

PLEASANT HILL MIDDLE SCHOOL ATHLETICS & CHEERLEADING

***Agreement to Participate
Eligibility Approval Form***

Pleasant Hill Athletics and Cheerleading will require vigorous exercise that includes muscular strength, muscular endurance, flexibility, and cardiovascular endurance. All athletes will train at a high level of intensity. The objective of practice is to improve the overall skill level and conditioning of each individual and to assess the individual skills and readiness for interscholastic competition.

Participation can be a dangerous activity involving many risks of injury. The dangers of the sport include but are not limited to: death; serious neck and spinal injuries which may result in complete or partial paralysis; brain damage; serious injury to virtually all internal organs, virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the body; general health and well-being.

I _____, understand that the dangers and risks of playing or practicing in athletics may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life.

It is expected that each athlete will follow the rules of the team and follow the directions of all coaches. The program is non-prescriptive, that is participants will be doing exercises as a group with individual objectives. At any time you have the right not to participate in or to discontinue participation in a specific activity with which you do not feel comfortable. While participating in a group activity, you must monitor your own participation.

I agree that I have read all of the above information and understand it completely. I will not hold the school or any of the coaches responsible for failing to instruct me of the dangers of failing to teach proper and safe techniques of the sport in the case of injury, accident, or death. At this time, there is not any known physical reason why I should not be able to participate in Pleasant Hill Athletics and/or Cheerleading. A private family insurance or company policy against accidents covers me.

Parent Signature _____ Date _____

Student Signature _____ Date _____

Eligibility Approval

Name _____ Date of Birth _____

I have read the MSHSAA eligibility brochure provided to me by the Pleasant Hill R-3 School District. I certify that my citizenship both in and out of school is such as to not reflect discredit upon myself or school.

Signature _____ Parent Signature _____

I certify that I have either been promoted from 6th to 7th grade, 7th to 8th grade and I have passed 3.0 units of credit during the preceding semester. Summer units of credit and credits completed after the close of the semester such as an incomplete, do not fulfill this requirement.

Signature _____ Parent Signature _____

I certify that I enrolled in school within the first 11 days of the semester and that I have been enrolled and attended Pleasant Hill Schools for 365 days.

Signature _____ Parent Signature _____