

Basketball Consent Form

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of each coach.

SAFETY RULES to be followed by all participants include but are not limited to the following:

1. Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.
2. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitted or defective equipment.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in or around the participation area. Advise the coach of any hazard.
7. Recognize the possible danger from such actions as "undercutting" a player, hanging on the net, or throwing a "wild" pass.

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 basketball program.

I am aware that basketball is a high-risk sport and that practicing or competing in basketball will be a dangerous activity involving MANY RISK OF INJURY. I understand that the dangers and risks of practicing and competing in basketball 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, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in basketball 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.

Because of the dangers of basketball, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and agree to obey such instructions.

I, _____, am the parent/legal guardian of _____ (student). I have read the above warning and release and understand its terms. I understand that basketball is a HIGH-RISK SPORT involving MANY RISKS OF INJURY, including but not limited to those risks outlined above.

In consideration of the school district permitting my child/ward to try out for the school basketball team and to engage in all activities related to the team including but not limited to trying out, practicing or competing in basketball, I hereby assume all the risks normally associated with basketball and agree to hold the school district, its employees, agents, representatives, coaches and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise from such risks. The terms hereof shall serve as a release for my heirs, executor, administrator, assignees, and for all members of my family.

* Indicates required question

1. Email *

2. Athletic Team - Please check the Travel Team your student-athlete has been selected to be a part of.

Mark only one oval.

- ☐ JV Boys
- ☐ JV Girls
- ☐ Varsity Boys
- ☐ Varsity Girls

3. My signature shows proof that as the student-athlete of Huntington Middle School, * I have read the Basketball Consent Form.

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

Cheerleading Consent Form

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of each coach.

Most cheerleading practice areas are constructed with extremely hard surfaces. Athletes who fall during participation risk potentially dangerous injury – especially to knees, elbows or head. Injury may include damage to joints, broken bones, or serious head or eye injury.

SAFETY RULES to be followed by all participants include but are not limited to the following:

1. Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.
2. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitted or defective equipment.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in or around the participation area. Advise the coach of any hazard.
7. Practice stunts prior to the event that you will perform in. Stunts can be dangerous if not spotted correctly.
8. Lead cheers at the appropriate time so you will be aware of the balls and players' positioning to prevent possible injury.
9. Be aware of the supervisory staff of both teams and where they can be located, so they may be contacted in case of an emergency or an undesirable crowd control situation.

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 cheerleading program.

I am aware that cheerleading is a high-risk sport and that practicing or competing in cheerleading will be a dangerous activity involving MANY RISK OF INJURY. I understand that the dangers and risks of practicing and competing in cheerleading 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, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in cheerleading 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.

Because of the dangers of cheerleading, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and agree to obey such instructions.

I, _____, am the parent/legal guardian of _____ (student). I have read the above warning and release and understand its terms. I understand that cheerleading is a HIGH-RISK SPORT involving MANY RISKS OF INJURY, including but not limited to those risks outlined above.

In consideration of the school district permitting my child/ward to try out for the school cheerleading team and to engage in all activities related to the team including but not limited to trying out, practicing or competing in cheerleading, I hereby assume all the risks normally associated with cheerleading and agree to hold the school district, its employees, agents, representatives, coaches and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise from such risks. The terms hereof shall serve as a release for my heirs, executor, administrator, assignees, and for all members of my family.

* Indicates required question

1. Email *

2. My signature shows proof that as the student-athlete of Huntington Middle School, *
I have read the Cheerleading Consent Form.

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

3. My signature shows proof that as the parent/guardian of my student of Huntington *
Middle School, I have read the Cheerleading Consent Form.

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

Cross Country Consent Form

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of each coach.

SAFETY RULES to be followed by all participants include but are not limited to the following:

1. Travel to and from off-campus facilities shall be in accordance with the direction of the activity coach.
2. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitted or defective equipment.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in or around the participation area. Advise the coach of any hazard.
7. Run only on the course prescribed by the coach.
8. Run in pairs in unfamiliar territory or in areas where there are few people.
9. Watch for objects being thrown by passing cars.
10. Approach dogs with caution.
11. Be familiar with basic first aid treatment for heat exhaustion, heat stroke, sprained ankle, or other runner-related injuries.
12. Face the oncoming traffic when running on roads. Be cautious at intersections and be acutely aware of erratic drivers.

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 cross country program.

I am aware that cross country is a high-risk sport and that practicing or competing in cross country will be a dangerous activity involving MANY RISK OF INJURY. I understand that the dangers and risks of practicing and competing in cross country 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, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in cross country 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.

Because of the dangers of cross country, I recognize the importance of following coaches'

instructions regarding techniques, training and other team rules, etc., and agree to obey such instructions.

I, _____, am the parent/legal guardian of _____ (student). I have read the above warning and release and understand its terms. I understand that cross country is a HIGH-RISK SPORT involving MANY RISKS OF INJURY, including but not limited to those risks outlined above.

In consideration of the school district permitting my child/ward to try out for the school cross country team and to engage in all activities related to the team including but not limited to trying out, practicing or competing in cross country, I hereby assume all the risks normally associated with cross country and agree to hold the school district, its employees, agents, representatives, coaches and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise from such risks. The terms hereof shall serve as a release for my heirs, executor, administrator, assignees, and for all members of my family.

* Indicates required question

1. Email *

2. My signature shows proof that as the student-athlete of Huntington Middle School, *
I have read the Cross Country Consent Form.

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

3. My signature shows proof that as the parent/guardian of my student of Huntington *
Middle School, I have read the Cross Country Consent Form.

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

Football Consent Form

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of each coach.

SAFETY RULES to be followed by all participants include but are not limited to the following:

1. Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.
2. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitted or defective equipment.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in or around the participation area. Advise the coach of any hazard.

BLOCKING AND RUNNING THE BALL

Blocking techniques are basically the same. Contact is to be made above the belt, but not initially at the head. The player should always be in a position of balance, knees bent, back straight, body slightly bent forward, head and the target area as near to the body as possible with the hands and/or forearms. When properly blocking the opponent, contact with your hands or forearms will naturally result. Therefore, technique is most important in order to prevent or reduce the likelihood of injury.

Blocking without keeping hands and arms as close to the body as possible may result in injury to the blocker and/or the blockee. Injuries as a result of improper techniques can range from minor to severe.

BASIC HITTING (CONTACT) POSITION AND FUNDAMENTAL TECHNIQUES

Strained muscle injuries can range from ankle to knee injuries. The rules have made blocking below the waist illegal at any time.

There is no tackling. Flags are to be pulled by one or two hands. Grabbing of any clothing is illegal.

EQUIPMENT

An athlete is required to wear uniforms. Players must wear jerseys with numbers and shorts without any belt, belt loop, exposed drawstrings, or pockets. A regulation three-flag belt system will be supplied. Use of molded rubber or multi-purpose shoes is recommended. Screw-in or metal cleats are illegal. Personal protective equipment, such as knee guards, arm guards and mouth pieces shall be inspected by officials prior to each game.

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 flag football program.

I am aware that flag football is a high-risk sport and that practicing or competing in flag football will be a dangerous activity involving MANY RISK OF INJURY. I understand that the dangers and risks of practicing and competing in flag football 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, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in flag football 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.

Because of the dangers of flag football, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and agree to obey such instructions.

I, _____, am the parent/legal guardian of _____ (student). I have read the above warning and release and understand its terms. I understand that flag football is a HIGH-RISK SPORT involving MANY RISKS OF INJURY, including but not limited to those risks outlined above.

In consideration of the school district permitting my child/ward to try out for the school flag football team and to engage in all activities related to the team including but not limited to trying out, practicing or competing in flag football, I hereby assume all the risks normally associated with flag football and agree to hold the school district, its employees, agents, representatives, coaches and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise from such risks. The terms hereof shall serve as a release for my heirs, executor, administrator, assignees, and for all members of my family.

* Indicates required question

1. Email *

2. My signature shows proof that as the student-athlete of Huntington Middle School, *
I have read the Football Consent Form.

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

3. My signature shows proof that as the parent/guardian of my student of Huntington *
Middle School, I have read the Football Consent Form.

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

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Soccer Consent Form

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of each coach.

SAFETY RULES to be followed by all participants include but are not limited to the following:

1. Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.
2. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitted or defective equipment.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in or around the participation area. Advise the coach of any hazard.
7. Use equipment that complies with league rules, e.g., footwear, shin guards.
8. Comply with soccer rules with special attention given to avoiding such violations as:
 - a. Kicking or attempting to kick an opponent.
 - b. Tripping an opponent.
 - c. Jumping at an opponent.
 - d. Charging an opponent from behind.
 - e. Charging violently at an opponent.
 - f. Striking or attempting to strike an opponent.
 - g. Holding an opponent.
 - h. Pushing an opponent.
 - i. Playing in a manner considered by the referee to be dangerous such as kicking at a shoulder-high ball when an opponent is trying to head it.

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 soccer program.

I am aware that soccer is a high-risk sport and that practicing or competing in soccer will be a dangerous activity involving MANY RISK OF INJURY. I understand that the dangers and risks of practicing and competing in soccer 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, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in soccer 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.

Because of the dangers of soccer, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and agree to obey such instructions.

I, _____, am the parent/legal guardian of _____ (student). I have read the above warning and release and understand its terms. I understand that soccer is a HIGH-RISK SPORT involving MANY RISKS OF INJURY, including but not limited to those risks outlined above.

In consideration of the school district permitting my child/ward to try out for the school soccer team and to engage in all activities related to the team including but not limited to trying out, practicing or competing in soccer, I hereby assume all the risks normally associated with soccer and agree to hold the school district, its employees, agents, representatives, coaches and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise from such risks. The terms hereof shall serve as a release for my heirs, executor, administrator, assignees, and for all members of my family.

* Indicates required question

1. Email *

2. My signature shows proof that as the student-athlete of Huntington Middle School, *
I have read the Soccer Consent Form.

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

3. My signature shows proof that as the parent/guardian of my student of Huntington *
Middle School, I have read the Soccer Consent Form.

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

Softball Consent Form

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of each coach.

SAFETY RULES to be followed by all participants include but are not limited to the following:

1. Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.
2. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitted or defective equipment.
3. Advise the coach if you are ill or have any prolonged symptoms of an illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room, in or around the participation area.
7. Advise the coach of any hazard.
8. Recognize your surroundings, i.e., batters warming up, thrown bats, batted or thrown balls.
9. Familiarize yourself with surroundings and grounds, i.e., fences, field conditions such as holes, lips on infield edges, etc., when playing on away fields.
10. Be aware of the potentially serious injuries to your ankles, knees, and legs if you do not follow correct procedures in base running. Sliding head first into bases should be avoided.
11. Follow instructions regarding communication between players, i.e., talking and calling each other off on "pop flies" etc.

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 softball program.

I am aware that softball is a high-risk sport and that practicing or competing in softball will be a dangerous activity involving MANY RISKS OF INJURY. I understand that the dangers and risks of practicing and competing in softball 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, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in softball 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.

Because of the dangers of softball, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and agree to obey such instructions.

I, _____, am the parent/legal guardian of _____ (student). I have read the above warning and release and understand its terms. I understand that softball is a HIGH-RISK SPORT involving many RISKS OF INJURY, including but not limited to those risks outlined above.

In consideration of the school district permitting my child/ward to try out for the school softball team and to engage in all activities related to the team including but not limited to trying out, practicing or competing in softball, I hereby assume all the risks normally associated with softball and agree to hold the school district, its employees, agents, representatives, coaches and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise from such risks. The terms hereof shall serve as a release for my heirs, executor, administrator, assignees, and for all members of my family.

* Indicates required question

1. Email *

2. My signature shows proof that as the student-athlete of Huntington Middle School, I have read the Softball Consent Form. *

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

3. My signature shows proof that as the parent/guardian of my student of Huntington Middle School, I have read the Softball Consent Form. *

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

Tennis Consent Form

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of each coach.

SAFETY RULES to be followed by all participants include but are not limited to the following:

1. Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.
2. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitted or defective equipment.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in or around the participation area. Advise the coach of any hazard.
7. Before swinging a racquet, make certain that the area around you is clear of others.
8. Familiarize yourself with court surface/obstacles on courts before beginning play.
9. Be conscious of our partner's position on the court in doubles play.

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 tennis program.

I am aware that tennis is a high-risk sport and that practicing or competing in tennis will be a dangerous activity involving MANY RISK OF INJURY. I understand that the dangers and risks of practicing and competing in tennis 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, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in tennis 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.

Because of the dangers of tennis, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and agree to obey such instructions.

I, _____, am the parent/legal guardian of _____ (student). I have read the above warning and release and understand its terms. I understand that tennis is a HIGH-RISK SPORT involving MANY RISKS OF INJURY, including but not limited to those risks outlined above.

In consideration of the school district permitting my child/ward to try out for the school tennis team and to engage in all activities related to the team including but not limited to trying out, practicing or competing in tennis, I hereby assume all the risks normally associated with tennis and agree to hold the school district, its employees, agents, representatives, coaches and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise from such risks. The terms hereof shall serve as a release for my heirs, executor, administrator, assignees, and for all members of my family.

* Indicates required question

1. Email *

2. My signature shows proof that as the student-athlete of Huntington Middle School, *
I have read the Tennis Consent Form.

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

3. My signature shows proof that as the parent/guardian of my student of Huntington *
Middle School, I have read the Tennis Consent Form.

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

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Track and Field Consent Form

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of each coach.

SAFETY RULES to be followed by all participants include but are not limited to the following:

1. Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.
2. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitted or defective equipment.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in or around the participation area. Advise the coach of any hazard.
7. Recognize the safety rules for restricted area, e.g., shot put. These areas must be supervised.
8. Stay on the designated running courses.
9. Check equipment, apparatus, field and pits thoroughly before each use, e.g., debris in jumping pits, placement of standards.

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 track program.

I am aware that track is a high-risk sport and that practicing or competing in track and field will be a dangerous activity involving MANY RISK OF INJURY. I understand that the dangers and risks of practicing and competing in track and field 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, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in track and field 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.

Because of the dangers of track and field, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and agree to obey such instructions.

I, _____, am the parent/legal guardian of _____ (student). I have read the above warning and release and understand its terms. I understand that track and

field is a HIGH-RISK SPORT involving MANY RISKS OF INJURY, including but not limited to those risks outlined above.

In consideration of the school district permitting my child/ward to try out for the school track and field team and to engage in all activities related to the team including but not limited to trying out, practicing or competing in track and field, I hereby assume all the risks normally associated with track and agree to hold the school district, its employees, agents, representatives, coaches and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise from such risks. The terms hereof shall serve as a release for my heirs, executor, administrator, assignees, and for all members of my family.

* Indicates required question

1. Email *

2. My signature shows proof that as the student-athlete of Huntington Middle School, *
I have read the Track and Field Consent Form.

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

3. My signature shows proof that as the parent/guardian of my student of Huntington *
Middle School, I have read the Track and Field Consent Form.

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

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Volleyball Consent Form

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of each coach.

SAFETY RULES to be followed by all participants include but are not limited to the following:

1. Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.
2. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitted or defective equipment.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in or around the participation area. Advise the coach of any hazard.
7. Be aware of court surroundings, e.g., obstacles, projections, bleachers, standards, etc.

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 volleyball program.

I am aware that volleyball is a high-risk sport and that practicing or competing in volleyball will be a dangerous activity involving MANY RISK OF INJURY. I understand that the dangers and risks of practicing and competing in volleyball 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, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in volleyball 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.

Because of the dangers of volleyball, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and agree to obey such instructions.

I, _____, am the parent/legal guardian of _____ (student). I have read the above warning and release and understand its terms. I understand that volleyball is a HIGH-RISK SPORT involving MANY RISKS OF INJURY, including but not limited to those risks outlined above.

In consideration of the school district permitting my child/ward to try out for the school volleyball team and to engage in all activities related to the team including but not limited to trying out, practicing or competing in volleyball, I hereby assume all the risks normally associated with volleyball and agree to hold the school district, its employees, agents, representatives, coaches and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise from such risks. The terms hereof shall serve as a release for my heirs, executor, administrator, assignees, and for all members of my family.

* Indicates required question

1. Email *

2. My signature shows proof that as the student-athlete of Huntington Middle School, *
I have read the Volleyball Consent Form.

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

3. My signature shows proof that as the parent/guardian of my student of Huntington *
Middle School, I have read the Volleyball Consent Form.

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

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Wrestling Consent Form

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of each coach.

SAFETY RULES to be followed by all participants include but are not limited to the following:

1. Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.
2. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitted or defective equipment.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in or around the participation area. Advise the coach of any hazard.
7. Recognize illegal holds as defined by the rule book.
8. Wear approved properly fitting apparel when wrestling with an opponent, either in practice or in a match.
9. Wrestle a safe distance from all walls and other obstructions. All wrestling will be done on the mats provided for wrestling.

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 wrestling program.

I am aware that wrestling is a high-risk sport and that practicing or competing in wrestling will be a dangerous activity involving MANY RISK OF INJURY. I understand that the dangers and risks of practicing and competing in wrestling 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, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in wrestling 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.

Because of the dangers of wrestling, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and agree to obey such instructions.

I, _____, am the parent/legal guardian of _____ (student). I have read the above warning and release and understand its terms. I understand that wrestling is

a HIGH-RISK SPORT involving MANY RISKS OF INJURY, including but not limited to those risks outlined above.

In consideration of the school district permitting my child/ward to try out for the school wrestling team and to engage in all activities related to the team including but not limited to trying out, practicing or competing in wrestling, I hereby assume all the risks normally associated with wrestling and agree to hold the school district, its employees, agents, representatives, coaches and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise from such risks. The terms hereof shall serve as a release for my heirs, executor, administrator, assignees, and for all members of my family.

* Indicates required question

1. Email *

2. *Mark only one oval.*

☐ Option 1

3. My signature shows proof that as the student-athlete of Huntington Middle School, *
I have read the Wrestling Consent Form.

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.

4. My signature shows proof that as the parent/guardian of my student of Huntington *
Middle School, I have read the Wrestling Consent Form.

By typing your name below you agree your electronic signature is the legal equivalent of your written signature on this consent form.
