

**Pleasant Hill R-III School District
Extra-Curricular Pledge Sheet**

I _____, as a student of Pleasant Hill High School / Middle School have read the rules and policies set forth for extra-curricular participation in the Activities Handbook.

I, _____, as a parent/guardian of _____ have read the rules and policies set forth for extra-curricular participation in the Activities Handbook and give my son/daughter permission to participate under these conditions and any other ones set by the coach/sponsor.

Signature of Student

Date

Signature of Parent

Date

Please turn in this to the activity director or your sponsor or coach after you've signed the form.