

Form E

(to be filled out and turned in at the end of season)

Watertown High School Athletic Department

Out-of-Season Physical Fitness/Conditioning Program
Parent/Athlete Consent Form

Student's Name: _____ Grade: _____ Sport: _____

The C.I.A.C. allows a school to conduct non-mandated out-of-season conditioning programs provided students are not coerced to participate, no sport specific equipment is used, and as long as the programs do not interfere with any other educational, athletic or family commitments.

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 Watertown High School Athletic Department optional out-of-season conditioning program.

While off season conditioning is strongly encouraged it does not necessarily guarantee a spot on the roster.

Date: _____ Parent/Guardian Signature: _____

As an athlete of Watertown High School, I am willing to participate in a planned out-of-season conditioning program 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 not bring sport specific equipment during these conditioning practices.
- I will participate only under the supervision of a coach or certified adult.

Date: _____ Student-Athlete Signature: _____