

# SALT LAKE LUTHERAN HIGH SCHOOL ATHLETIC DEPARTMENT

Dear Athletes and Parents,

August 2009

Welcome to a new school year!! Attached you will find several forms to complete for participation in Athletic activities at Lutheran High School. Please complete the following forms and return them immediately to your coach OR to the school/athletic office. Additional copies of these forms are available on the school web page in pdf format – [www.sllhs.org](http://www.sllhs.org) - see ATHLETICS INFORMATION PAGE. All forms must be completed and returned prior to the start of participation in interscholastic activities. Please note that there are NEW forms this year. I apologize for the amount of paperwork, however the UHSAA requires us to have this information on file. If you have any questions, please contact me at school.

Darren Morrison  
Activities Director

## INSTRUCTIONS

***It is very important to read through each form and complete the appropriate information.***  
***All forms are available online at [www.sllhs.org](http://www.sllhs.org) - ATHLETICS INFORMATION PAGE***

### **1. UHSAA TRYOUT CHECKLIST – ONE FORM PER ACTIVITY**

Must be completed prior to participation. Also read through UHSAA Tryout Checklist Information Sheet. (See [www.uhsaa.org](http://www.uhsaa.org) - Forms Book #46)

### **2. UHSAA PHYSICAL EXAMINATION FORMS – ONE FORM PER YEAR**

**Form A or B needed. See the instructions on the Physical Forms.** (See [www.uhsaa.org](http://www.uhsaa.org) - Forms Book)

**FORM A** - Each athlete must have a physical examination form on file in the school office. (Form A) A student must have a physical every 3 years. This form is valid for 3 years of high school. If your son/daughter had a physical as a 9<sup>th</sup> grade student, they will need to have another physical exam for their 12<sup>th</sup> grade year.

**FORM B** - Each athlete must complete FORM B each year they participate, except for the year the physical (form A) was completed. **IF** there have been any changes in their health, (i.e. surgeries or serious illnesses) since they last had a physical, the Pre-participation Physical Form must be included and signed by a physician. (bottom of first page)

\*All physical forms need to be signed by the parents.

\*If a student has an injury that requires medical attention, a doctor must sign a release form to indicate that the student is able to resume activities.

### **3. SLLHS INTERSCHOLASTIC STUDENT/ATHLETE POLICIES AGREEMENT – ONE PER YEAR**

\* Please check each sport/activity in which your son/daughter intends to participate during the school year. Sign and date page 3.

### **4. SLLHS TRANSPORTATION RELEASE – ONE FORM PER ACTIVITY**

\* Please check the spaces at the top of the form to indicate which transportation arrangements are approved for your son or daughter. Please note there are several options that do apply. In the event you do not want your child to ride with the transportation that is arranged for the team, you will need to indicate this in writing.

\* The transportation release form will cover all transportation arrangements during the duration of the sport. This includes home/away games & practices.

### **5. SLLHS EMERGENCY MEDICAL AUTHORIZATION – ONE FORM PER YEAR**

\* Answer all questions and complete. Parent signature is needed at the end of page 2. These forms will be kept in the coaches' possession during all practices and contests in case of an emergency.

### **6. ATHLETIC UNIFORM AND EQUIPMENT CHECK OUT – ONE FORM PER ACTIVITY**

\*Each coach will hand out this form when school uniforms and equipment are issued. The student athlete records equipment issued and returns this form.

### **7. CAUTIONARY STATEMENT – ONE FORM PER ACTIVITY**

\*Each sport has inherent risk involved. Athlete and parent(s) are to carefully read through the risks of each sport and return a signed copy to the coach.