

**ALEXANDER ELEMENTARY SCHOOL**

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STUDENT ATHLETIC PARTICIPATION PERMISSION FORM AND WAIVER**

I, parent/guardian of \_\_\_\_\_, certify that I have read and reviewed the “Description of Activities” attached, for the sport of \_\_\_\_\_, and that I am giving my student permission to participate in that sport. By giving my permission, I am representing that my child is healthy enough to perform all activities listed in the Description of Activities. I acknowledge that there are risks associated with my child’s participation in athletics, including my child’s possible illness or injury, and I accept those risks.

\_\_\_\_\_  
Name (Print)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

## **ALEXANDER ELEMENTARY SCHOOL**

### **DESCRIPTION OF ACTIVITIES – CROSS COUNTRY**

Students who participate in Cross Country will be expected to regularly engage in the following activities:

- Running [for Elementary up to 1 mile, for Jr. High up to 1.5 miles];
- Stretching / Warm up exercises

### **DESCRIPTION OF ACTIVITIES – BASKETBALL**

Students who participate in [sport] will be expected to regularly engage in the following activities:

- Running [for duration of games and practices];
- Passing/dribbling/jumping
- Stretching / Warm up exercises

### **DESCRIPTION OF ACTIVITIES – CHEERING**

Students who participate in Cheering will be expected to regularly engage in the following activities:

- Running;
- Stretching /Warm up exercises;
- Jumping, kneeling, tumblers, flips, rotations

### **DESCRIPTION OF ACTIVITIES – SOCCER**

Students who participate in Soccer will be expected to regularly engage in the following activities:

- Running [for duration of games and practices];
- Stretching /Warm up exercises;
- Jumping, kicking, throwing

### **DESCRIPTION OF ACTIVITIES – SOFTBALL**

Students who participate in Softball will be expected to regularly engage in the following activities:

- Running [for duration of games and practices];
- Stretching /Warm up exercises;
- Throwing, swinging, sliding, squatting