

# Life of an Athlete Drug/Alcohol Course

## Newport High Athletic Department

- *THIS NEEDS TO BE COMPLETED ONLY ONCE PER SCHOOL YEAR*

To participate in athletics at Newport High School, it is required that each student athlete completes the Life of an Athlete Course annually. The following are directions on how to complete this class:

1. Go to <http://www.lifeofanathletelecd.com/>
2. Read through each section of the course.
3. Take the quizzes at the end of each section. (If you have many incorrect answers in your quizzes, go back through and reread the section.)
4. Take the Final Exam:
  - a. Enter your email address- your results will be sent to your email.
  - b. Under “user name”, enter your first and last name.
  - c. Click “start”
  - d. Enter your first name and then enter your last name.
  - e. Under “department”, put the name of your school. (Waldport High)
  - f. Answer **ALL** 25 questions. You **MUST** get an 80% or better to pass.
  - g. Print your results from your email that will be sent to you. Make sure you put your name and the sport you are participating in on your results.
  - h. Turn in your results to the Athletic Director or Athletic Secretary.

You may email results to:

Kenna.Johnson@lincoln.k12.or.us