Star Revolution is the official training gym for the FHS Cheer Program and provides cheer coaches at the Cheer Shack on pre-determined days. Occasionally, the cheerleaders may need to attend practice at the ASR Gym instead of the Cheer Shack or may be allowed to leave FHS after signing in to 7th period. You will be notified in advance, when possible, of any variation in the schedule.

If your daughter drives

I GIVE MY CHILD PERMISSION TO: *check all that apply*

- To drive from FHS to the Cheer Shack or ASR in her personal vehicle. I realize she will leave at the start of 7th period Monday-Friday. In addition, I give her permission to drive home from practice.
- To transport other teammates to and/or from cheer practice at the Cheer Shack and ASR Gym
- I understand that, on occasion, practice at the Cheer Shack will be canceled and my daughter will be allowed to leave FHS after signing in to 7th period.
- I understand that I am required to provide a copy of my daughter's driver's license and auto insurance BEFORE the first day of School. **STAPLE TO THIS FORM**

Please complete the Driver Restriction Verification form on page 2 and **STAPLE TO THIS FORM**

If you daughter doesn't drive

I GIVE MY CHILD PERMISSION TO: *check all that apply*

- I will allow my child to ride with another licensed teammate to and from the Cheer Shack or ASR
- I will transport my child each day from FHS to the Cheer Shack or ASR Gym.
- I understand that, on occasion, practice at the Cheer Shack will be canceled and my daughter will be allowed to leave FHS after signing in to 7th period.
- I understand that my daughter will need to be picked up from the Cheer Shack or ASR Gym Monday through Friday at the end of practice in a timely manner.

-----or-----

- I require my daughter to ride with one of the Cheer Coaches and hereby give coaches permission to transport my daughter in their personal vehicle

Unsafe driving and unnecessary "pit stops" are forbidden and will be handled by one of the cheer coaches. Everyone is required to leave school in a timely manner and go straight to their practice location.

I hereby release and hold harmless the Friendswood Independent School District, its Trustees, employees and agents from any and all liability in connection with the alternate method of travel for cheer practice/7th period.

Parent Name

Phone #

Parent Signature

Date

DRIVING RESTRICTION VERIFICATION

Student Name: _____ DOB: _____

TDL #: _____ TDL Expiration Date: _____

Texas provisional restrictions state that all drivers under the age of 18 may only have 1 non-family member under the age of 21 in the car with them.

Please check one:

- I am 18 years of age, the provisional license restrictions do not apply to me
- I am not 18 years of age, the provisional license restrictions apply to me

If you will turn 18 during the school year please indicate date: _____

*Individuals who are under 18 years of age are restricted from using a wireless communication device, including a hands-free device, until they reach the age of 18, except in the case of an emergency.
Texas Department of Safety*

I hereby acknowledge that the information given on this form is true and correct.

Cheerleader Signature

Date

Parent Signature

Date

VARSITY SPIRIT CHAMPIONSHIP RELEASE & WAIVER FORM – PARTICIPANT

Every Participant must have a completed and signed release form to turn in at registration in order to participate. ALL areas must be completed. ***Please photocopy and distribute to each person attending the event.***
Coach must retain a photocopy of each completed form for your records and keep them with the team throughout the event.

Minor's Name	Name of Parent / Legal Guardian	UIL Spirit State Championships
Address	FRIENDSWOOD HIGH SCHOOL	Name of Event
City, State & Zip	702 GREENBRIAR	Fort Worth, TX
()	FRIENDSWOOD TX 77546	City, State of Event
Phone Number	(281) 482-3413	JAN 10-13. 2019
Participant Email Address	School Phone Number	Event Dates
		Parent / Legal Guardian Email Address

Liability Release. For good and valuable consideration, the receipt and sufficiency of which are hereby acknowledged, I _____, as parent or legal guardian of _____, a minor (hereinafter "Minor"), hereby grant the permission necessary to allow Minor to participate in the above Event to be conducted by Varsity Spirit, LLC. ("Varsity"), d / b / a National Cheerleaders Association ("NCA") and/or d / b / a Universal Cheerleaders Association ("UCA"). I, in my own behalf and on behalf of the Minor, further agree to release and to hold harmless Varsity, the Hosting site, (university, hotel, convention center, high school) on whose premises the Event will occur (hereinafter the "Location") the affiliates of Varsity and the Location, and the respective directors, officers, representatives, members, agents and employees of Varsity, Sponsors, the Location and their respective affiliates (hereinafter collectively "Releasees") from any and all liability whether caused by negligence of the Releasees or otherwise for any claim judgment, loss, liability, cost and expenses (including, without limitations, attorney's fees and costs) arising out of or connected with the Event, including any claim arising out of or connected with any illness or injury (minimal, serious, catastrophic and / or death) that the Minor may incur or sustain during the Event, all activities associated with the Event and while traveling to and from the site for the Event whether or not the Event actually occurs. I further expressly agree to indemnify and hold harmless Releasees and Releasees' heirs, successors, assigns, executors and administrators against loss from any further claims, demands or actions that may subsequently be brought by Minor or by any other persons on the account of damages of any character resulting to Minor in any way from the foregoing activities. I further agree to reimburse and to make good to Releasees any loss, or costs Releasees may have to pay as a result of any such action, claim, or demand.

I, in my own behalf and on behalf of the Minor, hereby warrant that I have read this Liability Release in its entirety and fully understand its contents. I, in my own behalf and on behalf of the Minor, am aware that this Liability Release releases Releasees from liability and contains an acknowledgment of my voluntary and knowing assumption of the risk of injury or illness. I, in my own behalf and on behalf of the minor, further acknowledge that nothing in this Liability Release constitutes a guarantee that the Event will occur. I, in my own behalf and on behalf of the Minor, have signed this document voluntarily and of my own free will.

Signature of Parent or Legal Guardian: X _____ **Date:** _____

Supervision: A chaperone/Adult (age 21 and over) is required to attend with participants. This Chaperone will be responsible for the participants at all times. Varsity Spirit, LLC d/b/a/ UCA and/or NCA are not responsible for participants' supervision..

Medical Release. I, in my own behalf and on behalf of the minor, acknowledge and agree that such participation subjects Minor to possibility of physical illness or injury (minimal, serious, catastrophic and/ or death) and that I, in my own behalf and on behalf of the Minor, acknowledge that the Minor is assuming the risk of such illness or injury by participating in the Event. In the event of such illness or injury, I authorize Varsity to obtain necessary medical treatment of the minor and hereby, in my own behalf and on behalf of the Minor, release and hold harmless Releasees in the exercises of this authority. I further acknowledge and understand that I will be responsible for any and all medical and related bills that may be incurred on behalf of the Minor for any illness or injury that the Minor may sustain during the Event and while traveling to and from the site for the Event whether or not the Event actually occurs.

I, in my own behalf and on behalf of the Minor, hereby warrant that I have read this Participant Release and Waiver Form in its entirety and fully understand its contents. I, in my own behalf and on behalf of the Minor, am aware that this Participant Release and Waiver Form releases Releasees from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk of injury or illness. I, in my own behalf and on behalf of the minor, further acknowledge that nothing in this Participant Release and Waiver Form constitutes a guarantee that the Event will occur. I, in my own behalf and on behalf of the Minor, have signed this document voluntarily and of my own free will. Minor and I understand that Sponsors may distribute samples of their products at the event.

Signature of Parent or Legal Guardian: X _____ **Date:** _____

Relationship to Minor: _____

Witness Signature: _____ Date _____ Minor Birthdate: _____

Witness Address: _____

NCA & NDA CHAMPIONSHIP RELEASE AND WAIVER – PARTICIPANT

Every Participant must have a completed and signed release form to turn in at registration in order to participate. ALL areas must be completed.

Please photocopy and distribute to each participant attending the event.

Coach must retain a photocopy of each completed form for his/her records and keep them with the team throughout the event..

Minor's Name	Name of Parent / Legal Guardian	NCA HIGH SCHOOL NATIONALS
Address	Parent / Legal Guardian Email Address	Name of Event
City, State & Zip ()	FRIENDSWOOD HIGH SCHOOL	DALLAS TX
Cell Phone Number	School/Gym Name	City, State of Event
Participant Email Address	702 GREENBRIAR	JANUARY 26-27, 2019
<input type="checkbox"/> Yes, you have my permission to send me updates/newsletters from Varsity!	School/Gym Address	Event Dates
	FRIENDSWOOD TX 77546	(281) 482-3413
	School/Gym City, State, & Zip	School/Gym Phone Number
		Squad Type: <input checked="" type="checkbox"/> CHEER <input type="checkbox"/> DANCE

Liability Release. For good and valuable consideration, the receipt and sufficiency of which are hereby acknowledged, I _____, as parent or legal guardian of _____, a minor (hereinafter "Minor"), hereby grant the permission necessary to allow Minor to participate in the above ("Event") to be conducted by Varsity Spirit LLC ("Varsity Spirit") d/b/a National Cheerleaders Association (NCA) and/or d/b/a National Dance Alliance (NDA.) I, in my own behalf and on behalf of the Minor, further agree to release and to hold harmless Varsity Spirit, Varsity Spirit's corporate sponsors (hereinafter "Sponsors"), the hosting Site, (university, hotel, convention center, high school) on whose premises the Event will occur (hereinafter the "Location") the affiliates of Varsity Spirit, and the respective directors, officers, representatives, members, agents and employees of US All Star Federation, Inc., a non for profit corporation ("USASF"), American Association of Cheerleading Coaches and Administrators, Inc., a not for profit corporation ("AACCA") (hereinafter collectively "Releasees") from any and all liability, whether caused by the negligence of the Releasees or otherwise for any claim, judgment, loss, liability, cost and expenses (including, without limitations, attorney's fees and costs) arising out of or connected with the Event, including any claim arising out of or connected with any illness or injury (minimal, serious, catastrophic and/or death) that minor may incur or sustain during the Event, all activities associated with the Event and while traveling to and from the site for the Event whether or not the Event actually occurs. I further expressly agree to indemnify and hold harmless Releasees and Releasees' heirs, successors, assigns, executors and administrators against loss from any further claims, demands or actions that may subsequently be brought by Minor or by any other persons on the account of damages of any character resulting to Minor in any way from the foregoing activities. I further agree to reimburse and to make good to Releasees any loss, or costs Releasees may have to pay as a result of any such action, claim, or demand.

I, in my own behalf and on behalf of the Minor, hereby warrant that I have read this Liability Release in its entirety and fully understand its contents. I, in my own behalf and on behalf of the Minor, am aware that this Liability Release releases Releasees from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk of injury or illness. I, in my own behalf and on behalf of the Minor, further acknowledge that nothing in this Liability Release constitutes a guarantee that the Event will occur. I, in my own behalf and on behalf of the Minor, have signed this document voluntarily and of my own free will.

Signature of Parent or Legal Guardian: _____ **Date:** _____

Medical Release. I, in my own behalf and on behalf of the Minor, acknowledge and agree that such participation subjects Minor to possibility of physical illness or injury (minimal, serious, catastrophic and/or death) and that I, in my own behalf and on behalf of the Minor, acknowledge that the Minor is assuming the risk of such illness or injury by participating in the event. In the event of such illness or injury, I authorize Varsity Spirit to obtain necessary medical treatment for the Minor and hereby, in my own behalf and on behalf of the Minor, release and hold harmless Releasees in the exercises of this authority. I further acknowledge and understand that I will be responsible for any and all medical and related bills that may be incurred on behalf of the Minor for any illness or injury that the Minor may sustain during the Event and while traveling to and from the site for the Event whether or not the Event actually occurs.

Appearance Agreement. I understand that as a participant and/or a spectator at the Event, the Minor may be included in videotapes, photographs, DVDs, podcasts, and videocasts taken during the Event. Therefore, without reservation or limitations, I, in my own behalf and on behalf of the Minor, hereby assign, transfer and grant to Varsity Spirit, its successors, assignees, licensees, sponsors, any television networks, and all other commercial exhibitors the exclusive right to photograph and/or videotape the Minor and to utilize such videotapes and photographs and Minor's name, face, likeness, voice and appearance as a part of the Event, in advertising and promoting the Event or in advertising and promoting similar future events or in advertising and promotions related to Varsity Spirit, and for any other use or purpose whatsoever, without reservations and limitations. I further understand that neither Varsity Spirit nor any third party is under any obligation to exercise any of the foregoing rights, licenses and privileges. I, in my own behalf and on behalf of the Minor, waive any right to inspect or approve materials related thereto.

Third Party Agreement. I understand that Varsity Spirit d/b/a NCA and/or NDA from time to time disclose participants/coach information to third parties who agree to the confidential nature of the information.

Supervision. A Chaperone/Adult (age 21 or older) is required to attend with participants. This Chaperone will be responsible for the participants at all times (including but not limited to swimming, beach activity, cheer/dance practice outside of Event, free time at Event site or hotel). **The Releasees are not responsible for participants' supervision.**

Event Rules. I further acknowledge and understand that Varsity Spirit has established rules and regulations pertaining to conduct, behavior and activities of all Event participants by which Minor and I agree to abide during the Event (copy of which is listed on the back of this form), and that Minor and I will be responsible for his/her/my failure to abide by those rules and regulations. Minor and I have received, read and understand the Event rules. Minor and I understand that violation of the rules can result in dismissal from Event with no refund.

Insurance Information. The following is REQUIRED for participation.

Parent's Name: _____

Insurance Company: _____

Insurance Company Address: _____

Medical Insurance Policy/Group Number - REQUIRED: _____ Insurance Company Phone # : _____ - _____ - _____

Emergency Information:

Name to contact: _____ Emergency Contact Address: _____

City, State, Zip: _____ Cell Phone Number: (_____) _____

Daytime Telephone: (_____) _____ Evening Telephone: (_____) _____

I represent that any medication to which Minor is allergic or medications that Minor is currently taking are listed below. I agree that Minor shall bring medications which Minor is currently taking with him/her to the Event and that he/she shall consume the prescribed dosage for such medications. **Varsity Spirit will not administer or supply any type of medication at Event.**

Medications (if any): _____

Allergic to (if any): _____

I acknowledge that the Minor suffers from the following conditions: _____

Family Doctor: _____ Phone Number: (_____) _____ Minor's Birthdate: ____/____/____

I, in my own behalf and on behalf of the Minor, hereby warrant that I have read this Participant Release and Waiver Form in its entirety and fully understand its contents. I, in my own behalf and on behalf of the Minor, am aware that this Participant Release and Waiver Form releases Releasees from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk of injury or illness. I, in my own behalf and on behalf of the Minor, further acknowledge that nothing in this Participant Release and Waiver Form constitutes a guarantee that the Event will occur. I, in my own behalf and on behalf of the Minor, have signed this document voluntarily and of my own free will. Minor and I understand that Sponsors may distribute samples of their products at event.

Signature of Parent or Legal Guardian: _____

Date: _____

Relationship to Minor: _____

I, identified above as Minor, acknowledge that I have read this Release and Waiver form.

Signature of Minor: _____

Date: _____

Witness Signature: _____ Address _____

Date: _____

EVENT RULES

General Championship Rules

1. Cheering, chanting and dancing will be practiced in designated areas ONLY.
2. Squads / teams must be on time to all scheduled practices and performances.
3. Please leave valuables at home (rings, jewelry, etc.). NCA & NDA will not be responsible for lost or stolen items.
4. Participants may not wear unapproved jewelry of ANY kind at any time during practice or performances. Teams with participants that do not comply will be assessed a legality point deduction.
5. Should an injury occur during your assigned practice or performance times, please contact an NCA & NDA trainer or member of the NCA & NDA corporate staff.
6. Smoking at championships & events is prohibited, and the use or possession of alcohol or other illegal substances is prohibited.
7. Hazing or initiations of any type is prohibited.
8. If attending an event as a resident, all participants must follow these basic rules: A) No running or unnecessary noise in the halls. B) Always lock your door when you leave the room and when you are in your room. Do not prop doors open. C) There will be no tumbling, horseplay, partner stunts or practicing in the hotel / resort except in designated practice areas. D) Any damage to the room will be charged to your group. Be sure to leave your room as clean as you found it.
9. NCA & NDA fervently encourage and support sportsmanship, integrity and fairness among all participants and coaches/advisors/directors in all facets of cheerleading and dance, including but not limited to team practice and performance. NCA & NDA maintain and enforce a zero tolerance policy for unsportsmanlike conduct by any and all its championship patrons. NCA & NDA reserve the right to remove participants, coaches/directors/advisors, or spectators from the performance venue and/or hotel should offensive or inappropriate behavior toward other participants, coaches/directors/advisors, officials or spectators occur.



In addition to the general rules above, the following rules apply to all Championships:

1. NCA & NDA is not responsible for participants' supervision.
2. Participants must have an adult chaperone/coach/director, for participants' supervision, in attendance at all times during the championship.
3. Only coaches / directors should approach the NCA & NDA Event Information Table to resolve disputes. Spectators or participants will NOT be allowed to pursue disputes.



Friendswood Independent School District Athletic Handbook 2018-2019

“FISD will lead to achieve excellence in all endeavors”

Philosophy

We believe that an exemplary athletic program is an extension of the classroom and community. As such athletics offers students an opportunity to develop and grow physically, intellectually, emotionally and socially. The positive benefits that participation in athletics offers include, but are not limited to self-esteem, self-discipline, self-confidence and the development of team spirit. Further, participants learn the values associated with competition and benefit from the experience of both winning and losing. We also believe that the whole athletic department succeeds when there is a culture of discipline, resilience and leadership both on and off the field.

I. Introduction

The athletic program is an integral part of the total school experience for both boys and girls. It offers a variety of sports and activities to all students who have the potential skill and the desire to participate.

Friendswood ISD athletes must look and act with pride and dignity at **ALL** times. Members of an athletic team must understand that they are representing FISD at all times on or off school grounds and throughout the calendar year.

You, the student athlete, are accountable and responsible for policies set forth by the FISD Board of Trustees and any additional ones that your respective coach might add.

II. Participation

It is the goal of the FISD athletic program to offer the opportunity of participation to every student who has the ability and desire to do so. However, no student is guaranteed or obligated to take part in athletics. Participation in athletics is not required. **It is also to be stressed that participation in Friendswood ISD's athletic program is a PRIVILEGE not a right.** Since it is a privilege, the coaching staff, in accordance with FISD policy and due process procedures, has the authority to suspend or revoke the privilege when rules and standards of this athletic program are not followed.

III. Practice Requirements

Any FISD students who wants to participate in an FISD athletic program and wishes to be a part of an FISD team is expected to attend all regularly scheduled practices and be enrolled in the athletic period if there is a period for that sport.

Absences for illness, injury, academic needs, family emergencies or other school related functions are acceptable provided the student has properly used communication channels to inform the coach.

IV. Tryouts

There may be times when it will be necessary to have tryouts for teams and cuts must be made. Head coaches will provide the instrument used to analyze students during the tryout period to the FISD athletic administration. Tryout and team decisions are final and made by the head coach and his/her staff.

V. Club Participation

An athlete in-season for any FISD sport is encouraged not to participate in club competition of any sport at the same time. A FISD athletic event should not be missed for a club event. Consequences for missing a FISD athletic event due to a club event may apply.

VI. Game participation

All 7th grade athletes through sub varsity shall participate in games if eligibility requirements are met, if practice obligations are met and the athlete is in good standing. **Varsity is strictly “play to win the contest”.**

VII. Responsibilities of an Athlete

All athletes have the responsibilities to give their best, play to win, follow training guidelines and exhibit good conduct and fair play at all times so as to be a credit to their school. Athletes as well as coaches, are always on display. Our action in everyday life both private and public, are a direct reflection on the FISD athletic program and our school.

A. During competition, an athlete:

1. Learns that both winning and losing are part of the game and learns to accept both. Be modest in victory; be gracious in defeat.

2. Has complete control of himself/herself at all times. Horseplay, display of temper and disrespect for coaches, officials or opponents may result in disciplinary action from the coach.
3. An athlete ejected from a contest may be disciplined and suspended for up to one full game unless video or other evidence is provided that shows the ejection was not warranted.

B. In the classroom an athlete:

1. Must realize that he/she is a student first.
2. Must maintain satisfactory citizenship and behavior record by giving respectful attention to classroom activities and by treating teachers, administrators and fellow students with respect.
3. Tardiness, horseplay and unacceptable classroom conduct may result in disciplinary action or possible suspensions.

C. During team travel, an athlete:

1. Must travel to and from all away contest with the team. If an extenuating circumstance arises and an athlete needs to ride home with parents or guardians, this must be cleared with the coach before leaving for the contest and must be presented in writing. A written release must be presented to the coach. Under no circumstance will an athlete be released to ride with anyone other than their parents, guardian or person designated in writing by the family.
2. Coaches have the discretion to set travel dress expectations.
3. Be informed of departure and return times. It is your responsibility to be on time for all departures and to inform you parents of estimated arrival times

D. During Overnight Travel

1. Athlete must abide by curfew set by the head coach
2. Be aware that coaches may ask to check athletes bags before leaving for the trip.
3. At no time will athletes be in rooms of students of different genders
4. Athletes will not consume or be in possession of alcohol, tobacco, e-cigarettes or illegal drugs.

5. Adhere to the expectations of the FISD Student Code of Conduct and athletic department expectations at all times.

VIII. Dress Code/Personal Grooming

- A. Athletes must adhere to the District Code of Conduct in Section A of the student handbook. It states:
 1. Hair must be a color that can be grown naturally, neat and well groomed. Mohawk type haircuts, distracting styles, hair carvings, shaved designs or lines are not permitted. Students must be clean shaven. Goatees, beards and mustaches or any other facial hair are prohibited.
- B. Coaches have the discretion to add to the grooming standards with approval of the FISD administration.

IX. Disciplinary Procedures

In order for an athlete to be considered in violation one or more of the following must occur:

- A. Athlete admits to violation
- B. Parent of athlete admits to the violation
- C. A FISD staff member witnesses the athlete in violation
- D. A FISD administrator has reason to believe and investigates which proves the athlete committed an offense
- E. A local agency or law enforcement agency makes a verbal report of the violation
- F. A local agency or law enforcement agency files a report of a violation
- G. Credible evidence such as photograph, video or social media is presented

Alcohol, Tobacco (including e-cigarettes or vaping instruments), Drugs

- A. The use, possession, transmittal of or being under the influence of drugs, alcohol and or tobacco resulting in arrest, MIP, or school discipline. There will be an automatic 2-week suspension from all athletic activities (excluding practice), physical punishment and a

mandatory drug and alcohol awareness program that must be completed prior to the return for the first offense. The second offense occurring within the same season or school year will result in automatic dismissal for the remainder of that year or season. If the offending athlete is a non-senior, they will be allowed back into the program the following year if no other violations occur.

- B.** If a student is suspended from school or arrested at school or after school including weekends there will be an automatic 2-week suspension from all athletic activities (excluding practice), physical punishment and a mandatory drug and alcohol awareness program that must be completed prior to the return for the first offense. The second offense occurring within the same season or school year will result in automatic dismissal for the remainder of that year or season. If the offending athlete is a non-senior, they will be allowed back into the program the following year if no other violations occur.

Theft

- A.** Taking things from other players, students, school, etc. will not be tolerated. Punishment will be handled individually by the head coach and may result in expulsion from athletic activities and removal from the athletic class for rest of the academic year. At the beginning of the next academic year it will be reviewed by a case to case basis if the athlete will be allowed to return to the program.
- B.** It is highly suggested that athletes secure and lock up their valuables in their lockers at all times.

Social Media

- A.** The use of telecommunication devices (cell phones, electronic pads) in athletic locker rooms and athletic rest room are prohibited due to privacy concerns of all individuals.
- B.** Coaches have the discretion to limit cell phone use before, during and immediately after athletic events. At no time shall any athlete, trainer or manager audio record or video record activities within the dressing areas or sidelines during games or practices.

- C. Any form of embarrassing or inappropriate social media (videos, snapchat, twitter, vines, etc.) that is brought to the attention of the coaches or FISD administration will result in a 2-week suspension from all athletic activities (excluding practice), physical punishment and completion of a social media awareness program. This will be required before return. The second offense occurring within the same season or school year will result in automatic dismissal for the remainder of that year or season. If the offending athlete is a non-senior, they will be allowed back into the program the following year if no other violations occur.

X. Athletic Training Room Procedures

Your health is a concern to your coach and every member of the team. In the event that you become ill or injured report the information to the Athletic Trainer and your coaches as soon as possible.

Whenever you are injured or have an illness of a minor nature, you may be required to dress out (but not participate) and stay with your group during the workout. You learn from each practice session, whether you are actually working out or simply observing.

Treatments of injuries are performed before and after school.

Any and every time a FISD athlete visits with a doctor or chiropractor concerning an illness or injury the treating doctor must provide a written release before the athlete will be allowed to compete or practice. A “return to school or PE” note will not suffice.

XI. Athlete/Parent/Coach Communication Process

- A. Before the start of each sport, the head coach will conduct a mandatory parent meeting regarding expectation, rules, regulations and additional information regarding the upcoming season.

- B. If at any time an athlete or parent has an issue/concern with a coach or a program the below process should be followed.
1. Athlete meets with the coach to discuss the concern
 2. Parents and/or meet with the coach.
 3. Parents and/or athlete meet with the Athletic Director
 4. Parents and/or athlete meet with the Principal
- C. **Coaches should never be approached to discuss an issue or complaint immediately following a game or competition.**



Return this form to your Head Coach

I have read the enclosed information and understand the rules, expectations and consequences of the Friendswood athletic department.

Print student Name

Print Parents Name

Students Signature

Parents Signature

Sport

Date