



HICKORY GROVE CHRISTIAN SCHOOL

ATHLETIC PARTICIPATION AGREEMENT

"TO KNOW CHRIST AND TO MAKE HIM KNOWN THROUGH CHRISTIAN EDUCATION"

ATHLETIC PARTICIPATION AGREEMENT FOR STUDENT-ATHLETES (FOOTBALL) 2018-2019 SCHOOL YEAR

Hickory Grove Christian School upholds a proud, honored tradition in academics and athletics. The Athletic Department at HGCS is excited about the potential for your child to be a member of our athletic program. Athletic teams provide students a chance to grow in multiple areas, including physical fitness, sportsmanship, work ethic, and teamwork.

Thank you for your interest in the HGCS Athletic Department. We look forward to working together.

The attached information packet includes the following sections:

- HGCS Athletics Expectations and Policies
- Assumption of Risk Information
- Parent/Guardian Pledge and Student Pledge

EACH PAGE MUST BE INITIALED AND THE FINAL PAGE SIGNED BY BOTH THE STUDENT-ATHLETE AND A PARENT/GUARDIAN BEFORE THE STUDENT-ATHLETE CAN BE ELIGIBLE TO TRY OUT FOR ANY TEAM AT HGCS. Should you have any questions or concerns regarding any information enclosed, please contact the prospective coach or the Athletic Office.

HGCS Athletics Expectations and Policies

Levels of Play

All teams at Hickory Grove Christian School are expected to play in the true spirit of competition.

- Middle School: Grades 6-8
- Junior Varsity: Grades 9-10 (An 8th grader may be allowed to participate at the junior varsity level at the discretion of the coaching staff. JV Football will be open to grades 7-9.)
- Varsity: Grades 9-12 (An 8th grader may be allowed to participate at the varsity level at the discretion of the coaching staff. Varsity Football will be open to grades 10-12, but a 9th grader may participate at the varsity level at the discretion of the coaching staff.)

Forms

The student must turn in all athletic forms before tryouts begin for the season in which the student athlete intends to participate. Forms should be turned in to the coach by the first day of tryouts. Students trying out for sports in additional athletic seasons will not be required to resubmit forms that were already submitted for a previous sport during the current school year.

Required athletic forms include:

- Athletic Physical Form
- Athletic Medical Forms Packet:
 - HGCS Emergency Medical Treatment Authorization
 - Student-Athlete & Parent/Legal Custodian Concussion Statement
 - Atrium Health Student-Athlete Request for Treatment/Release of Medical Information
- Athletic Participation Agreement and/or Football Athletic Participation Agreement

Fees

The student must pay the team's player fee before the team's first competition of the current season. The player fee for the 2018-2019 school year is **\$95 for Middle School and JV teams** and **\$105 for Varsity teams**. Athletes participating in multiple sports throughout the school year may be eligible for a 50% discount for the player fee applied to the second and third sport once the player fee for the first sport has been paid in full. Any athlete who has not turned in their player fee will not be allowed to participate in any games, meets, or competitions until the outstanding balance has been paid.

Eligibility

In order to be eligible for any athletic activity (workouts, tryouts, practices, or games), the athlete must meet the following requirements:

- The student-athlete must be a full-time student enrolled at Hickory Grove Christian School for the current school year. New students must complete the entire admissions process and be accepted to HGCS before they can participate in any athletic activities.
- A student may participate in athletics in no more than six consecutive semesters after initially enrolling in the 10th grade of any school, no more than four consecutive semesters after initially enrolling in the 11th grade of any school, and no more than two consecutive semesters after initially enrolling in the 12th grade at any school, regardless of whether or not he/she remains

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continuously enrolled. A student transferring from one school to another mid-year would be considered to have used up one semester of athletic eligibility for that school year.

- The student must be under 19 years of age on or before August 1st of the current school year.
- The student must not have a signed professional contract, have played on a junior college team, or be enrolled and attending a class in college unless the course is part of HGCS curriculum.
- The student must not have graduated from high school.
- The student must have a current physical form on file with the Athletic Department. The physical form must have been completed and signed by a licensed physician, physician's assistant, or family nurse practitioner during the student's medical examination within the past 13 months. The current physical must be turned in to the Athletic Office or Athletic Trainer in order to participate in workouts, tryouts, practices, or games and must be kept up-to-date throughout the student's athletic participation.
- The student must turn in all required athletic forms prior to the start of tryouts (see previous "Forms" section). Students who have not turned in all required athletic forms will not be eligible to participate in tryouts or practices until all forms have been submitted.
- The student must submit all outstanding athletic fees to be eligible to participate in any athletic contest with the team (see previous "Fees" section).
- HIGH SCHOOL: The student must maintain the academic requirements as set forth in the HGCS student handbook.
 - a. Any student with 2 or more D's or 1 or more F's will be placed in Academic Coaching.
 - b. Any student athlete who is in the Academic Coaching program for a single grade check period will be placed on Athletic Probation. While on Athletic Probation, the student athlete will be required to meet weekly with his/her assigned academic coach and to attend SMART lunch sessions with the teacher of each class in which he/she has a D or an F. The student athlete will still be eligible to participate in practices and games. The student athlete will be taken off Athletic Probation and released from Academic Coaching if he/she has fewer than 2 D's and no F's at the next scheduled grade check.
 - c. Any student athlete qualifying for Academic Coaching for consecutive grade checks will be considered Athletically Ineligible. During this period of ineligibility, the student athlete cannot practice or play in any games until the next grade check. The student athlete's eligibility will be reinstated if he/she has fewer than 2 D's and no F's at the next scheduled grade check.
 - d. Student-athletes must pass all core classes, including any foreign language being taken, to be eligible to participate in summer workouts and any fall sport tryout. If a student-athlete does not pass a core class, he/she must complete remediation with a passing grade to become eligible to participate in summer workouts and any fall sport tryout. Student-athletes who do not pass a first semester core class will be athletically ineligible and placed on academic coaching until the next grade check. He/she can become eligible again during the second semester once released from academic coaching; however, the athlete will be required to complete remediation for the failed class to be eligible to participate in summer workouts and any fall sport tryout the following school year.
 - e. Grade check dates for the 2018-2019 school year are listed below:

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First Semester	Second Semester
9/10/18 (Mid Quarter)	2/12/19 (Mid Quarter)
10/15/18 (End of Quarter)	3/19/19 (End of Quarter)
11/13/18 (Mid Quarter)	4/22/19 (Mid Quarter)
1/2/19 (End of Semester/Final Grade)	5/24/19 (End of Semester/Final Grade)

- MIDDLE SCHOOL: The student must maintain the academic requirements as set forth in the HGCS student handbook.
 - Any student with 3 or more D's or 1 or more F's will be placed on Athletic probation.
 - While on Athletic Probation, the student athlete will still be eligible to participate in practices and games. The student athlete will be taken off Athletic Probation if he/she has fewer than 3 D's and no F's at the next scheduled grade check.
 - Any student athlete qualifying for Athletic Probation for consecutive grade checks will be considered Athletically Ineligible. During this period of ineligibility, the student athlete cannot practice or play in any games until the next grade check. The student athlete's eligibility will be reinstated if he/she has fewer than 3 D's and no F's at the next scheduled grade check.
 - Student-athletes must pass all core classes to be eligible to participate in summer workouts and any fall sport tryout. If a student-athlete does not pass a core class, he/she must complete remediation with a passing grade to become eligible to participate in summer workouts and any fall sport tryout.
 - Grade check dates for the 2018-2019 school year are listed below:

First Semester	Second Semester
10/15/18 (End of First Quarter)	3/19/19 (End of Third Quarter)
1/2/19 (End of Second Quarter)	5/24/19 (End of Grade)

- The student-athlete must fulfill all the eligibility requirements as set forth by the North Carolina Independent Schools Athletic Association.

Participation

All student-athletes participating in athletics at HGCS on any team during any season must abide by the following policies:

- When a sport season begins, Hickory Grove teams are the first athletic priority. Absences because of AAU, Club Sports, or Recreation Sports are unexcused and may result in discipline, including removal from the team. Athletes should not miss practices or games because of other extracurricular activities.
- Students must be in attendance for at least a half day on the day of a game or practice to participate in the game or practice. The student must be in class before 11:30 am if arriving to school late. If leaving early, the student must not leave class before 11:30 am. High School students with pre-approved absences will be allowed to participate in athletic activities for the day.
- The coach determines playing time and position for all team members. At practices, all players will be given the opportunity to improve. **Playing time in competitions is not equal. Playing time is not based solely on performance, but also on teamwork, attitude, and strategy.**
- Except as provided for in a particular sport under the Sports Specifics section of the NCISAA

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Handbook, participation by boys in girls' sports and girls in boys' sports in any event hosted and/or sponsored by any NCISAA school is prohibited.

- No athlete may participate in two sports in one season unless special permission has been granted by the Athletic Director.
- Once a student-athlete becomes a member of a team, he/she may not try out for any other team until the current team's season is completed.
- If a student-athlete decides to quit a sport, he/she must do so in the appropriate manner described below:
 - If quitting a team, the student-athlete must notify the coach within 36 hours of the first practice or game to be missed.
 - All the equipment issued from the team is to be returned before any separation from the team. Equipment not returned will be charged to the student's fees.
- If a student-athlete quits a team for any reason, he/she will not be allowed to participate in any other athletic activities, including off-season workouts, until the season of the team he/she quit has ended.
- Student must not be guilty of unsportsmanlike conduct.
- It is the student-athlete's responsibility to follow the team rules as set forth by the Athletic Department/Coach. Any violation that results in suspension must be reviewed by the Head of School/Athletic Director before the student-athlete will be allowed to return.
- If a student-athlete is removed from a team for disciplinary reasons, he/she may be prohibited from returning to any event involving that team or sport for the remainder of the season.
- The student-athlete must not practice OR play if deemed ineligible.
- The student-athlete must fulfill all the participation requirements as set forth by the North Carolina Independent Schools Athletic Association.

Uniforms/Equipment

All uniforms and equipment issued are the sole property of the HGCS Athletic Department. It is the student-athlete's responsibility to launder, maintain, and keep in his/her possession all uniforms and equipment issued. The student-athlete must return all issued uniforms and equipment in the same condition it was given to him/her. Uniforms and equipment should be returned to the coach immediately upon the conclusion of the team's season. If the student-athlete fails to return issued uniforms/equipment, or if the uniforms/equipment returned are in unsatisfactory condition, the student-athlete will be responsible for paying to replace any and all uniforms/equipment lost or returned damaged. All equipment issued and all fees incurred must be returned or paid before the student-athlete will be allowed to participate in another sport.

Misdemeanor Policy

Any student arrested or charged with a misdemeanor other than a traffic/moving violation will be immediately ineligible for athletic participation until such time as the result of his/her case is adjudicated, of which will terminate his/her participation for the remainder of the season if found guilty. The student-athlete may remain ineligible until the charges are dropped or sentencing for the violation is complete. At the end of the sentencing a student may appeal to the Coach, Athletic Director, and Head of School for possible reinstatement. All violations of this policy will be reviewed by the Head of School and Athletic Director.

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Sportsmanship

Each student-athlete is a representative of the HGCS Athletic Department whose actions reflect on the school, the community, and his/her family. Any actions that bring discredit to the student-athlete or these institutions will be dealt with by the administration and the Athletic Department and may include dismissal from the team. Each student-athlete must be a positive role model to his/her fellow student-athletes/teammates and help them abide by all the rules and policies implemented by the Athletic Department. This includes all social media activity.

Ejection Policy

The following types of behavior can result in an ejection from an athletic contest as determined by the officials: fighting, taunting or baiting, profanity, obscene gestures, disrespectfully addressing an official or an opponent. Any student-athlete who is ejected in a game must meet with the Athletic Director the following school day.

- First ejection: One game suspension served in the next contest (ejection for fighting doubles the penalty: two games in the next two contests).
- Second ejection: Suspended for the remainder of the team's season.
- Third ejection: Suspended from all athletic competition for an indefinite time period to be determined by the athletic staff.

Transportation

Members of a team are to ride to away games together on the school bus under the supervision of the head coach. All members are to ride back to campus on the school bus under the supervision of the head coach unless a parent/legal guardian has signed out the student-athlete with the coach. Individuals other than the parent/legal guardian must have the parent/legal guardian's written permission submitted to the coach to sign out the student-athlete. Students-athletes who have obtained a driver's license may drive their own personal vehicle to off-campus practices and home games provided they turn in a Student Driver Permission Form to the Athletic Office and obey all student driver policies as set forth by HGCS and the Athletic Department (form may be obtained from the coach or Athletic Office). Student-athletes may not drive their personal vehicles to away games except under extenuating circumstances that have been approved by the Athletic Director. In such cases, the student-athlete must turn in to the Athletic Office a student driver form specific to the event that has been signed by a parent/guardian prior to departure from campus.

Conflict Resolution

If a parent or student-athlete has a conflict with anything regarding athletics, he/she must follow the proper ladder of conflict resolution as depicted below:

- I. Athlete to the Coach
- II. Parent and Athlete to the Coach
- III. Parent to the Athletic Director (Coach may be present)
- IV. Parent to Principal
- V. Parent to Head of School

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Communication

The HGCS Athletic Department has five main avenues of promotion and communication with parents, students, and our community:

- HG Christian School Athletics Facebook page
- HGCS Athletics Twitter account (@HGCSAthletics)
- School Website and App
- Weekly Announcements Blog (hgcsathletics.blogspot.com)
- Remind Announcements (text @hgcslions to 81010 to receive notifications)

The HGCS Athletic Department reserves the right to use photographs and video of the student-athlete as it pertains to the sports team. These photos and videos may be used in promoting the athletic program on Facebook, Twitter, the school website, school publications, church publications, community publications, seasonal videos, and/or team publications.

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Assumption of Risk Information Warning to Students and Parents

SERIOUS, CATASTROPHIC, AND PERHAPS FATAL INJURY MAY RESULT FROM ATHLETIC PARTICIPATION.

By its nature, competitive athletics may put students in situations in which **serious, catastrophic, and perhaps fatal accidents** may occur.

Many forms of athletic competition result in violent physical contact among players, the use of equipment which may result in accidents, strenuous physical exercise, and numerous other exposures to risk of injury.

Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all risk of injury. Athletic participation by middle/junior and senior high school students also may be inherently dangerous. There have been accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairment as a result of athletic competition.

By granting permission for your student to participate in athletic competition, you, the parent/guardian, acknowledge that such a risk exists.

By choosing to participate, you, the student, acknowledge that such a risk exists.

As the parent/guardian, you agree to hold harmless and release Hickory Grove Christian School, Hickory Grove Baptist Church, MAC Conference, and the NCISAA and each of their respective affiliates, officers, directors, employees, or representatives from any and all liability for all claims, demands, losses, damages and costs, including reasonable attorneys' fees, that arise out of or in connection with any personal injury, property damage, and/or loss suffered by the student athlete in connection with the participation in the athletic program.

Students will be instructed in the proper techniques to be used in athletic competition and in the proper utilization of all equipment worn or used in practice and competition. Students must adhere to that instruction and utilization and must refrain from improper uses and techniques.

As previously stated, no amount of instruction, precaution, and supervision will totally eliminate all risk of serious, catastrophic, or even fatal injury.

If any of the foregoing is not completely understood, please contact your school principal, athletic director, coach or athletic trainer for further information.

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Football Assumption of Risk Statement

Football is a contact sport and injuries will occur. The coaches working in our program are well qualified professional people. Fundamentals related to playing football will continually and repeatedly be emphasized on and off the field. The information contained within this list of rules and procedures is to inform the young men in our football program of the proper techniques to practice for maximum safety in the contact phase of the game.

Serious head and neck injuries leading to death, permanent brain damage or quadriplegia (extensive paralysis from injury to the spinal cord at the neck level occurs in football. The toll is relatively small (less than one fatality for every 100,000 players and an estimated one non-fatal severe brain and spinal cord injury for every 100,000 players) but persistent. They cannot be completely prevented due to tremendous forces occasionally encountered in football collisions; they can be minimized by manufacturer, coach, and player compliance with safety standards.

TACKLING, BLOCKING, AND RUNNING THE BALL

By rule, the helmet is not to be used as a "ram". Initial contact is not to be made with the helmet. It is not possible to play the game safely or correctly without making contact with the helmet when properly blocking and tackling an opponent. Therefore, technique is most important to prevention of injuries.

Tackling and blocking techniques are basically the same. Contact is to be made above the waist but not initially with the helmet. The player should always be in a position of balance, knees bent, back straight, body slightly bent forward, head up, target area as near the body as possible with the main contact being made with the shoulder.

Blocking and tackling by not putting the helmet as close to the body as possible could result in shoulder injury such as a separation or pinched nerve in the neck area. The dangers of not following the proper techniques can be from minor to disabling to even death. The reason for following the safety rules in making contact with the upper body and helmet is that improper body alignment can put the spinal column in a vulnerable position for injury.

If the head is bent downward the cervical (neck) vertebrae are in a bind and contact on the TOP OF THE HELMET could result in a dislocation, nerve damage, paralysis, or even death. If the back is not straight, the thoracic (mid-back) and lumbar vertebrae are also vulnerable to injury with similar results if contact again is made to the TOP OF THE HELMET. HGCS's daily workout includes exercises to develop strength in the neck muscles. Strengthening the neck muscles is one of the best methods of preventing neck injury and enabling an individual to hold his head up even after getting tired during a workout or contest.

BASIC HITTING (CONTACT) POSITION AND FUNDAMENTAL TECHNIQUE

If the knees are bent, the chance of knee injury is greatly increased. Fundamentally, a player should be in the proper hitting position at all times during live ball play and this point will be repeated continually during practice. The danger is anything from strained muscles, to ankle injuries, to serious knee injuries

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requiring surgery may result. The rules have been made blocking below the waist (outside two-yard by four-yard area next to the football at the line of scrimmage) illegal. Cleats have been restricted to no more than ½ inch to further help in preventing knee injuries. A runner with the ball however, may be tackled around the legs.

In tackling, the rules prohibit initial contact with the helmet or grabbing the facemask or edge of the helmet. These restrictions were placed in the rules because of serious injuries resulting from non-compliance to these safety precautions. Initial helmet contact could result in a bruise, dislocation, broken bone, head injury, internal injury such as kidneys, spleen, bladder, etc. Grabbing the facemask or helmet edge could result in neck injury, which could be anything from a muscle strain to a dislocation, nerve injury, spinal column damage causing paralysis or death.

Illegal play by participating athletes shall not be tolerated and all players are repeatedly reminded of the dangers of unsportsmanlike acts.

FITTING AND USE OF EQUIPMENT

Shoulder pads, helmets, hip pads, pants, including thigh pads and kneepads, must have proper fitting and use. Shoulder pads which are too small will leave the shoulder point vulnerable to bruises and separation; it could also be too loose in the neck area, causing them to slide on the shoulders making them vulnerable to bruises and separations.

Helmets must fit snugly at the contact points: front, back, and top of the head. The helmet must be safety "NOCSAE" branded; the chin straps must have four contact points to the helmet and must be fastened, and the cheek pads must be of the proper thickness. On contact, too tight a helmet could result in a headache. Too loose a fit could result in headaches, concussion, a face injury such as a broken nose or cheek bone, a blow to the back of the neck causing a neck injury, possibly quite serious such as paralysis or even death.

This report does not cover all potential injury possibilities in playing football, but it is an attempt to make the players aware that fundamentals, coaching and proper fitting equipment is important to the safety of those playing football at Hickory Grove Christian School.

The previous information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper technique while participating in the football program. I understand not to use the helmet to butt, ram, or spear an opposing player. This is in violation of football rules and such use can result in severe head or neck injury, paralysis, or death and possible injury to opponents. NO Helmet can prevent all head or neck injuries a player might receive while participating in football.

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Parent/Guardian Pledge

1. I pledge to use positive encouragement to edify my child because I understand that athletes do their best when they are encouraged.
2. I understand that fewer than 1% of youth sports participants receive college athletic scholarships and that the top three reasons kids play sports are:
 - To have fun
 - To make new friends
 - To learn new skills
3. I pledge to refrain from calling out instructions to my child or approaching the bench during a game or breaks in a game. I understand that this is the coach's job. I will limit my comments during the game to encouraging my child and other players for both teams.
4. As a parent/guardian, I am a role model. I will remember that school athletics are an extension of the classroom, offering learning experiences for the students. I will show respect for the opposing players, coaches, spectators, and support groups. I will participate in cheers that support and uplift the teams involved. Using inappropriate language and taunting are contrary to the spirit of fair play and the good sportsmanship our school, our conference, and the NCISAA expects of its members. I accept my responsibility to model good sportsmanship that comes with being the parent of a student athlete.
5. I pledge to refrain from making negative comments about my child's coach in front of my child, my child's teammates, or other team parents. If I have a conflict with the coach, I pledge to handle it in a Biblical manner and approach the coach directly, privately, and respectfully.
6. I will be on time to pick up my child from all games and practices. This shows respect for the coach, and it tells my child that he or she is my top priority.
7. I understand that I may be asked to help with admissions, concessions, or other volunteer opportunities to help raise funds for the Athletic Department, and I commit to helping when able.
8. I understand that the coach determines playing time and position for all team members. At practices, all players will be given the opportunity to improve. **Playing time in competitions is not equal. Playing time is not based solely on performance, but also on teamwork, attitude, and strategy.**
9. I understand that all uniforms and equipment issued are the sole property of the HGCS Athletic Department. It is the responsibility of me and my student to launder, maintain, and keep in our possession all uniforms and equipment issued. I will return all issued uniforms and equipment in the same condition it was given to me. If I fail to return issued uniforms/equipment, or if the uniforms/equipment returned are in unsatisfactory condition, I will be responsible for paying to replace any and all uniforms/equipment lost or returned damaged.
10. I pledge to adhere to all policies of the HGCS Athletic Department, as well as those laid out by the coach for my child's team.

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Student-Athlete Pledge

1. I will make my HGCS team/squad one of my top priorities and will not miss practices or games because of other extracurricular activities.
2. As a student athlete, I am a role model. Using inappropriate language, taunting, baiting, or the use of unwarranted physical contact directed at opposing players, coaches, and fans are contrary to the spirit of fair play and the good sportsmanship my school, my conference, and the NCISAA expects of its members. I accept my responsibility to model good sportsmanship that comes with being a student athlete.
3. I pledge to show respect to my coaches and teammates at all times.
4. I understand that as a student-athlete, I am a representative of HGCS, and I pledge to represent my team and school with good sportsmanship and a Christ-like attitude at all games and events.
5. I understand that I am a member of a team, and that my participation in HGCS athletics requires commitment to my team. I pledge to value and exert teamwork, and to respect the coach's decisions regarding play time, positioning, and strategy as beneficial to the team overall. Additionally, I pledge to refrain from behavior that may hinder the team and cause discord.
6. I pledge to refrain from making negative comments about my coach to my teammates or other students. I understand this can seriously damage team morale and chemistry and undermine my coach's ability to do his/her best. If I have a conflict with the coach, I pledge to handle it in a Biblical manner and approach the coach directly, privately, and respectfully.
7. I understand that the coach determines playing time and position for all team members. At practices, all players will be given the opportunity to improve. **Playing time in competitions is not equal. Playing time is not based solely on performance, but also on teamwork, attitude, and strategy.**
8. I pledge to adhere to all policies of the HGCS Athletic Department, as well as those laid out by my coach for the team.

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HICKORY GROVE CHRISTIAN SCHOOL

ATHLETIC PARTICIPATION AGREEMENT

"TO KNOW CHRIST AND TO MAKE HIM KNOWN THROUGH CHRISTIAN EDUCATION"

ATHLETIC PARTICIPATION AGREEMENT FOR STUDENT-ATHLETES 2018-2019 SCHOOL YEAR

PLEASE SIGN AND RETURN COMPLETED PACKET TO THE ATHLETIC OFFICE

Parent/Legal Guardian Signature

I, _____, have read the Athletic Participation Agreement and Eligibility Requirements in its entirety. I fully understand what is expected of me as a parent/legal guardian of a student athlete at Hickory Grove Christian School.

Printed Name

(Parent/Legal Guardian)

Signed Name

(Parent/Legal Guardian)

Date _____

Student Signature

I, _____, have read the Athletic Participation Agreement and Eligibility Requirements in its entirety. I fully understand what is expected of me as a student athlete at Hickory Grove Christian School.

Printed Name

(Student)

Signed Name

(Student)

Date _____