

MANHATTAN HIGH SCHOOL
ATHLETIC NEWSLETTER and PACKET
2018 – 2019 School Year

ATHLETIC PHYSICALS AND ATHLETIC PACKETS

The Kansas State High School Activities Association (KSHSAA) and USD 383 requires that each student athlete have a signed physical on file prior to athletic participation each school year.

A physical form can be printed off at www.usd383.org. Click on “Manhattan Indians”, then under EXTENDED DAY click on “athletics”. Look for Athletic Packet. Click on 2018-19 Athletic Packet and Newsletter, or the KSHSAA Pre-Participation Physical Evaluation to print. All forms are available in the Athletic Office at C-103 at MHSW or either of the main offices of MHSW or MHSE.

USD 383 also requires a completed athletic packet (included and also on the web) to be turned in with the physical and on file prior to any athletic participation. Both the completed KSHSAA physical form and the athletic packet must be filled out and signed by both the student athlete and the parent/guardian before being turned in **together** to the MHS Athletic Office, MHSW C-103. Athletic packets will also be available in the Athletic Office or either of the main offices of MHSW or MHSE. Physical forms and athletic packets must be turned in prior to the first day of practice. Those dates are listed below.

IMPORTANT DATES

Jul. 27	USD 383 Central Enrollment – 7:00 a.m. - 7:00 p.m. @ Manhattan High School West
Aug. 15	First day of school (1/2 day)
Aug. 13	First day of practice for fall sports
Aug. 20	MHS Parent’s Night for fall sports – 7:00 P.M., West Campus, Rezac Aud.
Nov. 5 - 11	Athletic Buffer Week
Nov. 12	First day practice for winter sports at MHS
Nov. 27	MHS Parent’s Night for winter sports – 7:00 P.M., West Campus, South Gym.
Dec. 22- 26	No sports practice (KSHSAA requirement)
Feb. 25, 2019	First day of practice for spring sports
Mar. 4, 2019	MHS Parent’s Night for spring sports – 7:00 P.M., West Campus, South Gym.

ATHLETIC PACKET

This checklist is to assist the athlete in order to participate in athletics.

___ **1. NEW PHYSICAL FORM** (A physical form can be printed at usd383.org. Click on “Manhattan Indians”, then under EXTENDED DAY click on “athletics”. Look for Athletic Packet. Click on 2018-19 Athletic Packet and Newsletter, or the KSHSAA Pre-Participation Physical Evaluation to print. The front page must be completed by parent/guardian and student prior to examination by physician. The KSHSAA requires that a physical form be on file at the school before participation. Completed physical forms are good for the current year only and must be signed and dated **on or after May 1, 2018**.)

___ **2.** Athletes and parents should read the MHS Athletic Code Agreement, the athletic Participation Assumption & Acknowledgement of Risk, and the Emergency Medical Permit and Activities Participation. Those forms should be filled out and signed by the parent/guardian in the presence of a notary. Notaries are available at the high school.

___ **3. CONCUSSION FORM** (Required by all)

___ **4. FOOTBALL SAFETY FORM** (Football Players Only)

FOOTBALL EQUIPMENT CHECKOUT: AUGUST 9, 2018

1:00 PM -1:30 PM. Letterman/Seniors

1:30 PM -2:00 PM. Juniors

2:00 PM -2:30 PM. Sophomores

2:30 PM -3:00 PM. Freshmen

Checkout site is West Campus Fitness Center

ADMISSION PRICES FOR 2018-2019 SCHOOL YEAR

High School varsity athletic events:

\$6.00 – adults

\$3.00 – grades K through 12

High school non-varsity:

\$3.00 – adults

\$2.00 – grades K through 12

High school students will be able to use their activity ticket for entry to all Manhattan High School athletic events with the exception of KSHSAA sponsored games.

ALL ATHLETIC EVENTS PASS

An “All Athletic Events” pass will be available to the general public for \$60. This **does not** include admission to any playoff games or events sponsored by the KSHSAA.

TRANSPORTATION

ALL members of an athletic team should travel by transportation provided by USD 383 to an athletic event and return by the same means. Parent/guardian must provide a written statement and approval must be given by the coaching staff and/or AD’s office for a student athlete to have permission to ride home with his/her parent/guardian. The coaching staff will be in charge of all aspects of the athletic trip.

ELIGIBILITY

Any student athlete wishing to participate in a sport at Manhattan High School must have a parent consent and a physical examination form completed and turned into the athletic department before participation. A parent and the student athlete must have signed and had notarized the Assumption and Acknowledgement of Risk form and the emergency medical permit which will be kept on file in the athletic office of the high school.

The student athlete must be enrolled in and attending a minimum of at least five (5) new subjects (those not previously passed) and must have passed at least five (5) new subjects (those not previously passed), the previous semester and must receive credit for each class to be eligible.

Enrolling in summer school does not regain a student's eligibility.

CLASSROOM ATTENDANCE

Student athletes are expected to attend all classes on game day. If a student-athlete is ill or has an unexcused absence from class on a game day, he/she will not be allowed to participate on that day. An exception on the day of a game would be made for a doctor's appointment, funeral, or religious observances of the student's own faith. If this violation is learned of after participation, then he/she will not play in the next contest. Unexcused absences on a game day is also a violation of KSHSAA rules.

LOSS OR DESTRUCTION OF EQUIPMENT/CLOTHING

Should a player lose or alter the condition of any equipment/clothing in any manner other than normal wear, he/she will be required to pay for the replacement of the equipment/clothing. The coaching staff realizes that extenuating circumstances can exist and will remain cognizant of that fact.

WITHDRAWING FROM A SPORT

The proper way to withdraw from a sport is to make personal contact with the coach and communicate with him/her. By withdrawing from a sport, you forfeit your lettering award and your opportunity to join another program during that same sports season.

LETTERING AND OTHER AWARDS

Varsity letters are awarded according to school rules and regulations. Each coach will develop policies for lettering in their respective sport. All coaches reserve the right to deny anyone a varsity letter who is in violation of the school rules and regulations.

ENOTIFICATION

You may sign up for eNotification if you would like to receive e-mails from the athletic office for reminders of dates and announcing cancellations. The website is www.usd383.org, click on the yellow communication portal and follow the instructions.

SCHOOL ATHLETIC INSURANCE

You must file all claims with your family carrier first. Student Assurance Services, Inc. is the carrier of our school insurance. USD 383 does provide some limited coverage for students injured during sports activities, but does **not** provide 100% coverage, nor is it intended to replace any medical coverage provided by the student's parent or guardian.

Anytime a student is involved in an accident or is injured during school hours and/or on school property, a student Injury Report must be completely filled out and signed by the supervising school official at the time of the accident. A copy of the report will be turned into the student's home school. The Proof of Claim form and a copy of the Injury Report will be mailed to the student's parent or guardian. Once the primary insurance carrier has denied coverage, please mail a copy of that denial, a copy of your actual bill (not a statement) and the forms we have sent to you to Student Assurance Services (their address is on the form).

A physician must see the injured student within 60 days from the date the injury occurred.

All claim forms must be sent to the insurance company within 90 days from the date of the injury.

It is the responsibility of the parent to see that the claim form and all bills of verification of injury are sent to the insurance company. The school does not do this.

For more information regarding coverage, please contact Jaime Gregory at Robinson Education Center at 587-2000.

MANHATTAN HIGH HEAD COACHES FOR 2018 – 2019

Baseball	Don Hess	539-5867
Basketball – Boys	Benjamin George	410-2175
Basketball – Girls	Scott Mall	539-0234
Bowling – Boys & Girls	Robert Regan	375-7445
Cheerleading	Madeline Teabrink	806-1882
Cross Country	Susan Melgares	770-9530
Football	Joe Schartz	537-3295
Golf – Boys	Brad Ficke	456-7722
Golf – Girls	Paige McCarthy	565-8662
Soccer – Boys	Frank Alonso	341-2316
Soccer – Girls	Mike Sanchez	220-9454
Softball	Connie Miller	341-2122
Swim/Dive – Boys & Girls	Alex Brown	913-314-8976
Tennis – Boys	Brandon Starkey	620-440-2492
Tennis – Girls	Tony Ingram	375-5028
Track – Boys & Girls	Kory Cool	410-1468
Volleyball	Lisa Kinderknecht	969-3921
Wrestling	Robert Gonzales	250-9102

CENTENNIAL LEAGUE SCHOOLS

EMPORIA HIGH SCHOOL
3302 W. 18TH AVE
EMPORIA KS 66801-5998
(620) 341-2365

HAYDEN HIGH SCHOOL
401 SW GAGE BLVD
TOPEKA KS 66606-2099
(785) 272-5210

HIGHLAND PARK HIGH SCHOOL
2424 SE CALIFORNIA AVE
TOPEKA KS 66605-1797
(785) 274-6000

JUNCTION CITY HIGH SCHOOL
900 N EISENHOWER DR
JUNCTION CITY KS 66441-2099
(785) 717-4200

MANHATTAN HIGH SCHOOL
2100 POYNTZ
MANHATTAN KS 66502-3899
(785) 587-2100

SEAMAN HIGH SCHOOL
4850 NW ROCHESTER RD
TOPEKA KS 66617-1398
(785) 286-8300

TOPEKA HIGH SCHOOL
800 W 10TH AVE
TOPEKA KS 66612-1687
(785) 295-3150

TOPEKA WEST HIGH SCHOOL
2001 SW Fairlawn Road
TOPEKA KS 66604-3698
(785) 438-4000

WASHBURN RURAL HIGH SCHOOL
5900 SW 61ST STREET
TOPEKA KS 66619-9404
(785) 339-4100

**MANHATTAN HIGH SCHOOL EMERGENCY MEDICAL PERMIT FOR ALL STUDENTS &
ATHLETIC PARTICIPATION AGREEMENT & RISK ACKNOWLEDGMENT FOR ATHLETES
2018-2019**

Student Name (Printed)

Student ID #

Parent Name (Printed)

EMERGENCY MEDICAL PERMIT

I, being the parent or guardian of the above named student, agree to permit this student to engage in extra-curricular activities and school-sponsored activity trips at Manhattan High School. I give permission to authorized school representatives to act in my absence to authorize members of the medical profession licensed in accordance with the provisions of the Kansas Healing Arts Act, K.S.A. 65-2801 et seq., and any hospital to treat injuries incurred in activities sponsored by the school.

I shall assume all medical payments and recognize that the MHS medical insurance plan is considered to be supplemental in coverage. Your signature below acknowledges the above statements.

ATHLETIC CODE AGREEMENT

I fully understand and accept the conditions set forth in this statement of the Manhattan High School Athletic Codes Policies. I also accept and will meet all requirements governing participation in the Manhattan High School athletic program.

ATHLETIC PARTICIPATION ASSUMPTION & ACKNOWLEDGMENT OF RISK

There are many special benefits being afforded student athletes by the athletic programs in USD 383. It must be understood that participating in athletic activities may lead to injury to student athletes. Therefore, the purpose of this section is to make all athletes and their parents aware that dangers do exist and that participation is voluntary and risks are involved. It is to be further understood that student athletes must share in the responsibility for their own safety and the safety of others as each participates in the district athletic program. By signing below, you have acknowledged that you have read the assumption of risk statement and that you are aware there is a possibility that you may suffer mild, moderate or severe injury, including paralysis or death due to participation in athletic activities. You further acknowledge any injury incurred may cause lifelong disability to joints, muscles, ligaments, tendons or any of the vital organs. Your signature below acknowledges the above statements.

Parent Insurance Plan and Number

Home Phone

Father's Work Phone

Mother's Work Phone

Father Cell Phone

Mother Cell Phone

Other Emergency Numbers

List any current medications the athlete is using: _____

List any allergies: _____

Other pertinent information or conditions that emergency personnel need to know: _____

Parent must show ID and sign in the presence of a notary. Notaries are available at the high school to assist you with the completion of this process.

Signature of Parent or Guardian

Date

Signature of Student-Athlete

Date

A photocopy of this document shall have the same force and effect as the original.

State of: KANSAS

County of: RILEY

Signed and attested before me: _____
(Date)

By: _____
(Signature of Notarial Officer)

Expiration Date: _____

Notary Seal

What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one (second impact syndrome). This can lead to prolonged recovery, or even to severe brain swelling with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game that miss the whole season. And when in doubt, the athlete sits out.

Return to Practice and Competition

The Kansas School Sports Head Injury Prevention Act provides that if an athlete suffers, or is suspected of having suffered, a concussion or head injury during a competition or practice, the athlete must be immediately removed from the competition or practice and cannot return to practice or competition until a Health Care Professional has evaluated the athlete and provided a written authorization to return to practice and competition. The KSHSAA recommends that an athlete not return to practice or competition the same day the athlete suffers or is suspected of suffering a concussion. The KSHSAA also recommends that an athlete's return to practice and competition should follow a graduated protocol under the supervision of the health care provider (MD or DO).

For current and up-to-date information on concussions you can go to: [http://www.cdc.gov/concussion/Heads Up/youth.html](http://www.cdc.gov/concussion/HeadsUp/youth.html)

For concussion information and educational resources collected by the KSHSAA, go to:
<http://www.kshsaa.org/Public/General/ConcussionGuidelines.cfm>

Student-Athlete Name Printed

Student-Athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

MANHATTAN HIGH SCHOOL SAFETY LIST FOR FOOTBALL PLAYERS

Football is a contact sport and injuries will occur. The coaches working in our football 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 use for maximum safety in the contact phase of the game.

TACKLING, BLOCKING, AND RUNNING THE BALL

By rule, the helmet is not to be used as a "ram". Initial contact is not 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, blocking and tackling techniques are very important to the prevention of injuries.

Blocking and tackling 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 to 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 a shoulder injury such as a separation or a 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 is on the TOP OF THE HELMET. Manhattan High School's daily workout includes isometric-type exercises. The development of strength in the neck muscles is one of the best methods of preventing head injury and it enables an athlete to hold his head up even after getting tired during a workout or contest.

BASIC HITTING (CONTACT) POSITION & FUNDAMENTAL TECHNIQUES

If the knees are not 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. This point will be repeated continually during practice. The danger of this injury is anything from strained muscles, to ankle injuries, to serious knee injuries requiring surgery. The rules have made blocking below the waist (outside a two-yard by four-yard area next to the foot) ILLEGAL. Cleats have been restricted to no more than 1/2 inch to further help in preventing knee injuries. A runner with the ball, however, may be tackled around the knees.

In tackling, the rules PROHIBIT initial contact with the helmet or grabbing the face mask 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, or internal injury such as kidneys, spleen, bladder, etc. Grabbing the face mask or helmet edge could result in a neck injury or spinal column damage causing paralysis or death.

Illegal play by participating athletes will not be tolerated and all players are repeatedly reminded of the dangers of unsportsman-like acts.

FITTING AND USE OF FOOTBALL EQUIPMENT

Shoulder pads, helmets, hip pads, and pants; including thigh pads and knee pads, must have proper fitting and use.

Shoulder pads which are too small will leave the shoulder point vulnerable to bruises or separations. If the shoulder pads are too tight in the neck area, this could lead to a possible pinched nerve. Shoulder pads which are too large will leave the neck area poorly protected and will slide on the shoulders making them vulnerable to bruises or 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 be fastened and the cheek pads must be of a proper thickness. On contact, too tight a helmet could result in a headache. Too loose a fit could result in headaches, a concussion, or a face injury such as a broken nose or cheek bone. A blow to the back of the neck could cause a neck injury or quite possibly a serious injury such as paralysis or even death.

This form does not cover all potential injury possibilities in playing football, but it is an attempt to make sure the players are aware that the fundamentals, coaching, and proper fitting equipment is important in their safety and enjoyment in playing football at Manhattan High School.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the Manhattan High School football program.

MANHATTAN HIGH SCHOOL FOOTBALL PLAYERS SAFETY FORM

I have read the attached information and understand the risk of playing football at Manhattan High School. I will agree to follow the safety list information provided.

ATHLETE'S SIGNATURE

DATE

WITNESS (PARENT OR GUARDIAN)

Pre-Participation Physical Evaluation

PPE

Kansas State High School Activities Association • 601 SW Commerce Place • PO Box 495 • Topeka, KS 66601 • 785-273-5329

PHYSICAL EXAMINATION FORM

Name: _____ Date of birth: _____

Date of recent immunizations: Td _____ Tdap _____ Hep B _____ Varicella _____ HPV _____ Meningococcal _____

PHYSICIAN REMINDERS

1. Consider additional questions on more sensitive issues

- Do you feel stressed out or under a lot of pressure?
- Do you ever feel sad, hopeless, depressed, or anxious?
- Do you feel safe at your home or residence?
- Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
- During the past 30 days, did you use chewing tobacco, snuff, or dip?

- Do you drink alcohol or use any other drugs?
- Have you ever taken anabolic steroids or used any other performance supplement?
- Have you ever taken any supplements to help you gain or lose weight or improve your performance?
- Do you wear a seat belt and use a helmet?

2. Consider reviewing questions on cardiovascular symptoms (questions 6-17).

EXAMINATION			
Height	Weight	Male <input type="checkbox"/> Female <input type="checkbox"/>	BP (corrected for height/age) / (/) Pulse
Vision R 20/	L 20/	Corrected: Yes <input type="checkbox"/> No <input type="checkbox"/>	
MEDICAL		NORMAL	ABNORMAL FINDINGS
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)			
Eyes/ears/nose/throat • Pupils equal • Gross Hearing			
Lymph nodes			
Heart * • Murmurs (auscultation standing, supine, +/- Valsalva) • Location of point of maximal impulse (PMI)			
Pulses • Simultaneous femoral and radial pulses			
Lungs			
Abdomen			
Genitourinary (males only)**			
Skin • HSV, lesions suggestive of MRSA, tinea corporis			
Neurologic***			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand/fingers			
Hip/thigh			
Knee			
Leg/ankle			
Foot/toes			
Functional • Duck-walk, single leg hop			

*Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam. **Consider GU exam if in private setting. Having third party present is recommended. ***Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

Cleared for all sports without restriction

Cleared for all sports without restriction with recommendations for further evaluation or treatment for _____

Not cleared

Pending further evaluation

For any sports

For certain sports _____

*Reason _____

Recommendations _____

I have examined the above-named student and student history and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of healthcare provider (print/type) _____ Date _____

Address _____ Phone _____

Signature of healthcare provider _____, MD, DO, DC, PA-C, APRN
(please circle one)

ATTENTION PARENTS AND STUDENTS

KSHSAA ELIGIBILITY CHECK LIST

PPE shall not be taken earlier than May 1 preceding the school year for which it is applicable.

NOTE: Transfer Rule 18 states in part, a student is eligible transfer-wise if:

BEGINNING SEVENTH GRADER—A seventh grader, at the beginning of his or her seventh grade year, is eligible under the Transfer Rule at any school he or she may choose to attend. In addition, age and academic eligibility requirements must also be met.

BEGINNING NINTH GRADERS IN A THREE-YEAR JUNIOR HIGH SCHOOL—So that ninth graders of a three-year junior high are treated equally to ninth graders of a four-year senior high school, a student who has successfully completed the eighth grade of a two-year junior high/middle school, may transfer to the ninth grade of a three-year junior high school at the beginning of the school year and be eligible immediately under the Transfer Rule. Such a ninth grader must then as a tenth grader, attend the feeder senior high school of their school system. Should they attend a different school as a tenth grader, they would be ineligible for eighteen weeks.

ENTERING HIGH SCHOOL FOR THE FIRST TIME—A senior high school student is eligible under the Transfer Rule at any senior high school he or she may choose to attend when senior high is entered for the first time at the beginning of the school year. In addition, age and academic eligibility requirements must also be met.

For Middle/Junior High and Senior High School Students to Retain Eligibility

Schools may have stricter rules than those pertaining to the questions above or listed below. Contact the principal or coach on any matter of eligibility. A student to be eligible to participate in interscholastic activities must be certified by the school principal as meeting all eligibility standards.

All KSHSAA rules and regulations are published in the official *KSHSAA Handbook* which is distributed annually and is available at your school principal's office.

Below Are Brief Summaries Of Selected Rules. Please See Your Principal For Complete Information.

- Rule 7 Physical Evaluation - Parental Consent**—Students shall have passed the **attached evaluation** and have the written consent of their parents or legal guardian.
- Rule 14 Bona Fide Student**—Eligible students shall be a **bona fide undergraduate member** of his/her school in good standing.
- Rule 15 Enrollment/Attendance**—Students must be regularly **enrolled and in attendance** not later than Monday of the fourth week of the semester in which they participate.
- Rule 16 Semester Requirements**—A student shall not have more than two semesters of possible eligibility in grade seven and two semesters in grade eight. A student shall not have more than eight semesters of possible eligibility in grades nine through twelve, regardless of whether the ninth grade is included in junior high or in a senior high school.
NOTE: If a student does not participate or is ineligible due to transfer, scholarship, etc., the semester(s) during that period shall be counted toward the total number of semesters possible.
- Rule 17 Age Requirements**—Students are eligible if they are not 19 years of **age (16, 15 or 14 for junior high or middle school student)** on or before September 1 of the school year in which they compete.
- Rule 19 Undue Influence**—The use of **undue influence** by any person to secure or retain a student shall cause ineligibility. If tuition is charged or reduced, it shall meet the requirements of the KSHSAA.
- Rules 20/21 Amateur and Awards Rules**—Students are eligible if they have not **competed under a false name** or for money or merchandise of intrinsic value, and have observed all other provisions of the Amateur and Awards Rules.
- Rule 22 Outside Competition**—Students may not engage in **outside competition** in the same sport during a season in which they are representing their school.
NOTE: Consult the coach or principal before participating individually or on a team in any game, training session, contest, or tryout conducted by an outside organization.
- Rule 25 Anti-Fraternity**—Students are eligible if they are not members of any **fraternity** or other organization prohibited by law or by the rules of the KSHSAA.
- Rule 26 Anti-Tryout and Private Instruction**—Students are eligible if they have not participated in **training sessions or tryouts** held by colleges or other outside agencies or organizations in the same sport while a member of a school athletic team.
- Rule 30 Seasons of Sport**—Students are not eligible for more than **four seasons** in one sport in a four-year high school, three seasons in a three-year high school or two seasons in a two-year high school.

Student's Name _____
(PLEASE PRINT CLEARLY)

To be eligible for participation in interscholastic athletics/spirit groups, a student must have on file with the superintendent or principal, a signed statement by a physician, chiropractor, physician's assistant who has been authorized to perform the examination by a Kansas licensed supervising physician or an advanced practice registered nurse who has been authorized to perform this examination by a Kansas licensed supervising physician, certifying the student has passed an adequate physical examination and is physically fit to participate (See KSHSAA Handbook, Rule 7). A complete history and physical examination must be performed annually before a student participates in KSHSAA interscholastic athletics/cheerleading. **The annual history and the physical examination shall not be taken earlier than May 1 preceding the school year for which it is applicable.** The KSHSAA recommends completion of this evaluation by athletes/cheerleaders at least one month prior to the first practice to allow time for correction of deficiencies and implementation of conditioning recommendations.

Parent or Guardian Consent

I do not know of any existing physical or any additional health reasons that would preclude participation in activities. I certify that the answers to the questions in the **HISTORY** part of the Preparticipation Physical Examination (PPE), are true and accurate. I approve participation in activities. I hereby authorize release to the KSHSAA, school nurse, certified athletic trainer, school administrators, coach and medical provider of information contained in this document. Upon written request, I may receive a copy of this document for my own personal health care records.

I acknowledge that there are risks of participating, including the possibility of catastrophic injury.

I hereby give my consent for the above student to compete in KSHSAA approved activities, and to accompany school representatives on school trips and receive emergency medical treatment when necessary. It is understood that neither the KSHSAA nor the school assumes any responsibility in case of accident. The undersigned agrees to be responsible for the safe return of all equipment issued by the school to the student.

**The above named student and I have read the
KSHSAA Eligibility Check List
and how to retain eligibility information listed in this form.**

For Middle/Junior High and Senior High School Students to Determine Eligibility When Enrolling

If a **negative** response is given to any of the following questions, this enrollee should contact his/her administrator in charge of evaluating eligibility. This should be done before the student is allowed to attend his/her first class and prior to the first activity practice. If questions still exist, the school administrator should telephone the KSHSAA for a final determination of eligibility. (Schools shall process a Certificate of Transfer Form T-E on **all** transfer students.)

YES NO

1. Are you a bona fide student in **good standing** in school? (If there is a question, your principal will make that determination.)
2. Did you **pass at least five new subjects (those not previously passed)** last semester? (The KSHSAA has a minimum regulation which requires you to pass at least five subjects of unit weight in your last semester of attendance.)
3. Are you planning to **enroll in at least five new subjects (those not previously passed)** of unit weight this coming semester? (The KSHSAA has a minimum regulation which requires you to enroll and be in attendance in at least five subjects of unit weight.)
4. Did you **attend** this school or a feeder school in your district last semester? (If the answer is "no" to this question, please answer Sections a and b.)
 - a. Do you reside with your parents?
 - b. If you reside with your parents, have they made a permanent and bona fide move into your school's attendance center?

The student/parent authorizes the school to release to the KSHSAA student records and other pertinent documents and information for the purpose of determining student eligibility. The student/parent also authorizes the school and the KSHSAA to publish the name and picture of student as a result of participating in or attending extra-curricular activities, school events and KSHSAA activities or events.

Parent or Guardian's Signature

Date

Student's Signature

Date

Birth Date

Grade