

ST. PAUL CATHOLIC HIGH SCHOOL ATHLETICS

Summer Conditioning and / or Skills Development Programs - Consent Form

Student's Name _____ Grade _____

The Connecticut Interscholastic Athletic Conference (CIAC) allows schools to conduct non-mandated out-of-season conditioning programs provided students are not coerced to participate and as long as the programs do not interfere with other educational, athletic or family commitments.

A new CIAC regulation in addition to the summer conditioning rules allows our coaches to work with and coach our student athletes 2 days per week / up to 2 hours per session. Not all programs and coaches will run summer conditioning and / or skills sessions.

We feel the program we are offering can be very beneficial to your child's growth and development and encourage them to participate. However, this program is not an interscholastic athletic program; therefore, you should always make certain your child is medically able to participate in the rigors such a program demands. As parents you take full responsibility for the medical well-being of your child (listed above) and give them permission to participate in the _____ (list the specific sport) optional summer conditioning and / or summer skills program.

As a voluntary participant, I understand that such activity may involve the potential for injury which is inherent in all sports. Even with strict observance of rules, injuries are still a possibility. I also understand that the school or anyone acting on its behalf is not responsible for any injury occurring during this voluntary activity.

Signature of Parent/Guardian & Date

Parent/Guardian – Emergency Contact Name and Cell Phone Number

As a student athlete of St. Paul Catholic High School, I am willing to participate in a planned summer conditioning and / or skills session(s) of my own free will and I am willing to abide by the following:

I will attend only at times specified by my coach & I will participate only under the supervision of a coach or certified adult.

Signature of Student Athlete & Date

- Please check with your coach for **CANCELLATIONS** due to rain or excessive heat / humidity.