

Athletic Packet Instructions/Checklist

Please check along as you complete each one to make sure you have them all.

Student Name _____

Grade _____

- Grab an Athletic Packet** (print online, or grab hardcopies outside of the Athletic Director's Office and the Main Office). The packet includes:
 - Student-Athlete Registration Packet
 - Game Day Expectations
 - Physical Exam Form (expires every 2 years)
 - Transportation Form
 - Weight and Fitness Room Consent Form
 - Concussion and Cardiac Arrest Awareness Form

- Grab a Parent/Guardian Release Form** for each sport that you plan to participate in
 - Fall Sport: _____
 - Winter Sport: _____
 - Spring Sport: _____

- Purchase an **ASB/Activity Card** in August/September

- Pay your **fines**. Check the Source to see if you have any

Check out RHS Athletics Website for updates, due dates, and more info:

https://roosevelths.seattleschools.org/student_activities/athletics/

Turn in all completed work in the Main Office