

January, 2009

TO: ALL POTENTIAL VIKING ATHLETES

FROM: H-F Athletic Department

RE: ATHLETIC PHYSICALS & TRAINING RULES MEETING FOR FALL SPORTS

Any student planning to participate on an athletic team or be involved in Cheerleading or Pom Pons must have a physical form completed by his/her doctor. **Your freshman physical (on the correct forms from the nurse's office) must be on file with the nurse if you plan to go out for any sport.** If you are a transfer student, sophomore, junior, or senior, you must have an **athletic physical** on file in the athletic office. **An athletic physical is good for one calendar year.** A **parent consent form** must also be filled out each year by the parent and on file in the Athletic Director's Office when the student participates on an athletic team. You may pick up a parent consent form and/or an athletic physical form in the athletic office Monday – Friday from 7:30 – 4:00, or our athletic website: www.athletics2000.com/hf

All freshman fall sport athletes MUST attend the Training Rules and Athletic Eligibility meeting on MONDAY, AUGUST 24, 2009. The meeting will be at 7:00 p.m. in the South Gym. At least **one parent and the athlete** must attend the meeting if you plan to go out for a **fall sport**. The \$50.00 user fee will be collected at this time for **fall sports only**. If you are going out for a winter or spring sport, there will be a meeting (see below) before the winter season and then another meeting before the spring season, so you do not have to attend the fall meeting if you are not out for a fall sport. You are only required to attend this meeting once in 4 years for each athlete.

Training Rules Meeting Dates:

Fall Sports Only	Monday, August 24 – South Gym	7:00
Winter Sports Only	Monday, November 23 – Student Cafeteria	7:00
Spring Sports Only	Wednesday, March 15 – E-1	7:00