**Nashua Elks Crusaders Handbook**

**1. INTRODUCTION**

The Nashua Elks Crusaders (NEC) is a non-profit youth football and spirit organization established in 1969. We are proud members of the American Youth Football and Cheerleading Association. Nashua Elks Crusaders is one of 25 associations that make up the New Hampshire Youth Football and Spirit Conference (NHYFSC) and belongs to the national organization – American Youth Football and American Youth Cheer (AYF/AYC).

Nashua Elks Crusaders membership is open to athletes and families who live in the Nashua High South district area, or an area where NHYFSC, AYF/AYC is not offered. Athletes aged 5 (by July 31) through 13 (8th grade) for football and age 5 (by July 31) through 14 for cheerleading are eligible to participate in our program.

Nashua Elks Crusaders is a non-profit organization administered by a volunteer board of directors and funded through the fundraising efforts of our participants and their families and through the generous support of community and local business donations.

**2. MISSION AND EXPECTATIONS**

Nashua Elks Crusaders was founded in 1969 with the purpose of providing and promoting the opportunity for the greatest number of youths in our community to participate in a football and spirit program that focuses on teamwork, sportsmanship, discipline, commitment and leadership in both the classroom and on the playing field, and to familiarize all youth, ages 5-14, with the fundamentals of football and cheerleading. We strive to create an environment in which participants may prepare and compete in a supervised, organized and safety-oriented manner, and to keep the welfare of the participants free of adverse moral or social impact.

The program aims to firmly implant in the minds of youth the ideals of good sportsmanship, scholarship, and personal integrity so that they may become valuable, contributing members of society. The objectives will be achieved by providing supervised and competitive youth football teams and spirit squads. Supervisors will bear in mind that the molding of future adults is of prime importance. The attainment of exceptional athletic skill and winning of a game is secondary. Membership will have no bearing in the composition of any team.

**2.1 Commitment**

Football and Cheer are both TEAM sports. By registering with our program, NEC makes the commitment to provide a safe and inclusive environment for your athlete to be part of that team. In turn, the expectation is that your athlete and your family will commit to supporting the team by attending all practices and games during the pre-season and regular season.

Unexpected and understandable absences due to illness or injury are acceptable with notification to your team of the absence. Unacceptable behavior is attending practice or games when the athlete or parent decides they wish to. An athlete not attending practices places that athlete at a disadvantage for learning new skills, keeping up with the progress level of the team and presents a safety risk for themselves and others. Further, it puts the rest of the team, as a whole at a disadvantage with this lack of commitment.

**2.2 Communication**

Communication between parents and the organization are crucial to an effective program. We strive to have all program information communicated to you in a timely manner. Program information will be communicated through multiple methods.

* Nashua Elks Crusaders website
* Email distribution
* Social media channels such as Facebook Team pages or apps
* Team managed communications from Coaches and Team Parents

Please connect with your Team Parents to ensure your contact information is up to date and you have access to these means of communication.

Equally, parents/guardians’ communication to the organization and staff are important to accommodate any needs or concerns. Please do your part to ensure the organization, coaching staff, and Team Parent of your Team are informed of any specific barriers to participation such as athletes medical, behavioral, or educational needs. This includes medical conditions, medications, and other individual specific accommodations or limitations (such as IEPs/504)

**Other important websites**

* New Hampshire Youth Football & Spirit Conference: www.nhyfsc.org
* American Youth Football & Cheer: www.ayf.com
* New England Regional Competition: www.neregionals.com
* CDC Concussion Awareness: http://www.cdc.gov

**2.3 Conduct**

The membership of our organization, from parents to coaches to board members, provide the best example to our athletes of proper conduct both on and off the field. Every member of NEC shares the common bond of Football and Cheerleading. You will be expected to respect your teammates, coaching staff, and the NEC Community. Equally, all members of NEC organization are expected to treat athletes and parents/guardians with respect. Personel issues between individual members of NEC are strictly to be kept “off the field”. If your questions or concerns were not addressed to your satisfaction or any other clarification is still needed, please consult the proper individuals within the organization such as Team Parent or Head Coach. If it remains unresolved, please contact the Football or Spirit Director.

Above all, remember to keep a POSITIVE ATTITUDE! Placing trust in the plans designed by coaches and volunteers of the organization even if you cannot see how it will unfold at the time.

To enforce these principles all coaches, board members, parents/guardians and athletes are **required** to read, sign and abide by the NHYFSC and NEC Code of Conduct in order to participate and attend practices, games, meets and other events. Violations of the Code of Conduct will be promptly addressed, and the appropriate actions taken.

**2.4 Conduct at Practices and Games**

As members of the NEC community your behavior reflects upon our organization at all practices and games. As such, please abide by the following rules:

* Smoking, vaping and the use of alcohol is strictly **prohibited** at all practices and games. The use of any of these products is strictly prohibited at **ALL** NEC practice facilities and fields.
* Pets **are not** allowed at practices or games.
* Refrain from the use of swearing or derogatory language at all practices or games. Do not direct swearing or derogatory language towards players and coaches of any teams involved, or officials.
* Failure to abide by these rules is a violation of the Code of Conduct and may result in removal of the offending individuals from the premise by law enforcement.
* Repeated violations may result in suspensions from practice and game facilities, or a season long ban on participation.

**3. ORGANIZATION AND STRUCTURE**

**3.1 Governing Rules and Organizations**

The American Youth Football (AYF) organization rules govern each Football organization within the state of New Hampshire. American Youth Cheer (AYC) and Youth Cheer and Dance Alliance (YCADA) organizations rules govern our Cheerleading safety rules and guidelines. These guidelines are set up strictly for your child’s safety. Each organization must adhere to these rules at practices, games and competitions.

The New Hampshire Youth Football and Spirit Conference (NHYFSC) bylaws can and may impose additional rules and regulations on the organizations in the New Hampshire conference. Additionally, Nashua Elks Crusaders can and may impose additional rules and regulations as described in our organization bylaws. In cases of a conflict, the AYF/AYC rules are the highest authority, followed by NHYFSCNEC bylaws and rules will never override NHYFSC rules and NHYFSC rules will never override AYF/AYC rules.

**3.2 Board of Directors**

The Nashua Elks Crusaders Board of Directors is a completely volunteer role. Board members are either voted in or appointed as described in the Nashua Elks Crusaders By-Laws. Our currently serving Board members and their contact information can be located on the NEC website at <https://www.nashuaelkscrusaders.com/>

**3.3 Board Meetings**

Board meeting are typically held the third week of every month at the Nashua Elks Lodge. Dates are determined each January after the new board is sworn in. Information regarding board meetings will be distributed by various channels prior to the meeting. We encourage the parents/guardians who make up the NEC community to attend and offer your suggestions and input as we strive to make the NEC program the best it can be for our youth. Any member of our NEC community can request to be added to our monthly board agenda if/when that request is made to our secretary at least seven (7) days in advance by emailing the NEC Secretary at Necsecretary2022@gmail.com.

**3.4 Registration**

**3.4.1 Required Paperwork**

**Medical Clearance Form:** The Medical Clearance form must be brought to your child’s physician to be dated and signed in the **current calendar year**. **NO CHILD** will be allowed to practice without a properly completed medical clearance form. The medical clearance form is not an affirmation that your child has had a regular physical this year, only that a physician has cleared medically certified them for participation in football or cheer.

**Birth Certificate:** Please bring your child’s birth certificate that was issued by the State or Town. Hospital copies are not acceptable unless there is a State seal on it. (Returning athletes do not need to provide their birth certificates again.)

**Report Card:** A copies of your child’s final report card for the previous school year must be submitted. The name of the school and the school’s grading scale must appear on the report card. It must be legible and copied in its entirety. (NEC reference only per 2022 season)

**Code of Conduct**: Parents/guardians and athletes must sign a NHYFSC and NEC Code of Conduct Form.

**Anti-Bullying Contract:** This form is signed by both the parent and the athlete and is required by NHYFSC.

**Social Media Form:** This form is also signed by both the parent and the athlete and is required by NHYFSC.

**Concussion Acknowledgment Form:** This form is also signed by both the parent and the athlete and is required by NHYFSC.

**Nashua Elks Crusaders handbook**: Parents must sign an acknowledgment that they have agreed to make themselves aware of the rules and pertinent information found in this handbook.

All paperwork must be received by July 15 of the current season.

If your child’s paperwork is not complete, your child **will not** be able to participate.

All paperwork is available at registration events and online on the NEC website: <https://www.nashuaelkscrusaders.com/>.

**3.4.2 Fees and Deposits**

Information concerning current season registration fee is available on the NEC website and NEC Facebook page prior to the start of each season.

**Additional costs associated with Cheer:**

* Briefs
* Warm Up Jacket
* Practice Bow
* Black Leggings
* Game Shirts
* Indoor and Outdoor White Cheer Sneakers
* Spectator tickets for Competitions Travel associated with competitions

**Mandatory Deposits**

Nashua Elks Crusaders requires parents/guardians to provide specified deposits to complete registration. These deposits are not processed **unless** the associated commitment is not met or in the case of equipment not returned to the organization. Deposits can be made via post-dated check (dated for Dec 1 of the current year) or a signed credit card authorization form. We do not accept cash or money orders for deposits. All deposit checks and authorization forms will be returned or destroyed once the commitment has been fulfilled or equipment returned.

The following deposit is required prior to participating with NEC and/or receiving equipment. Failure to provide a deposit for equipment will result in your athlete not taking the field/and or receiving equipment until they are submitted.

**Equipment Deposit:**

* Football Only:
	+ Equipment for Tackle Football is $200.00.

Failure to return given equipment **before** January 1st of the following year will result in sacrificing your deposited check or processing of your credit card authorization **regardless** if the equipment is then later returned.

**Insufficient Funds**

If at any time, you have made a payment by check and it is returned to us for insufficient funds, the following actions will take place:

* You will receive an invoice for the original check, plus any bank fees incurred.
* If the insufficient funds occur prior to the start of the season, your child will not be placed on a roster, until your payment has been made in full.
* If this occurs during the season your child may be removed from the roster. It is your responsibility, once you have been notified, to remit payment in full or make arrangements with the President or Vice President.
* Non-payments or insufficient funds would make your child ineligible to play or cheer, until your payment has been made in full.
* If there is a necessity for a parent to do a payment plan, please contact the President or Vice President for more information.

**Refunds Policy**

No refunds will be issued after the first day of practice.

**Waiting List**

According to NHYFSC regulations, no more than 36 participants can be on any team’s roster at any time. In the case a roster fills, any additional registrants will be placed on a waiting lists. If your child is placed on a waiting list and decides NOT to participate before practice begins, parents should contact the corresponding director as soon as possible. If your child remains on the waiting list, parents will be contacted by the directors when/if openings occur in the active roster. For any applicant to be placed on the active roster or waiting list, the full registration fee must be paid at the time of registration. Checks paid at registration for a child placed on the waiting list WILL NOT be deposited unless that child is moved onto an active roster.

**3.4.3 Eligibility**

**Residence**

Nashua Elks Crusaders may only roster athletes and families who live in the Nashua High South district area, or an area where NHYFSC, AYF/AYC is not offered. Waivers may be obtained for athletes from other areas but must be approved by NEC.

**Scholastics**

Scholastics are a high priority in our program. Every participant must maintain a 2.0 grade point average or 70% average grade according to their report card at the end of the school year prior to the season starting. Failure to achieve this may result in the participant’s ineligibility to continue in the program. During the season, any participant suspended or expelled from school is immediately eligible for suspension from our program.

**4. VOLUNTEERING and FUNDRAISING**

As a nonprofit youth program, Nashua Elks Crusaders relies heavily on volunteers to help our program host games and events, provide chaperones, and take the burden off our coaches and board members. There are many opportunities to volunteer for our program and we appreciate the collaborative effort.

**Note:** Coaches, Assistant Coaches, Board members, and Team Parents are exempt from filling volunteer spots regardless of how many children they have in the program but **ARE NOT** exempt from Fundraising commitments.

**4.1 Volunteer Commitments**

For each child enrolled in NEC, a parent/guardian must sign up for a **minimum** of two volunteer spots with their respective Team Parent. The number of required volunteer spots on a team is dependent on the rostered number of players at the start of the season. Please communicate with your Team Parent for available volunteer spots and to register for available spots. This can include but are not limited to providing snacks, keeping track of minimum player requirements (MPRs), running the score board, taking photos and running the chains. Team Parents will coordinate volunteer sign-up and communication of positions that need to be filled. Signing up early is the best way to ensure you get the spots you wish.

**Please note**: If you sign up for a specific date and time, and cannot fulfill your obligation, it is **YOUR** responsibility to find appropriate coverage for your shift. Additionally, Team Parents have the authority to sign you up for volunteer commitments if you do not. Failure to honor an assigned commitment is considered a violation of the Code of Conduct and can result in your child’s eligibility to participate in the season.

**4.2 Fundraising Commitments**

Fundraising is extremely important to this organization, and it is imperative that everyone participates. Our organization is a successful nonprofit run by volunteers, but still incurs operational costs. Alongside corporate sponsorships, donations and merchandise, we rely on these funds in order to continue to grow our program, replace outdated uniforms and equipment, pay referee and EMT fees, pay entry fees for competitions and keep our budget balanced.

Fundraising is conducted through several means which will be determined by the Board of Directors prior to the first registration of the upcoming season. All athletes are **REQUIRED** to complete **2** in-season fundraising requirements. NEC does offer a buy-out option that must be paid prior to the start of the season. The buy-out is $200.00 per athlete. All fundraisers request each child sell $100.00 per fundraising activity.

**Please note:** All teams (football and cheer) or individual players that advance past the State Championships level (including but not limited to) Regional comps, Playoffs and Nationals will be required to continue to raise funds through post- season fundraising. Please see the bylaws and contact the Fundraising Coordinator or your appropriate program Director for more information.

1. **HEALTH AND SAFETY**

Nashua Elks Crusaders is dedicated to providing the safest environment for our football and cheerleading teams. This includes training ranging from concussion safety and awareness to recognizing the signs of bullying. Our website has a number of resources for parents/guardians (in both English and Spanish) to consult to learn more about these issues.

Please visit our Athlete Safety page for more information: https://signup.nashuaNEC.com/page/show/6010684-athlete-safety

**5.1 Concussion Safety and Awareness**

Nashua Elks Crusaders is dedicated to providing the safest environment for our football and cheerleading teams. All our coaches are CDC Head’s Up certified and committed to making sure your athletes learn the proper skills to protect themselves from head injuries. The organization is committed to providing and maintain all our equipment at or above the industry certification standards.

Please visit our Athlete Safety page for more information:

CDC Heads Up booklet:

https://www.cdc.gov/headsup/pdfs/resources/Concussion\_at\_Play\_Playbook-a.pdf

**5.3 Weather Conditions**

All practices and games are held **rain or shine.** The only exception to this policy is the presence of lightning. If inclement weather is forecasted during the time of a game or practice:

* Operate under the assumption that the activity will be held. If a cancellation is to occur, you will be notified through established communication methods such as email, Facebook or other social media platforms.
* All parents/guardians are to remain **at the practice or game field** in the case the activity is ended early.
* In the case of lightening, players will be directed to find their parent/guardian and stay with them until either, the All Clear has been given to resume the activity. If this occurs during a game, players may be taken under the coaching staff’s supervision if shelter such as a locker room is available.

**NOTE:** All participants are expected to participate at practice and games regardless of the weather without exception. Inclement weather that does not result in a cancellation **does not** count as an excused absence from practice or games.

**5.4 Medical Conditions and Medication**

If your athlete is diagnosed with a medical condition that requires monitoring by the coaching staff such as asthma or potentially harmful allergic reactions (such as bee stings), you are **required** to inform the Coach and Team Parent concerning the matter and the appropriate action to take in case of an incident.

If your athlete is taking medication of any type, you are **required** to notify the Head Coach and Team Parent **prior** to the first practice. Inhalers **must be placed** in the teams’ first aid kit and remains there for the entire season, or your child cannot participate (no exceptions). In the case of a chronic condition, such as asthma, diabetes, or allergies, all medication whether prescription or non-prescription must be placed in the squad’s first aid kit.

In the case of an allergy to insect bites/ bee stings, an epi-pen **must** be placed in the team’s first aid kit. This can be given to the Head Coach or Team Parent before each practice or game and returned after each practice or game. Please mark your child’s medication clearly prior to giving it to the Head Coach or Team Parent.

In the case of an emergency, coaches and team parents will notify the parent immediately and take proper action. While some of our coaches are first aid and/or CPR certified, they are not in all cases authorized or trained to administer medication.

**5.5 Injuries and Illness**

If your athlete will miss a practice or game due to illness or injury, please notify the Head Coach and Team Parents as soon as possible in advance of the next scheduled practice or game. Do not rely on coaches to diagnose the medical condition or injury. If your athlete is sick or injured for more than two days, we recommend consulting a medical care provider.

If your athlete is currently under a physician’s care for any injury that restricts them from participating, you must obtain and submit a dated note from the doctor stating their instructions for your athlete to refrain from participating. Failure to do so counts as an unexcused absence.

If your child is removed from a practice or game due to injury, they will not be able to resume practicing or participating in games until appropriate medical personnel or their doctor clears them. A note dated from a doctor must be provided for your child to continue.

Any injuries at practice or games that require a participant to stop practicing will be followed up with a discussion with the parent by the Head Coach, and the incident will be documented with an accident report.

**6.1 Parking**

Parking at Pennichuck Middle School:

* No parking at top of field where football players practice (where trailers are located) Board Members and Coaches **ONLY**.
	+ This is strictly enforced as it is a safety hazard and has been directed by the local fire commission
* Designated parking is located in the school parking lot.

Any vehicles parked where they do not belong per the above rules are subject to towing. A representative of NEC will:

* Attempt to locate the owner of the vehicle to have it moved.
* If the owner is unable to be located, NEC reserves the right to have your vehicle towed from the field and the owner will be responsible for the towing fees.

**6.2 Team Practices**

Practices are held at Pennichuck Middle School and subject to change as necessary:

* 207 Manchester St, Nashua, NH 03064

Practice starts July/August every season. Practice days and times may vary by team but are typically Monday – Thursday for a **maximum** of 10 hours per week.

**For Football:** The first two weeks cover the NHYFSC/AYF **mandatory** conditioning timeframe of 20 hours for athletes to participate in contact hitting during practice or games for tackle football (Flag football does not have this requirement). Players who start the season late will be required to finish the mandatory conditioning prior to playing in their first game regardless of the team’s schedule (for example, a player who misses the first two weeks of conditioning will not be able to play until the 3rd game of the season.)

**For Football and Cheer:** After the start of the public-school year, practice time is reduced to a **maximum** of 8 hours per week. Practices are held at the same locations as above, generally on Tuesday/Thursday/Saturday. This is subject to change based on an individual team’s coaching staff availability and field availability. All practices are overseen by either the Football/Spirit Director or a designated Board member. Changes to practice schedules **must** be approved by the Football/Spirit Director.

**For Cheer:** Starting in late August to early September, cheerleading squads will move to indoor practices. Indoor practices are held at a location determined by the Board of Directors and will be communicated prior to the beginning of the season.

**Practice Time and Duration**

NEC typically holds practices from **6:00pm to 8:30pm** on the designated nights. All players must report to their coaching staff by the designated time ready to go. General policy is to arrive to the practice location **10 to 15 minutes in advance** to attend to equipment or other pre- practice necessities.

During practice, players will be given mandatory water breaks. Please minimize interacting with your athlete during this time. Athletes are expected to manage their own water and behavior as part of team building efforts and learning personnel responsibility. After practice, a brief meeting is typically held to discuss with the athletes the progress made during practice and expectations for the following session. At this time, the players will receive any pertinent information and parents during this time are allowed onto the field to listen and ask relevant questions.

Coaches will be mindful of athlete and parents/guardians time and do their best to end practice in a timely manner. No player will be released to anyone except the participant’s parent/guardian without written permission.

**NOTE:** At no point during practice is any parent/guardian allowed to step onto the designated boundaries of the practice field. If you need to speak to your athlete or a coach, please communicate the request to the Team Parent.

**6.1.4 Absenteeism and Tardiness**

Athletes are expected to attend **all** practices and games. Athletes are advised to arrive at the practice or game location **10-15 minutes** prior to the start of practice and **60 minutes** before a game. The additional time prior to games is important for team warm-ups/drills, equipment checks and NHYFSC required roster checks.

Unless prior arrangements have been made with the Head Coach, any player arriving late for practice or game will be considered late and recorded. If a situation occurs (such as an illness), a parent must make every effort to contact the head coach within an hour before the practice or game to advise them of the absence. **Only** a parent/guardian is permitted to report an athlete as absent from practice or a game.

The Football and Spirit programs travel for games and competitions to locations that may be an hour or more away. Please allow for additional travel time to areas you are not familiar with.

Please arrange all doctor and dentist appointments for times other than practice days and times.

**Tracking Policy**

Late arrivals and unexcused absences are recorded and tracked during the season following the rules below:

* Arriving late for a practice or game counts as a **Late Arrival**.
* Failure to attend a practice or a game count as an **Unexcused Absence.**
* **Three** (3) Late Arrivals count as **one** (1) Unexcused Absence.
* **Three (3) Unexcused Absences** during the season will result in your athlete being dismissed from the Team for the remainder of the season (this may be waived at the discretion of the Football/Spirit Director)

**6.1.5 Emergency Plan**

If an emergency arises (rising above routine or minor injury), the Head/Assistant coach is to assess the situation. All remaining players and coaches are to be removed from the area until the situation is resolved.

If emergency medical help is needed, an ambulance is to be requested immediately. A “better safe than sorry” approach will be used. An ambulance or emergency help will be obtained if the coach/board member has any question of the seriousness of the player’s condition.

* A coach/board member will remain with the player at all times.
* The team parents or assigned staff members will immediately contact the athlete’s parent/guardian to advise them of the situation.
* Once the situation is under control, the Football/Sprit Director and NEC President is then notified of the situation so that a follow-up can be done with athlete’s parent/guardian.
* Coaches will complete the appropriate incident report paperwork in a timely fashion.

If the parent/guardian of the athlete refuses the measures above, the parent/guardian **must** remove the child from the field themselves without the assistance of NEC personnel for liability purposes.

**6.1 General Football Program Policies**

**6.1.1 Equipment Distribution and Returns**

Uniforms are distributed in mid to late July. Equipment will **only** be distributed to athletes who have a completed registration packet from the Football Registrar and are paid in full (or have a payment plan in place) as described in **Section 3.4.2 Fees and Deposit.** All equipment loaned to athletes by NEC is expected to be returned at the end of the season in satisfactory condition. All parents will have to sign a form stating that all uniform pieces and accessories have been received. You are responsible for replacing any items that are lost or damaged beyond repair.

The Football Equipment Coordinator & Football Director will choose a specific time and location for equipment returns at the end of the season. If you are unable to attend an announced equipment return, it is **your responsibility** to the contact the Football Director or Football Equipment Coordinator to arrange return of the equipment.

Failure to return equipment **before** January 1st of the following year will result in forfeit of your deposit as detailed in the **Equipment Deposits** section **regardless** of the equipment being later returned. The Football Director may waive this deadline on a case by case basis.

**NOTE:** If you are personally supplying your athlete with any piece of equipment that is normally provided by NEC, there **must** be a signed NEC Personal Equipment Waiver on file. A copy of this waiver can be found in this handbook and on our website at:

**6.4 Regional & National Travel**

Nashua Elks Crusaders through the strength of its program has fortunate enough to have earned numerous State, Regional and National Titles. Post-season game and travel at the National level requires extensive out of state travel which brings its own expenses. NEC works as an association to raise funds to help defer the cost of travel to any National Competition for any Team who has earned place. The success of this effort depends solely on the families involved. NEC can provide the opportunities to fundraise but cannot raise the funds for you. As always, the decision of whether to advance to National Competitions will be up to the families involved.

If your athlete chooses to attend Nationals, they must be accompanied by a parent/guardian or approved chaperone. Participation in Nationals is **not mandatory**.

**6.5 Post-Season Fundraising**

REGIONAL & NATIONAL TRAVEL

Nashua Elks Crusaders has been fortunate over the years to send several teams past the State Competitions. Our teams have earned numerous State, Regional and National Titles.

We work extremely hard as an association to raise funds to help defer costs of travel to Regional & National Competition for any squads fortunate enough to advance. The success of this effort depends solely on the families involved. We, as a board, can provide the opportunities to fundraise, but cannot raise the funds for you.

As soon as any football team wins their State Championship, or any Spirit Team qualifies for Regional Competition, post-season fundraising will be mandatory. The fundraiser will be approved by the Board of Directors and submitted to the football team(s) that wins States or Spirit team(s) that qualifies for Regional Championships. 100% participation is mandatory. If an athlete does not participate in fundraising requirements, he/she does not receive any funds from the organization or sponsor/donor.

I have read and agree to the Nashua Elks Crusaders Handbook and By – Law requirements.

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Athlete Signature Date

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Parent/Guardian Signature Date