

INTRODUCTORY LETTER FOR PARENTS OF INTERSCHOLASTIC ATHLETIC PARTICIPANTS

Dear Parent or Guardian:

Your child has expressed a desire to participate in the interscholastic sports program at Lutheran High School of Kansas City. It is important that you and your child understand the goals of the program and agree to abide by the rules established by the Missouri State High School Activities Association (MSHSAA) and Lutheran High School of Kansas City.

1. Interscholastic sports are part of a broad extracurricular program designed to teach students certain skills and reinforce concepts of self-worth (achievement), cooperative effort (teamwork), and ethical decision making (sportsmanship).
2. All participants **must** receive a physical examination by a medical doctor (not a chiropractor) prior to the start of practice and/or conditioning. Physical exams received after February 1 are good through the following school year.
3. The coaching staff and other responsible school officials will do everything within reason to protect your child from injury by providing training designed to reduce the impact of accidents and the appropriate equipment and facilities for each sport. But it is always possible that injuries may occur and may, on rare occasions, be serious and disabling.. If this possibility concerns you, please discuss your concern with your son or daughter's coach and the athletic administrator.
4. Within the first three team meetings, the coach will explain the attendance policies, team rules, training rules and rules for participation and lettering. In addition to the strict observance of these rules, your son or daughter will be expected to meet all regular school obligations of citizenship and academic achievement.
5. Not all students who wish to participate in interscholastic athletics may be able to do so. The size of the team is necessarily limited by the availability of supplies, equipment and coaching staff. Presently, with our small enrollment, we enjoy a "no cut" policy in our sports programs. When we reach the level when more students try out than can be placed, cuts will be made, **when necessary**, on the basis of skill development, readiness for competition and observance of the rules. No one will be permitted to compete until MSHSAA rules for participation are satisfied or in the opinion of the coach, he or she is physically ready to do so.
6. School equipment issued to your son or daughter for participation is his or her responsibility and must be returned promptly upon request. Reimbursement will be required for loss or destruction of equipment beyond ordinary wear and tear.
7. The main goal of any activity at Lutheran High School of Kansas City is to glorify our Lord and Savior Jesus Christ. Athletes, fans, coaches, faculty and administrators are expected to conduct themselves in a manner that reflects the love of Christ.

The Athletic Department hopes your child will have a successful and rewarding athletic experience at Lutheran High School of Kansas City. Your support and encouragement will contribute to that success. If you have any questions or concerns, please contact me at any time. I look forward to an exciting successful year.

Find attached two copies of the **Agreement to Participate / Parental Consent** form. Please read, sign, and return one copy to me and keep the other for your records.

In Christ's Name,

Lee Rudzinski
Athletic Director

**AGREEMENT TO PARTICIPATE
(Student Athlete)**

I am aware that participation in interscholastic sports involves risks and possible injury including damage to bones, joints, ligaments, muscles, and tendons, serious neck and spinal injuries and various other complications which may result in paralysis and / or brain damage or worse.

To reduce the possibility of injury, I will follow the coach's requirements regarding training and playing techniques. I also understand that in order to maintain my eligibility to participate in interscholastic sports, I must abide by these requirements and any other applicable school, team, and state rules.

In consideration for Lutheran High School of Kansas City permitting me to try out for, practice for and / or play in any of its athletic programs, and to engage in all activities related to the above, I hereby voluntarily assume all risks associated with participation and agree to exonerate and hold harmless Lutheran High School of Kansas City, its agents, servants, and employees from any and all liability claims, causes of action or demands of any kind and nature whatsoever which may arise by or in connection with my participation in any activities related to Lutheran High School of Kansas City's athletic program.

Date Student's Name (PRINT) Student's Signature

PARENTAL CONSENT

In order to treat injuries and deal with other medical emergencies, each coach will carry, at all times, a medical kit which will include various kinds of bandages, topical analgesics, topical antibiotics, peroxide, latex gloves, alcohol wipes, etc. We will not carry aspirin, Tylenol, Ibuprofen, or any other ingestible pain reliever or antibiotic. If your child requires the use of an inhaler, we cannot carry it in our medical kit unless we have written permission from a parent and doctor. Please list below any substance to which your child is allergic, including the above or any other not listed.

My child is allergic to, and / or should not be treated with _____

I have read the above *Agreement to Participate* and understand the potential for injury and the responsibilities of my child while participating in interscholastic athletics at Lutheran High School of Kansas City. I am including any specific First Aid recommendations that might specifically pertain to my child. (You may write these on the back of this form or attach.)

I hereby give my consent for my child to participate in any athletic activity at Lutheran High School of Kansas City except for the following:

Date Parent's Name (PRINT) Parent's Signature

