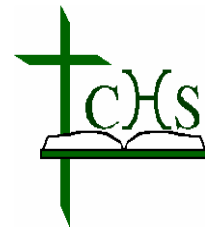


**CHRISTIAN HERITAGE SCHOOL
ATHLETIC DEPARTMENT
WAC (Jr. High)**



Dear Athletes and Parents,

July 15, 2009

Welcome to a new school year!! Please complete the enclosed forms and return them immediately to the school/athletic office. Athletics information and related forms are also available on the CHS website (chsut.org). All forms must be completed and returned prior to the start of participation in interscholastic activities. Please note that we depend on the school database to obtain information needed for participation in CHS athletics/activities, so it is imperative that you update your personal information with any changes and/or additions.

REQUIRED FORMS CHECKLIST

- **PHYSICAL EXAMINATION FORMS** – ONE FORM PER YEAR
FORM A – Each athlete must have a physical examination form (Form A) on file in the athletics office upon entering school/WAC athletics. This form is valid for all (4) years of WAC – age participation (5-8th grade).

FORM B – Each athlete must complete FORM B (an update of their personal history) each year they participate, except for the year the physical (Form A) is completed. **IF** there have been any changes in their health (i.e. surgeries, breaks, or serious illnesses) since they last had a physical, the Pre-participation Clearance Form on the reverse side of Form B must be included and signed by a physician.
 - **All physical forms need to be signed by both the athlete and a parent.**
 - **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.**
 - **\$20 Sports Physicals can be obtained @ Layton/Farmington Express Care (inside Smith's Grocery Stores) Monday thru Friday, 10AM to 8 PM or S/S 10 AM to 4 PM thru July 31st. Walk-ins ONLY – no appointments taken. Call (801) 447-3361 for additional information.**
- **CHS/WAC ATHLETICS POLICIES AND PROCEDURES & SIGNATURE PAGE** – ONE FORM PER YEAR
Parents and student-athletes should read the “CHS/WAC Athletics Policies & Procedures” found on the CHS website (chsut.org) in their entirety and then provide the required signatures on the enclosed Signature Page. Medical insurance information should be provided as requested. Also, if you do **NOT** want CHS to seek medical treatment for your son/daughter in the event of a sports-related injury or illness, please initial on the appropriate line. Each sport/activity in which your son/daughter intends to participate during the upcoming school year should be noted as well.

SEE OTHER SIDE FOR ADDITIONAL IMPORTANT INFORMATION

KEEP FOR YOUR REFERENCE!

- **ACADEMIC ELIGIBILITY** A 2.0 (C-) GPA with no failing “F” grades from the previous grading period is required to participate in athletics. *Even 4th quarter/spring grades will be used to determine eligibility for the following fall quarter.* During the sports season and in between grading periods, each student-athlete’s grades and conduct will be monitored by the principal, teachers, & athletic office. Should an athlete’s grades be in jeopardy during the grading period, the athlete *might* be placed on some kind of temporary probation after discussion with teacher(s), parent(s), and administrators (principal and athletic directors).
- **DEADLINES** All required fees and forms for the **fall sports (volleyball and boys’ soccer)** must be turned in before the first games, **September 1st**. Forms and fees for the winter and spring sports will be due by **September 30th**, **but may be submitted in advance for your convenience. No athlete will be allowed to compete unless all of his/her necessary paperwork with required signatures and fees are turned in by the appropriate deadline.** Because the budget for athletics is completely funded by annual fees and fundraisers, it is imperative that these fees be collected in a timely manner.
- **FEE AMOUNT** A minimum **\$45.00** fee will be collected for **each** sport in which an athlete is participating. The only exception to this is in the spring when an athlete and his/her family elect to participate in two concurrently running sports (e.g. girls’ soccer & cross-country, baseball & cross country). In this instance, an additional athletic fee of \$20 or less will also be charged. **The policy of Christian Heritage School is that any student-athlete who has the ability/talent to make a CHS team is able to participate regardless of his/her financial situation. Please contact the athletics department should such a need exist; all financial matters will be handled with complete confidentiality.**
- **MEDICATION** CHS school policy does not allow the **distribution of any medication**, including pain reliever or cold medicine, to an athlete by a CHS coach or staff member without the **written approval of a doctor**. However, if your son/daughter needs such medication during an athletic event, he/she can take the medication if it is already in his/her possession. ***Under no circumstances is a student-athlete allowed to share medication, even pain reliever, with another student-athlete.***
- **SERVICE OPPORTUNITIES** Due to our limited financial resources (even our coaches are volunteers), we rely on the volunteer efforts of our parents to provide assistance with the various aspects of running our athletic program. The service opportunities are numerous and include concession management and assistance, ticket-taking (@ tournaments), clock-keeping, scorebook recording, away-game driving, and fundraising coordination and assistance (e.g. specialty dinner, tournaments, and clinics). *These hours will count toward your service program hour’s requirement.*
- **SPORTS OFFERINGS** CHS is a member of the Wasatch Athletic Conference (WAC) and offers three seasons (fall, winter, and spring) of athletic competition against other member schools throughout the Ogden and Salt Lake areas.
 1. **Fall (September through mid-October)** – Girl’s Volleyball (A, B, & C teams) and Boys’ Soccer (A & C teams). The teams will be divided primarily by grade with “A” being comprised of the oldest students and “C” the youngest. Additionally, we are seeking qualified coaches for the boy’s soccer teams.
 2. **Winter (early November through early February)** – Girls’ and Boys’ Basketball. The number of team offerings will be dependent on the interest level of athletes and the availability of qualified coaches. We anticipate a need for additional basketball coaches this coming year.
 3. **Spring (early April through early May)** – Co-ed Cross Country, Baseball, and Girls’ Soccer. Again the number of offerings will depend on the interest level of our athletes and the availability of qualified coaches.
- **TRANSPORTATION** CHS depends on our parents to transport their WAC-age (5-8th) student-athletes to off-site/away games and/or practices. A team information roster will be provided to assist those parents who cannot transport their own children on a regular or periodic basis. The athletic department asks you to make your own arrangements, but is willing to assist when your own efforts have been exhausted. ***Please provide a copy of your license and current insurance card to the elementary office (5-6th graders) and to the secondary office (7-8th graders), if you are likely to be driving students other than your own. (This procedure is required for field trips, as well as athletic activities).***

Please feel free to contact us via cell phone or e-mail should you have any questions or comments regarding this information or any other activities & athletic related issue. Sally Roberts (#801-309-9667; sally.roberts@chsut.org) - Kelly Volk (#801-510-1370; kelly.volk@chsut.org)