



CHRISTIAN HERITAGE HIGH SCHOOL ATHLETIC DEPARTMENT



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 & ENCLOSED FORMS

- **UHSAA TRYOUT CHECKLIST** – ONE FORM PER SEASON (Fall/Winter/Spring)
This form **must** be completed prior to participation. *Please complete 3 copies of this form if you/your student will participate in all three seasons of sports here at CHS.* Detailed information regarding this checklist and additional copies of this form can be accessed on the CHS website (chsut.org) and/or the UHSAA website (uhsaa.org).
- **UHSAA 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 high school athletics. This form is valid for all four (4) years of high school.
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 Clearance Section on the reverse side of Form B must be completed 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, 12 PM to 8 PM or S/S 12 PM to 4 PM thru July 31st. Walk-ins only - no appointments taken. Call (801) 447-3361 for additional information.***
- **CHHS STUDENT-ATHLETE POLICIES AGREEMENT & SIGNATURE PAGE** – ONE FORM PER YEAR
Parents and student-athletes should read the “CHS 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. Additionally, if you are new to CHS, please provide the requested information on your former school and any high school athletics participation while attending that school.
- **CHHS ATHLETIC DEPARTMENT TRANSPORTATION RELEASE** – ONE FORM PER YEAR
All team members will travel to and from any away athletic contests by means of the transportation provided or organized by the school, coach, or athletic director. A student-athlete may not drive him or herself, transport other team members or ride with other student-athletes to an athletic contest outside of the Ogden area. Indicate your desired transportation method(s) for your student on this form.

SEE OTHER SIDE FOR ADDITIONAL IMPORTANT INFORMATION

- **SPORTS OFFERINGS** CHS is a member of the Utah High School Activities Association (UHSAA) and offers three seasons (fall, winter, and spring) of athletic competition against other member schools throughout the state, primarily in the Ogden and Salt Lake areas.
 1. **Fall (August through mid-October)** – Girls' Volleyball @ the Junior Varsity and Varsity levels; Varsity Baseball; and Boys' and Girls' Cross-Country (5 team members needed to compete as a team; can compete individually regardless of number.)
 2. **Winter (late October through late February/early March)** – Boys' and Girls' Basketball @ the Junior Varsity and Varsity levels.
 3. **Spring (March through early May)** – Boys' and Girls' Golf, Boys' and Girls' Soccer, Boys' and Girls' Track & Field..
- **SUMMER TRAINING SCHEDULE** The fall and winter sports programs all have a variety of weight, fundamentals, and skill-building training during July. Some of the activities are limited in scope by the guidelines of the UHSAA and all sessions are encouraged but **OPTIONAL** until the UHSAA directed start dates for each sport, July 27th for baseball and August 10th for volleyball. Basketball is restricted to training in only June and July and will be in a "dead time" (no coach/player contact) during the months of August and September.
- **ADDITIONAL SPORTS OPPORTUNITIES** Those sports that are not currently available at Christian Heritage High School (e.g. football, softball, tennis, swimming, wrestling) are available to CHHS students through the public school they would attend were they not attending CHHS. Historically, students participating in "outside" sports have made arrangements with the CHHS administration to have an elective class as their last period class to be able to make practices at the respective public school. ***Please note that the Utah State Office of Education will only allow a .5PE credit to be given for your entire 4-years of high school for participation in UHSAA-sanctioned sports.*** Please see the CHHS administration should you be interested in outside sport participation and credit.
- **TRANSFERS** *Any student* transferring to CHHS from another high school this year must complete a transfer of eligibility packet. **Additionally, any incoming 9th grader who tried out for and/or participated in a high school sport, even though he/she attended a junior high, must also complete the transfer process.** A student's current year eligibility may be affected if he/she tried out for a sport in the current year but did not end up participating in that sport. The necessary forms for such a transfer are available in the athletics office or on the UHSAA website (ushaa.org).
- **DEADLINES** All required fees and forms for the **fall sports (volleyball, baseball and cross country)** must be turned in before the first practice, **July 27th** for baseball, **August 10th** for volleyball and **August 13th** for cross country. 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 **\$60.00** fee will be collected for **each** sport in which an athlete is participating. Some sports such as baseball and golf will have a higher participation fee; check with one of the athletic directors for specifics. 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. Soccer & Track, Soccer & Golf, Golf & Track). In these instances, a fee of \$60.00 (or higher for Golf) will be collected for the "primary" sport and an additional \$30.00 will be collected for the "secondary" sport. **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.**
- **NCAA REQUIREMENTS** The NCAA has specific eligibility requirements should your son/daughter anticipate a future in college athletics, *regardless if that is with or without a scholarship.* CHS' standards far exceed these requirements; however, should you have any questions on NCAA eligibility, please see one of the athletic directors. Info can be obtained on their website www.ncaa.org by going to the "NCAA Eligibility Center" under the "Academics and Athletes" menu sidebar.
- **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, 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 hours requirement.*

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 or Kelly Volk # (801) 510-1370; kelly.volk@chsut.org

KEEP FOR YOUR REFERENCE!