

LINCOLN COUNTY SCHOOL DISTRICT

ATHLETICS PARTICIPATION REQUIREMENTS

For an athlete to obtain a clearance card to play a sport they must have the following:

- **Current physical on file** at your High School. Physical must be from Oregon. Physicals are good for two years and must be completed and turned in to the athletic department before a student can participate in practices.
- **Sports participation form** filled out with ALL information, including insurance name and policy number, signed by the student and parent and returned to the school. (If student insurance needs to be purchased, confirmation must take place before a clearance card is issued. Check with your school office if you need information on insurance.)
- **Code of Ethics for Athletics** must be signed by the athlete and parent, and returned to the school. This form is contained in the Activities and Athletics Handbook or is available through your Athletic Director.
- **Social Media Guidelines** for athletes signed by the student and parent. This form is signed each school year.
- **Participation fee** of \$125.00 per high school sport needs to be paid. Contact your Athletic Director's office with questions or for assistance.
- **Pure Performance Program** completed: Go to: <http://lifeofanathletelcsd.com>
 - Read each section and take the test. Print results from your email and turn in results. Pure Performance is done every year.
- **Concussion training** – Valid for 2 years. Schedule a time with your Athletic Director's office to take this test.

Athletic clearance week for fall sports is: August 7th-11th

2017-18 School Year. First practice day for Fall Sports: **Monday, August 14, 2017**

Visit our school website at: www.nhscubs.com