

# Weyauwega-Fremont School District Athletics

## Cautionary Statement for Grades 6-12

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\_\_\_\_\_ (please print child's name) will be participating in one or more sports offered by Weyauwega-Fremont School District. There are intense demands and conditioning required for these sports and we would like you to be aware of certain cautions and responsibilities designed to improve the safety and enjoyment of the sports for your child.

### **Preparation for Practice or Contest**

*The coach for each sport will have specific rules/instructions regarding practice and preparation for contests but there are some general guidelines for everyone.*

1. *Make sure you are dressed appropriately for the sport you choose to play and wear any protective gear/equipment that is necessary to protect you.*
2. *You should eat well and drink plenty of water.*
3. *Proper warm-up and cool-down are very important before and after each practice and competition.*

### **In the Locker Room**

1. *Make sure to secure all personal items in your assigned locker.*
2. *Be aware of slippery floors.*
3. *No rough-housing or horse-play allowed*

### **Emergencies**

*Safety should always be a top priority when engaging in any athletic activity. However, some injuries may occur; all injuries should be reported to an advisor/coach, no matter how minor they may seem. These injuries will be managed with basic first aid. If any injury is more serious, be prepared to assist the advisor/coach in any way you are asked.*

*Listed below are the following sports offered by the Weyauwega-Fremont School District. Please put a check by the sport your child will be participating in for the upcoming/current school year.*

### **Middle School**

\_\_\_\_ Basketball      \_\_\_\_ Cheerleading      \_\_\_\_ Cross Country  
\_\_\_\_ Football      \_\_\_\_ Track      \_\_\_\_ Volleyball  
\_\_\_\_ Wrestling

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### **High School**

\_\_\_\_ Baseball      \_\_\_\_ Basketball      \_\_\_\_ Dance  
\_\_\_\_ Cross Country      \_\_\_\_ Football      \_\_\_\_ Golf  
\_\_\_\_ Softball      \_\_\_\_ Track      \_\_\_\_ Volleyball  
\_\_\_\_ Wrestling      \_\_\_\_ Cheerleading

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\_\_\_\_\_  
(Athlete Signature)

\_\_\_\_\_  
(Grade)

\_\_\_\_\_  
(Parent/Guardian Signature)

\_\_\_\_\_  
(Date)