

BLUEJAY STRENGTH AND CONDITIONING

2016 SUMMER SCHEDULE

A physical must be on file, taken after May 1st of 2016, to be able to participate in athletics during the 2016-2017 school year. Schedule and complete a physical on or as soon after May 1st as you can.

Wednesday June 8th Strength and Conditioning begins
Sessions each **M - W - F**
6:30 – 8:00 am Advanced So – Sr athletes (Fr athletes as OK'd per Coach)
9:00 – 10:30 am Beginning Fr – Sr athletes
***athletes are allowed to attend either session to accommodate summer conflicts

Tuesdays and Thursdays beginning June 9th El-MS Strength and Conditioning
8:00 – 9:00 am 6 – 8 MS athletes
9:00 – 10:00 am K – 5 Elementary students

Monday July 4th Weight Room Closed

Wednesday August 3rd and Friday August 5th Conditioning Test 6:30 am

Wed, Thursday, & Friday August 10th 11th and 12th Strength and Conditioning 4:00pm – 5:30 pm

TBA Fall Athlete and Parent Orientation Meeting

This is a mandatory meeting for all fall sport parents and athletes.
Contact Mr. Westerhaus at 717-4226 if you are unable to attend the meeting.

Monday August 15th Fall Sport Practices Begin
All athletes must have a physical completed and turned into the athletic office prior to the start of practice. You may take your physical anytime after May 1st 2015.
A complete practice schedule will be available through each sports head coach.

Summer Strength and Conditioning Expectations

Consistency – Consistency – Consistency – Consistency

Be a great Teammate!

Be on time for the session you are attending. Extra work will be assigned to tardies during the summer conditioning program.

Complete each workout, in full, as assigned by JCHS Strength staff. No individual workouts will be allowed except when extra time is allowed and available. Individual workouts may be completed through a membership at a local gym.

Absolutely no horseplay will be allowed

No food or drink will be allowed in the weight room

Shirts, shoes, sweats or shorts must be worn at all times. Jeans or Jean Shorts will not be allowed. Be sure your clothing has no exposed buttons or zippers.

Respect the facility and all equipment. Return all equipment to its proper location upon completion of use.

Spot and have a spotter present for all lifts as assigned and instructed.

Competition is individual unless designed into the workout.

Never negatively interfere with another participant.

Positively encourage each participant to reach their full potential and to get the maximum out of each session.

“SING YOUR SONG AND ASSIST OTHERS IN SINGING THEIRS”!!!! Leave no music inside of you!

2016 BLUEJAY SUMMER FOOTBALL CAMPS

These camps will be directed and coordinated by the USD 475 football staff. These camps are designed emphasizing fundamentals and team concepts using individual and group instructions.

Junction City High School Practice and Game Fields (please circle the camp which you will attend)

HS	Grades 9 – 12	Tuesday – Friday 8:00am – 11:30am	May 31st – June 3rd
MS	Grades 7 – 8	Tuesday – Friday 1:00pm – 3:30pm	May 31st – June 3rd
EL	Grades 3 – 6	Monday – Thursday 9:00am – 11:30am	July 11th – July 14th

Cost \$25.00 by May 15th \$30 after May 15

Please make checks out to Zimmerman Camps

NAME _____ Adult Shirt Size S M L XL XXL
 Youth Sizes S M L

SCHOOL _____

ADDRESS _____ CITY _____

PHONE _____

AGE _____ GRADE in Aug '16 _____ HT _____ WT _____

Position: Offense _____ Defense _____ Specialty _____

Name of Health Insurance Company for personal injury coverage _____

Insurance policy number _____

I hereby authorize the staff of the Bluejay Football Camps to act for me according to their best judgement in any emergency requiring medical attention. I hereby waive and release the camp staff and USD 475 from any liability for any injuries or illnesses incurred from camp. I know of no medical or physical problems, which would affect my child's ability to participate.

Parent/Guardian
 Signature _____ email address _____

Please send registration forms to
 Coach Zimmerman
 Junction City High School
 900 N. Eisenhower
 Junction City, KS 66441



SUMMER 2016 Clinics

CLINICS BEGIN JUNE 1st and FINISH JUNE 30th

Tennis courts located at Junction City High School behind west side of school



Coach: Matt Micheel

- Certified USPTA Elite Professional
- Former Mens/Womens Head College Tennis Coach
- Junction City HS Head Boys/Girls Tennis Coach



MONDAY/WEDNESDAY

4th/5th Grade 8:00-9:00am \$50
Orange Ball Used

6th/7th Grade 9:00-10:00am \$50
Green Ball Used

HIGH PERFORMANCE TRAINING II-III
9-12th Grade II 10:30-11:50 III 11:15-12:35 \$70

TUESDAY/THURSDAY

2nd/3rd Grade 8:00-8:45am \$40
Red Ball Used

1st Grade 8:45-9:15am \$30
Red Ball Used

HIGH PERFORMANCE TRAINING I
9-12th Grade 9:15-10:35am \$70

STROKE PRODUCTION TRAINING
8-10th Grade 10:35-11:55am \$70

- Grade level is based on 2016-2017 school year.
- Alternate participant placement available pending instructor approval.
- Participants will need their own racquet and athletic shoes.
- Elementary clinics will use the new USTA 10 & under Quickstart format.
- In case of inclement weather, makeup sessions will be held on Fridays.
- One makeup day is already built into the schedule.
- **Private and Group Lessons are also available for all ages.**

SPACE IS LIMITED SO SIGN UP NOW!!!

Contact Matt Micheel

PHONE: (941)685-7695 OR EMAIL: matthewmicheel@usd475.org

Successfully

Making

Athletes

Superior

Hitters

Pre-Participation Physical Evaluation

PPE

Kansas State High School Activities Association • 601 SW Commerce Place • PO Box 495 • Topeka, KS 66601 • 785-273-5329

PHYSICAL EXAMINATION FORM

Name: _____ Date of birth: _____

Date of recent immunizations: Td _____ Tdap _____ Hep B _____ Varicella _____ HPV _____ Meningococcal _____

PHYSICIAN REMINDERS

1. Consider additional questions on more sensitive issues

- Do you feel stressed out or under a lot of pressure?
- Do you ever feel sad, hopeless, depressed, or anxious?
- Do you feel safe at your home or residence?
- Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
- During the past 30 days, did you use chewing tobacco, snuff, or dip?

- Do you drink alcohol or use any other drugs?
- Have you ever taken anabolic steroids or used any other performance supplement?
- Have you ever taken any supplements to help you gain or lose weight or improve your performance?
- Do you wear a seat belt and use a helmet?

2. Consider reviewing questions on cardiovascular symptoms (questions 5–14).

EXAMINATION			
Height	Weight	Male <input type="checkbox"/> Female <input type="checkbox"/>	BP (corrected for height/age) / (/) Pulse
Vision R 20/	L 20/	Corrected: Yes <input type="checkbox"/> No <input type="checkbox"/>	
MEDICAL		NORMAL	ABNORMAL FINDINGS
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)			
Eyes/ears/nose/throat • Pupils equal • Gross Hearing			
Lymph nodes			
Heart * • Murmurs (auscultation standing, supine, +/- Valsalva) • Location of point of maximal impulse (PMI)			
Pulses • Simultaneous femoral and radial pulses			
Lungs			
Abdomen			
Genitourinary (males only)**			
Skin • HSV, lesions suggestive of MRSA, tinea corporis			
Neurologic***			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand/fingers			
Hip/thigh			
Knee			
Leg/ankle			
Foot/toes			
Functional • Duck-walk, single leg hop			

*Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam. **Consider GU exam if in private setting. Having third party present is recommended.

***Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

Cleared for all sports without restriction

Cleared for all sports without restriction with recommendations for further evaluation or treatment for _____

Not cleared

Pending further evaluation

For any sports

For certain sports _____

*Reason _____

Recommendations _____

I have examined the above-named student and student history and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of healthcare provider (print/type) _____ Date _____

Address _____ Phone _____

Signature of healthcare provider _____, MD, DO, DC, PA-C, APRN
(please circle one)

ATENCION PADRES Y ESTUDIANTES KSHSAA FORMA DE ELEGIBILIDAD

PPE no se tomará antes del 1 de mayo anterior el año escolar para el que se aplica.

NOTA: La Regla de Traslado 18 en parte declara, que un estudiante es elegible cuando transferido si es que:

EMPEZANDO EL GRADO SIETE—Un estudiante de grado siete, al empezar de su séptimo año, es elegible bajo la Regla de Traslado en cualquier escuela que decida atender. Adicionalmente, los requisitos como elegibilidad académica y la edad también tendrán que ser cumplidas.

EMPEZANDO EL GRADO NUEVE EN UNA ESCUELA DE TRES AÑOS ESCOLARES EN UNA ESCUELA SECUNDARIA JUNIOR—Para que los estudiantes de noveno grado de una secundaria junior de tres años sean igualmente tratados que eso de una secundaria de cuatro años, un estudiante que exitosamente a completado el octavo año de una escuela intermedia de dos años, puede transferir al noveno grado de una escuela secundaria de tres años al principio del año escolar y ser elegible inmediatamente bajo la regla de transferencia. Un estudiante de grado noveno debe entonces como un estudiante de décimo grado, asistir al servicio secundario del sistema escolar. Si asisten a una escuela diferente como un estudiante de décimo grado, no sería elegibles por dieciocho semanas.

ENTRANDO A LA HIGH SCHOOL POR PRIMERA VEZ—Un estudiante de doceavo grado es elegible bajo las Regla de Traslado en cualquier High School que el estudiante escoja cuando entre por primera vez al principio del año escolar. Adicionalmente las reglas de elegibilidad académica y edad tendrán que ser cumplidas.

Para Que Los Estudiantes de Escuela Intermedia/High School Mantengan Elegibilidad

Las escuelas pueden tener reglas más estrictas que las preguntas sobre o enumeradas a continuación. Póngase en contacto con el director o el entrenador sobre cualquier asunto de elegibilidad. Un estudiante para ser elegible y participar en las actividades inter-escolares deberá estar certificado por el director de la escuela que cumplen todos los estándares de elegibilidad.

Todas las reglas y regulaciones de KSHSAA son publicadas en el Manual oficial de KSHSAA cual es distribuido anualmente y es disponible en tu escuela en la oficina de la directora.

A continuación se presentan breves resúmenes de reglas seleccionadas.
Por favor Ver Su principal para obtener información completa.

- Regla 7 Evaluación Física- Consentimiento de Padres** - Estudiantes deberán pasar el atado evaluación y tener permiso por escrito de sus padres o guardias.
- Regla 14 Estudiante Legítimo** - Estudiantes Elegibles tendrán que ser legítimos estudiantes de su escuela y tener una buena reputación académica.
- Regla 15 Registración/Asistencia** - Estudiantes deberán estar registrada y asistir no más tarde que el Lunes de la cuarta semana del semestre que piensa participar.
- Regla 16 Requisitos de Semestre** - Un estudiante no tendrá más de dos semestres de posible elegibilidad en semestres grado siete y dos en el octavo grado. Un estudiante no tendrá más de ocho semestres de posible elegibilidad en los grados nueve a doce, independientemente de si el noveno grado es incluido en la secundaria o en una escuela secundaria superior.
Nota: Si un estudiante no participa o es inelegible debido a la transferencia, becas, etc., el semestre(s) durante ese período se contarán hacia el número total de semestres posible.
- Regla 17 Requisitos de Edad** - Los estudiantes son elegibles si no son mayores de 19 años de edad (16, 15 ó 14 para secundaria o estudiante de escuela intermedia) en o antes del 1 de septiembre del año escolar en el que compiten.
- Regla 19 Influencia Indevida** - El uso de influencia indevida por cualquier persona para asegurar o retener un estudiante hará de inelegibilidad. Si la matrícula es acusada o reducida, reunirá los requisitos de la KSHSAA.
- Reglas 20/21 Aficionados y Reglas de Premios** - Los estudiantes son elegibles si ellos no han competido bajo un nombre falso o por dinero o mercancía de valor intrínseco y han observado todas las demás disposiciones de los aficionados y de las reglas de premios.
- Regla 22 Competencia Fuera de la Escuela** - Los estudiantes no pueden participar en la competencia exterior en el mismo deporte durante una temporada en la que están representando su escuela.
Nota: Consulte el entrenador o director antes de participar individualmente o en un equipo en cualquier juego, sesión de entrenamiento, concurso o prueba llevada a cabo por una organización externa. Los estudiantes no pueden participar en la competencia exterior en el mismo deporte durante una temporada en la que están representando su escuela.
- Regla 25 Anti-Fraternidad** - Los estudiantes son elegibles si no son miembros de alguna fraternidad u otra organización prohibida por ley o por las reglas de la KSHSAA.
- Regla 26 Anti-Prueba e Instrucción Privada** - Los estudiantes son elegibles si no han participado en las sesiones de entrenamiento o las pruebas de colegios u otras fuera de agencias u organizaciones que en el mismo deporte mientras era miembro de un equipo atlético de la escuela.
- Regla 30 Estaciones de deporte** - Los estudiantes no son elegibles por más de cuatro temporadas en un deporte en una escuela secundaria de cuatro años, tres temporadas en una escuela secundaria de tres años o dos temporadas en una escuela secundaria de dos años

Los estudiantes nombre _____

(POR FAVOR ESCRIBA CLARAMENTE)

Para ser elegible para la participación en grupos de atletismo inter-escolar/grupos espíritus, un estudiante debe tener en el archivo con el Superintendente o director, una declaración firmada por un médico, quiropráctico, asistente médico que ha sido autorizado para realizar el examen por un médico con licencia de Kansas o una enfermera de práctica avanzada que ha sido autorizada para realizar este examen por una licencia médica de Kansas, certificando que el estudiante ha pasado adecuadamente un exanimación física y está físicamente apto para participar (ver manual KSHSAA, artículo 7). Una historia completa y examen físico deben realizarse anualmente antes de que un estudiante participe en KSHSAA actividades como atletismo/animación deportiva inter-escolar. La historia anual y el examen físico no se obtendrán más temprano que el precedente año escolar, para lo cual es aplicable el 1 de Mayo. La KSHSAA recomienda completar esta evaluación por parte de atletas/animadoras al menos un mes antes de la primera práctica para permitir la corrección en deficiencias e implementar las recomendaciones de condición.

Consentimiento de Padre o Guardián

No sé de ningún problema físico existente o cualquier razón de salud adicionales que impiden la participación en las actividades. Certifico que las respuestas a las preguntas en la parte de la historia de la forma de exploración física Pre-participación (PPE), son verídicas y exactas. Yo apruebo la participación en las actividades. Autorizo la liberación a la KSHSAA, a la enfermera de la escuela, al entrenador de atletismo, a los administradores escolares, al entrenador y al médico la información contenida en este documento certificado. Previa solicitud por escrito, yo puedo recibir una copia de este documento para mis propios registros personales de salud.

Reconozco que existen riesgos al participar, incluyendo la posibilidad de daños catastróficos.

Por la presente doy mi consentimiento para que el estudiante mencionado arriba a competir en las actividades de KSHSAA aprobado, y que acompañe a representantes escolares en viajes escolares y recibir tratamiento médico de emergencia cuando sea necesario. Queda entendido que ni la KSHSAA ni la escuela asume ninguna responsabilidad en caso de accidente. El firmante de abajo se compromete a ser responsable por el regreso de todo el equipo deportivo asignado por la escuela a los estudiantes.

**El estudiante nombrado arriba y yo hemos leído la Lista de Elegibilidad de KSHSAA
E información en cómo mantener elegibilidad listado en esta forma.
Para que los estudiantes de escuela intermedia y secundaria determinen elegibilidad cuando
registrándose.**

Por medio / escuela secundaria y del instituto de secundaria Estudiantes para determinar la elegibilidad al matricularse

Si se da una respuesta negativa a cualquiera de las siguientes preguntas, debe contactar a su administrador a cargo de evaluar la elegibilidad. Esto debe hacerse antes de que el estudiante se le permita asistir a su primera clase y antes de la primera práctica de la actividad. Si aún existen preguntas, el administrador de la escuela debe hablar por teléfono al KSHSAA para una determinación final de elegibilidad. (Escuelas tramitarán un Certificado de Transferencia Formulario T-E en todos los estudiantes de transferencia).

- | SI | NO | |
|-----------------------------|--------------------------|--|
| 1. <input type="checkbox"/> | <input type="checkbox"/> | ¿Eres un auténtico estudiante de buena reputación en la escuela? (Si hay una pregunta, el director hará esa determinación). |
| 2. <input type="checkbox"/> | <input type="checkbox"/> | ¿Has pasado a por lo menos cinco nuevos temas (los no previamente aprobados) el semestre pasado? (El KSHSAA tiene una regulación mínima que requiere pasar por lo menos cinco temas de la unidad de peso en el último semestre de asistencia). |
| 3. <input type="checkbox"/> | <input type="checkbox"/> | ¿Planean inscribirse en al menos cinco nuevos temas (los no previamente aprobado) de la unidad de peso este próximo semestre? (El KSHSAA tiene una regulación mínima que requiere inscribirse y estar presentes en al menos cinco temas de la unidad de peso). |
| 4. <input type="checkbox"/> | <input type="checkbox"/> | ¿Fuiste a esta escuela o una rama en su distrito el semestre pasado? (Si la respuesta es "no" a esta pregunta, por favor, conteste las secciones a y b.) |
| <input type="checkbox"/> | <input type="checkbox"/> | a. ¿Vives con tus padres? |
| <input type="checkbox"/> | <input type="checkbox"/> | b. ¿Si vives con tus padres, ellos han hecho un movimiento permanente y de buena fe en el centro de asistencia de tu escuela? |

El estudiante o el padre autorizan a la escuela para liberar a los expedientes de los estudiantes KSHSAA y otros documentos pertinentes e información con el fin de determinar la elegibilidad del estudiante. El estudiante o el padre autorizan también a la escuela y el KSHSAA para publicar el nombre y la foto del estudiante como resultado de participar o asistir a actividades extracurriculares, eventos escolares y KSHSAA actividades o eventos.

Firma de Padres o Guardián

Fecha

Firma de Estudiante

Fecha

Fecha de Nacimiento

Grado

Pre-Participation Physical Evaluation

PPE

Kansas State High School Activities Association • 601 SW Commerce Place • PO Box 495 • Topeka, KS 66601 • 785-273-5329

PHYSICAL EXAMINATION FORM

Name: _____ Date of birth: _____

Date of recent immunizations: Td _____ Tdap _____ Hep B _____ Varicella _____ HPV _____ Meningococcal _____

PHYSICIAN REMINDERS

1. Consider additional questions on more sensitive issues

- Do you feel stressed out or under a lot of pressure?
- Do you ever feel sad, hopeless, depressed, or anxious?
- Do you feel safe at your home or residence?
- Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
- During the past 30 days, did you use chewing tobacco, snuff, or dip?

- Do you drink alcohol or use any other drugs?
- Have you ever taken anabolic steroids or used any other performance supplement?
- Have you ever taken any supplements to help you gain or lose weight or improve your performance?
- Do you wear a seat belt and use a helmet?

2. Consider reviewing questions on cardiovascular symptoms (questions 6–17).

EXAMINATION			
Height	Weight	Male <input type="checkbox"/> Female <input type="checkbox"/>	BP (corrected for height/age) / (/) Pulse
Vision R 20/	L 20/	Corrected: Yes <input type="checkbox"/> No <input type="checkbox"/>	
MEDICAL	NORMAL	ABNORMAL FINDINGS	
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)			
Eyes/ears/nose/throat • Pupils equal • Gross Hearing			
Lymph nodes			
Heart * • Murmurs (auscultation standing, supine, +/- Valsalva) • Location of point of maximal impulse (PMI)			
Pulses • Simultaneous femoral and radial pulses			
Lungs			
Abdomen			
Genitourinary (males only)**			
Skin • HSV, lesions suggestive of MRSA, tinea corporis			
Neurologic***			
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS	
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand/fingers			
Hip/thigh			
Knee			
Leg/ankle			
Foot/toes			
Functional • Duck-walk, single leg hop			

*Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam. **Consider GU exam if in private setting. Having third party present is recommended.

***Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

Cleared for all sports without restriction

Cleared for all sports without restriction with recommendations for further evaluation or treatment for _____

Not cleared

Pending further evaluation

For any sports

For certain sports _____

*Reason _____

Recommendations _____

I have examined the above-named student and student history and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of healthcare provider (print/type) _____ Date _____

Address _____ Phone _____

Signature of healthcare provider _____, MD, DO, DC, PA-C, APRN
(please circle one)

ATTENTION PARENTS AND STUDENTS

KSHSAA ELIGIBILITY CHECK LIST

PPE shall not be taken earlier than May 1 preceding the school year for which it is applicable.

NOTE: Transfer Rule 18 states in part, a student is eligible transfer-wise if:

BEGINNING SEVENTH GRADER—A seventh grader, at the beginning of his or her seventh grade year, is eligible under the Transfer Rule at any school he or she may choose to attend. In addition, age and academic eligibility requirements must also be met.

BEGINNING NINTH GRADERS IN A THREE-YEAR JUNIOR HIGH SCHOOL—So that ninth graders of a three-year junior high are treated equally to ninth graders of a four-year senior high school, a student who has successfully completed the eighth grade of a two-year junior high/middle school, may transfer to the ninth grade of a three-year junior high school at the beginning of the school year and be eligible immediately under the Transfer Rule. Such a ninth grader must then as a tenth grader, attend the feeder senior high school of their school system. Should they attend a different school as a tenth grader, they would be ineligible for eighteen weeks.

ENTERING HIGH SCHOOL FOR THE FIRST TIME—A senior high school student is eligible under the Transfer Rule at any senior high school he or she may choose to attend when senior high is entered for the first time at the beginning of the school year. In addition, age and academic eligibility requirements must also be met.

For Middle/Junior High and Senior High School Students to Retain Eligibility

Schools may have stricter rules than those pertaining to the questions above or listed below. Contact the principal or coach on any matter of eligibility. A student to be eligible to participate in interscholastic activities must be certified by the school principal as meeting all eligibility standards.

All KSHSAA rules and regulations are published in the official *KSHSAA Handbook* which is distributed annually and is available at your school principal's office.

Below Are Brief Summaries Of Selected Rules. Please See Your Principal For Complete Information.

Rule 7 Physical Evaluation - Parental Consent—Students shall have passed the **attached evaluation** and have the written consent of their parents or legal guardian.

Rule 14 Bona Fide Student—Eligible students shall be a **bona fide undergraduate member** of his/her school in good standing.

Rule 15 Enrollment/Attendance—Students must be regularly **enrolled and in attendance** not later than Monday of the fourth week of the semester in which they participate.

Rule 16 Semester Requirements—A student shall not have more than two semesters of possible eligibility in grade seven and two semesters in grade eight. A student shall not have more than eight semesters of possible eligibility in grades nine through twelve, regardless of whether the ninth grade is included in junior high or in a senior high school.

NOTE: If a student does not participate or is ineligible due to transfer, scholarship, etc., the semester(s) during that period shall be counted toward the total number of semesters possible.

Rule 17 Age Requirements—Students are eligible if they are not 19 years of **age** (16, 15 or 14 for junior high or middle school student) on or before September 1 of the school year in which they compete.

Rule 19 Undue Influence—The use of **undue influence** by any person to secure or retain a student shall cause ineligibility. If tuition is charged or reduced, it shall meet the requirements of the KSHSAA.

Rules 20/21 Amateur and Awards Rules—Students are eligible if they have not **competed under a false name** or for money or merchandise of intrinsic value, and have observed all other provisions of the Amateur and Awards Rules.

Rule 22 Outside Competition—Students may not engage in **outside competition** in the same sport during a season in which they are representing their school.

NOTE: Consult the coach or principal before participating individually or on a team in any game, training session, contest, or tryout conducted by an outside organization.

Rule 25 Anti-Fraternity—Students are eligible if they are not members of any **fraternity** or other organization prohibited by law or by the rules of the KSHSAA.

Rule 26 Anti-Tryout and Private Instruction—Students are eligible if they have not participated in **training sessions or tryouts** held by colleges or other outside agencies or organizations in the same sport while a member of a school athletic team.

Rule 30 Seasons of Sport—Students are not eligible for more than **four seasons** in one sport in a four-year high school, three seasons in a three-year high school or two seasons in a two-year high school.

Student's Name _____

(PLEASE PRINT CLEARLY)

To be eligible for participation in interscholastic athletics/spirit groups, a student must have on file with the superintendent or principal, a signed statement by a physician, chiropractor, physician's assistant who has been authorized to perform the examination by a Kansas licensed supervising physician or an advanced practice registered nurse who has been authorized to perform this examination by a Kansas licensed supervising physician, certifying the student has passed an adequate physical examination and is physically fit to participate (*See KSHSAA Handbook, Rule 7*). A complete history and physical examination must be performed annually before a student participates in KSHSAA interscholastic athletics/cheerleading.

The annual history and the physical examination shall not be taken earlier than May 1 preceding the school year for which it is applicable. The KSHSAA recommends completion of this evaluation by athletes/cheerleaders at least one month prior to the first practice to allow time for correction of deficiencies and implementation of conditioning recommendations.

Parent or Guardian Consent

I do not know of any existing physical or any additional health reasons that would preclude participation in activities. I certify that the answers to the questions in the **HISTORY** part of the Preparticipation Physical Examination (PPE), are true and accurate. I approve participation in activities. I hereby authorize release to the KSHSAA, school nurse, certified athletic trainer, school administrators, coach and medical provider of information contained in this document. Upon written request, I may receive a copy of this document for my own personal health care records.

I acknowledge that there are risks of participating, including the possibility of catastrophic injury.

I hereby give my consent for the above student to compete in KSHSAA approved activities, and to accompany school representatives on school trips and receive emergency medical treatment when necessary. It is understood that neither the KSHSAA nor the school assumes any responsibility in case of accident. The undersigned agrees to be responsible for the safe return of all equipment issued by the school to the student.

**The above named student and I have read the
KSHSAA Eligibility Check List
and how to retain eligibility information listed in this form.**

For Middle/Junior High and Senior High School Students to Determine Eligibility When Enrolling

If a **negative** response is given to any of the following questions, this enrollee should contact his/her administrator in charge of evaluating eligibility. This should be done before the student is allowed to attend his/her first class and prior to the first activity practice. If questions still exist, the school administrator should telephone the KSHSAA for a final determination of eligibility. (*Schools shall process a Certificate of Transfer Form T-E on all transfer students.*)

YES NO

1. Are you a bona fide student in **good standing** in school? (If there is a question, your principal will make that determination.)
2. Did you **pass at least five new subjects (those not previously passed)** last semester? (*The KSHSAA has a minimum regulation which requires you to pass at least five subjects of unit weight in your last semester of attendance.*)
3. Are you planning to **enroll in at least five new subjects (those not previously passed)** of unit weight this coming semester? (*The KSHSAA has a minimum regulation which requires you to enroll and be in attendance in at least five subjects of unit weight.*)
4. Did you **attend** this school or a feeder school in your district last semester? (*If the answer is "no" to this question, please answer Sections a and b.*)
 - a. Do you reside with your parents?
 - b. If you reside with your parents, have they made a permanent and bona fide move into your school's attendance center?

The student/parent authorizes the school to release to the KSHSAA student records and other pertinent documents and information for the purpose of determining student eligibility. The student/parent also authorizes the school and the KSHSAA to publish the name and picture of student as a result of participating in or attending extra-curricular activities, school events and KSHSAA activities or events.

Parent or Guardian's Signature

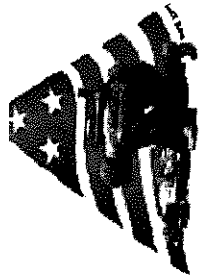
Date

Student's Signature

Date

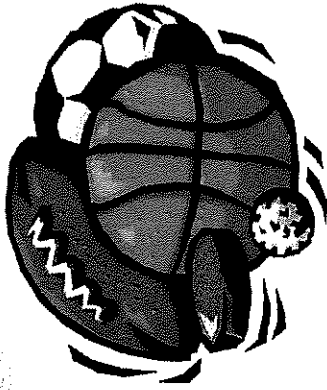
Birth Date

Grade



IACH 2016 School/Sports Screenings

Must be eligible for care at IACH and enrolled in DEERS
(current in IACH DEERS system at least one week prior to appointment)
**Parents with special needs children or in need
of medication refills, regular PCM appointment is required.*



Three Saturdays

18 June, 16 July and 6 August
7:30 a.m. - 4:30 p.m.
Farrelly Health Clinic
8072 Normandy Drive

Must Schedule In Advance

785-239-DOCS (3627) or Tricareonline.com

Please Bring

- Required School Paperwork (CYS or Pre-Participation Physical Evaluation...with parent/student portion completed) Links:
<http://www.kshsaa.org/Public/PDF/FORM-PPE.pdf>
<http://www.mvartmyonesource.com>
- ID Card
- Eye Glasses/Hearing Aids
- Immunization Records
- Medical Power Attorney
- Students should wear t-shirt and shorts

Need to Know

- CYS Physicals...first time enrollment only
- Sports paperwork only good if performed after 1May2016 (For school year 2016-2017)
- School physical first enrollment to Kansas public schools
- Kansas public schools DO NOT require an annual physical for regular enrollment
- Fort Riley schools DO NOT require annual physical for regular enrollment



Updated 5-11-16



@BlueJays_AD

ATHLETIC DIRECTOR
Matt Westerhaus

ATHLETIC SECRETARY
Deb Lumb

BASEBALL
Andrew Biery

BOYS BASKETBALL
Nate Schmitt

GIRLS BASKETBALL
Derek Petty

B/G BOWLING
Brad Adams

CHEERLEADING
Raina Tomlinson

B/G CROSS COUNTRY
Becky Steiger

DANCE TEAM
Ellie Dillon

FOOTBALL
Randall Zimmerman

B/G GOLF
Tim Hickert

BOYS SOCCER
Andrew Proctor

GIRLS SOCCER
Mitchell Dehoff

SOFTBALL
TBD

B/G SWIMMING
Beth Schlesener

STRENGTH & CONDITIONING
Randall Zimmerman

B/G TENNIS
Matt Micheel

B/G TRACK AND FIELD
Randall Zimmerman

VOLLEYBALL
GG Booth

WRESTLING
Robert Laster

2016 SUMMER OPPORTUNITIES

Junction City High School Athletic Department
(785)717-4214 Fax (785)-717-4202
900 N. Eisenhower Drive, Junction City, KS 66441

For camp brochures, please visit athletic department/team web-site, stop by the JCHS Athletic Dept. or contact the head coach of the sport your son/daughter is interested in participating.

All grades identified will be the grade your son/daughter will be in during the 2016-17 school year

Strength & Conditioning

June 8th – August 5th @ JCHS weight room

High School only will start up conditioning again from Aug 10th – 12th 4:00pm-5:30pm

9th – 12th grade (session 1)

Monday - Wednesday - Friday
6:30am – 8:00am

***Students are allowed to attend either session to accommodate summer conflicts.

9th – 12th grade (session 2)

Monday - Wednesday - Friday
9:00am – 10:30am

Middle School (grades 6-8)

Tuesday - Thursday
8:00am – 9:00am

Elementary

Tuesday - Thursday
9:00am – 10:00am

Baseball:

@jcbluejaybsb

Contact Coach Biery for summer opportunities – andrewbiery@usd475.org

Basketball (Boys):

@jcbluejaybball

Camp for Grades 9-12: June 13 - 16 @ JCHS 5:00pm – 7:30pm - \$25
Camp for Grades 7-8: June 13 - 16 @ JCHS 9:00am – 11:00am - \$25
Summer opportunities to improve - June 1 - July 15 – M/W/F – 9:00am – 10:30am
Contact Coach Schmitt for more information – nateschmitt@usd475.org

Basketball (Girls):

@JCHSBlueJayGBB

Summer workouts - June 1 - July 15 Grades 7-12 – various times
Contact Coach Petty for more information – derekpetty@usd475.org

Cheer

@JCBlueJayCheer

Practice June 7-24– Freshman Success Academy (main gym) – M thru F – 6:00am – 8:30am
Camp: June 26-29

Dance:

@JStepperDance

Summer practice - June 6,8,10,13,15,17,20,22,24 - August 1, 3,5,8,10,12
JCHS – Fiffe Gym - 6:30am-8:00am
Camp: June 26-29

Football:

@JCBlueJayFB

Camp for grades 9-12: May 31-June 3 @ JCHS 8:00am – 11:30am
Camp for grades 7-8: May 31-June 3 @ JCHS 1:00pm – 3:30pm
Camp for grades 3-6: July 11- 14 @ JCHS 9:00am – 11:30am
All camps \$25 if you register before May 15. \$30 after May 15.
Summer workouts for grades 9-12: – M/W 8:00am– 8:30am.
Contact Coach Zimmerman for further information – randallzimmerman@usd475.org

Golf

@JCbluejaygolf

Golf Instructional opportunities at Rolling Meadows Golf Course
Open to High School and Middle School students
Please contact Rolling Meadows Golf Course at (785)-238-4303

Soccer

@JCBlueJaySoccer

Summer workouts – T/TH 8:30am-10:00 am @ JCHS
Please contact Coach Proctor (Boys) for further information– andrewproctor@usd475.org
Please contact Coach Dehoff (Girls) for further information – mitchelldehoff@usd475.org

Tennis (B/G):

@jcbluejaytennis

Summer Camps/Workouts @ Junction City High School
M – F....starting June 1st and finishing June 30th
8:00am – 12:30pm - (elementary / middle school / high school)
Contact Coach Micheel for further information – matthewmicheel@usd475.org

Volleyball:

@VolleyballJC

Contact Coach Booth for summer volleyball workout information - genniferbooth@usd475.org

Wrestling:

@JCHSWrestling1

Camp for Grades 9-12: June 27– July 1 @ TBD - \$20 – 10:00am – 12:00pm
Contact Coach Laster for further information – robertlaster@usd475.org

Junction City High School Athletic Department

(785)717-4214 Fax (785)-717-4202

900 N. Eisenhower Drive, Junction City, KS 66441

Fall Sports: B/G Cross Country, Football, Girls Golf, Boys Soccer, Girls Tennis, Volleyball
Winter Sports: B/G Basketball, B/G Bowling, Boys Swimming, Wrestling
Spring Sports: Baseball, Golf, Girls Soccer, Softball, Girls Swimming, Boys Tennis, B/G Track

Monday, August 1, 2016 - Fall athlete and parent orientation night 6:00 PM @ JCHS

Monday, August 15, 2016 - Practice begins for fall sports. Athletes must have JCHS Athletic Packet turned into athletic department 1 week prior to start of fall practice.

NECESSARY FORMS FOR STUDENT PARTICIPATION

Students attending Junction City High School will **not** be eligible to participate (games, practice, tryouts) in any sport without clearance from the Athletic Department. A **JCHS ATHLETIC PACKET MUST BE COMPLETED AND RETURNED TO THE ATHLETIC OFFICE, ROOM 102 AT JCHS ONE WEEK BEFORE THE FIRST DAY OF PRACTICE.** When all the paperwork is completed and turned in, the student athlete will be entered on an eligibility list to be given to the coaches at the beginning of tryouts. An athlete must be on this list to be allowed to practice/tryout/participate. Failure to have these forms on file with the Athletic Department may prevent the student athlete from having the opportunity to participate in that sport.

*** The **JCHS Athletic Packet** may be obtained from the athletic department or by accessing the Athletic Department web-site.

PHYSICAL EXAMINATIONS -

Pre-Participation Physical Evaluation Form (MUST BE DATED AFTER MAY 1, 2016)

Students are not eligible to represent their school in interscholastic athletics, spirit or performing groups until a signed physical evaluation form by a practicing physician is on file with the building AD. This form will certify that the student has passed an adequate physical examination and is physically fit to participate in interscholastic athletics, spirit or performing groups. This form shall also be signed by the parent or legal guardian, stating the student has permission to participate.

The physical examination must be reported on forms provided by the KSHSAA and shall not be completed earlier than May 1 preceding the school year for which it is applicable. The completed form must be filed with the building AD prior to the first practice session in which the student participates.

- Physical examination forms may be obtained from the school's athletic department of which the student attends. You may also obtain a copy of the physical examination form by accessing the KSHSAA web site at www.kshsaa.org

OPPORTUNITIES FOR SPORTS PHYSICALS

We recommend that you contact your family physician, Irwin Army Hospital, Konza Prairie Community Health Center and/or the Geary County Health Department to schedule your sports physical as soon as possible for the 2016-17 school year.

Please keep in mind the following:

- Physical examinations taken after May 1st are applicable for the next school year.
- First ½ day of school for the 16-17 school year: August 15, 2016
- First day of practice for Fall Sports: August 15, 2016
- JCHS Athletic Packets are due **August 8, 2016.** This is one(1) week **before** the first day of fall practice.
- Turn your JCHS Athletic Packet into the JCHS athletic department office (room 102) at the Career Academy Campus – 900 N. Eisenhower.

CONTACT INFORMATION

Junction City High School Athletic Department – Twitter: @BlueJays_AD

Matt Westerhaus – Athletic Director 785-717-4214 matthewwesterhaus@usd475.org
Deb Lumb – Athletic Dept. Secretary 785-717-4214 debralumb@usd475.org

Head Coaches:

Baseball	Andrew Biery	andrewbiery@usd475.org	twitter: @jcbluejaybsb
Basketball (Boys)	Nate Schmitt	nateschmitt@usd475.org	twitter: @jcbluejaybball
Basketball (Girls)	Derek Petty	derekpetty@usd475.org	twitter: @JCHSBlueJayGBB
Bowling (B&G)	Brad Adams	bradadams@usd475.org	twitter: @jchs_bowling
Cheerleading	Raina Tomlinson	rainatomlinson@usd475.org	twitter: @JCBlueJayCheer
Cross Country (B&G)	Becky Steiger	rebeccasteiger@usd475.org	twitter: @jcbluejayCC
Dance Team	Ellie Dillon	marydillon@usd475.org	twitter: @JStepperDance
Football	Randall Zimmerman	randallzimmerman@usd475.org	twitter: @JCBlueJayFB
Golf (B&G)	Tim Hickert	timothyhickert@usd475.org	twitter: @JCbluejaygolf
Soccer (Boys)	Andrew Proctor	andrewproctor@usd475.org	twitter: @JCBlueJaySoccer
Soccer (Girls)	Andrew Proctor	mitchelldehoff@usd475.org	twitter: @JCBlueJaySoccer
Softball	Jeremy Harmison	jeremyharmison@usd475.org	twitter: @softball_JCHS
Swimming (B&G)	Beth Schlesener	annaschlesener@usd475.org	twitter: @JCBlueJaySwim
Strength and Conditioning	Randall Zimmerman	randallzimmerman@usd475.org	twitter:
Tennis (B&G)	Matt Micheel	matthewmicheel@usd475.org	twitter: @jcbluejaytennis
Track (B&G)	Randall Zimmerman	randallzimmerman@usd475.org	twitter:
Volleyball	GG Booth	genniferbooth@usd475.org	twitter: @VolleyballJC
Wrestling	Robert Laster	robertlaster@usd475.org	twitter: @JCHSWrestling1

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- Physical examination forms may be obtained from the school's athletic department of which the student attends. You may also obtain a copy of the physical examination form by accessing the KSHSAA web site at www.kshsaa.org

GENERAL KSHSAA ELIGIBILITY GUIDELINES

The guidelines listed below are written in general terms and are a summary of some of the KSHSAA eligibility rules. More detailed explanations of these rules and guidelines can be found in the KSHSAA manual or can be accessed through the KSHSAA website at www.kshsaa.org. Coaches and administrators are expected to be familiar with the rules of eligibility. If there are questions about eligibility, inquiries should be directed to the Athletic Director.

SCHOLARSHIP:

A student must have passed at least five new subjects (those not previously passed) of unit weight, or its equivalency, the previous semester or the last semester of attendance. At the middle school level, a student shall have passed at least five new subjects (those not previously passed) of unit weight, or its equivalency, the previous trimester or last trimester of attendance.

ENROLLMENT:

A student must be enrolled in and be attending a minimum of five new subjects (those not previously passed), of unit weight, or its equivalency, during the current semester.

TRANSFERS:

A student who makes a bona fide move with his/her parents to a new permanent residence within the boundary of the school to which the student transfers is immediately eligible as it relates to the transfer rule.

A student changing school without an accompanying move on the part of his/her parents will be ineligible for interscholastic extracurricular activities for 18 weeks beginning with the first day of attendance.

OUTSIDE COMPETITION:

A student who is a member of a school athletic squad effective Tuesday following Labor Day through Friday preceding Memorial Day may not participate as a member of an outside team or as an independent competitor in the same sport during the same season. Participation with an outside group may make the student Ineligible for the remainder of that sport season.

CLINICS:

A student cannot participate in group training/practice sessions, clinics, or tryouts held by outside agencies in a sport while he/she is a member of a school athletic team in that identical sport. A group is defined as two or more students receiving instruction from an instructor during the same period of instruction. A student may receive private instruction at any time during the year. Private instruction is defined as one student receiving instruction from one person during the period of instruction.

GENERAL JCHS ELIGIBILITY GUIDELINES

In order for a student to be eligible to participate in KSHSAA activities at Junction City High School the student must be a bona fide undergraduate member of that school and in "good standing".

Junction City High School's definition of a student in "good standing" is, but not limited to, the following:

- A student must not be under penalty of suspension or be a student whose character or conduct brings discredit to the school as determined by building administration.
- A student shall have passed at least five new subjects (those not previously passed) of unit weight, or its equivalency, the previous semester or last semester of attendance. Credit recovery courses will not be allowed to be used for the purpose of becoming eligible at semester.
- A student must be enrolled in and attending a minimum of five new subjects (those not previously passed). Credit recovery courses do not count towards the minimum of five new subjects.
- A student must be on grade level as defined by JCHS graduation requirements. JCHS administration will address transfer students on an individual basis.
- A student may not enter into step 2 of the truancy process.
- A student must meet all other KSHSAA requirements regarding eligibility.
- A student-athlete must also comply with expectations set forth in the "Athletic Code of Conduct".

In addition to Junction City High School's definition of a student in "good standing," a head coach/lead sponsor may establish additional expectations that define a student in "good standing" for their program. The head coach will also monitor the academic/behavior progress of his/her team members.

KSHSAA REGULATIONS ON SEASONS OF ACTIVITY

What Coaches/Athletes MAY or MAY NOT do

<http://www.kshsaa.org/Public/General/RegulationsDuringTheSchoolYear.cfm>

The following "**may**" and "**may not**" list is designed to help coaches, school administrators, students and parents understand what they may do in connection with KSHSAA governed sports/activities. The list is not intended to be all-inclusive. The items included are the ones prompting frequent questions about what coaches or athletes may or may not be permitted to do under KSHSAA rules.

Because KSHSAA rules governing students and coaches differ during the year the list is divided into **three sections**: 1) during school year, 2) during school season of sport/activity and 3) during the summer. As you review this list it is important to keep this in mind as it relates to KSHSAA rules.

During the school year outside the season of sport/activity (revised 1/1/2015):

1. A school coach **may not** coach their athletes in the same sport.
2. A school coach **may** coach senior athletes in the same sport following the conclusion of the school season.
3. A school coach **may not** check out **player** uniform equipment to students (team jersey, pants, etc.). Schools are permitted to have an organizational meeting prior to practices beginning to check out uniforms, lockers, equipment, etc.
4. **Each KSHSAA member school** will need to establish their own policy as to whether any school owned helmets and protective player equipment (pads/shoulder pads, etc.) **may** be used in All Star events or full contact camps. The management of the full contact camp or the All Star event will need to communicate with each KSHSAA member school regarding the use of school owned helmets and protective player equipment and liability insurance for their use.
5. A school coach **may** check out team equipment to students (balls, implements, etc.)
6. A school coach **may** attend camps or clinics.
7. A school coach **may not** attend camps or clinics with their athletes.
8. Students **may** attend camps or clinics but **may not** attend camps with their coach(es).
9. A school coach **may** transport (but not in school vehicles) students to non-school competitions in their sport.
10. A school coach **may not** be reimbursed transportation costs by the school or school booster club.
11. A school coach **may not** transport students to camps or clinics in their sport.
12. Students **may** play on non-school teams but there are restrictions on the number of same school squad teammates which may be rostered, practice or play together on non-school teams.
Limits are: 3 for basketball; 4 for volleyball; 5 for 8-man football, baseball and softball; 6 for 11-man football and soccer.
13. A school coach **may** supervise an offseason conditioning program for students not currently on a school team.
14. School conditioning programs **may not** be sport-specific and shall only include weights, running, conditioning and general skill development (not a sport-specific skill).
15. Sport-specific equipment **may not** be used in conditioning programs.
16. Offseason conditioning programs **must** be open to the entire student body, and participants must provide their own clothing. A school may not offer more than one offseason conditioning program at any given time. Offseason conditioning is limited to "weight training and general agility drills – not sport-specific drills and general running conditioning."
17. A camp/clinic (not organized by school coaches) held during the school year outside the season of sport must be advertised and open to anyone, not just a specific group of students. Camps/clinics may not be longer than one calendar week in length. The same group of students may not attend more than two camps/clinics organized for the purposes of skill development.

During the school year and during the school season of activity:

1. A student **may not** practice with or play on a non-school team in the same sport/activity (see KSHSAA Handbook Rule 22 – Outside Competition).
2. A student **may** play on a non-school team in a different sport (subject to the school squad limitations).
3. A student **may** receive private instruction at any time of the school year, subject to the limits outlined in the KSHSAA Handbook, Rule 26. (NOTE: Private instruction is defined as one student receiving instruction from one person during the period of instruction.) Group sessions are not considered to be private instruction.
4. A student **may not** attend camps or clinics in the same sport/activity.
5. A student **may** attend camps or clinics in different sports/activities.
6. A student **may** serve as a clinician for a camp conducted by their school coach for their sport/activity.
7. A student **may** serve as a clinician for a youth development camp or clinic for elementary students (Pre-K – 8th grade) being conducted by non-school agencies or organizations (e.g. softball pitcher instructing at a softball clinic) without violating the Outside Competition Rule.

During the summer:

(Defined as the Saturday before Memorial Day until the Tuesday after Labor Day) – revised 1/5/2015

<http://www.kshsaa.org/Public/General/SummerCoachingRules.cfm>

Summer

Defined as the Saturday before Memorial Day through Labor Day.

Important Dates for 2016

Beginning May 28 coaches may coach teams in non-school competitions and/or conduct workouts or practices.

Beginning May 29 until July 16 coaches may conduct a "one-week coach's team camp." Only students enrolled at the school may attend the "coach's one-week team camp." No "coaches' one-week team camps" may take place after July 16 in any sport. KSHSAA catastrophic insurance does not cover a "coach's one week team camp".

Beginning July 17 through July 30 **basketball** coaches are restricted to working with no more than 3 students who initiate a request for individual help/coaching instruction from their coach. Basketball coaches may no longer coach their players in leagues/tournaments. Coaches may supervise an open gym, but no sport-specific instruction may be given.

Beginning July 17 through July 30 **football** coaches are restricted to working with no more than 5 for 8- man football and 6 for 11-man football when those students initiate a request for individual help/coaching instruction from their coach. Football coaches may no longer coach their players in leagues/tournaments. Coaches may supervise an open gym, but no sport-specific instruction may be given.

Beginning July 17 through July 30 **volleyball** coaches are restricted to working with no more than 4 students who initiate a request for individual help/coaching instruction from their coach. Volleyball coaches may no longer coach their players in leagues/tournaments. Coaches may supervise an open gym, but no sport-specific instruction may be given.

July 31 through August 13 **volleyball, basketball and football** coaches may only participate with their athletes in weight lifting and non-sport-specific conditioning. During this two-week period, no other coaching or instruction is permitted by volleyball, football and basketball coaches.

Through Labor Day, coaches in **other sports** may continue coaching their summer teams, even if that team has potential members of their school team. No coach's one-week team camp may take place after July 16. Coaches cannot have school team practices or conditioning specific to a single sport. School weight lifting and non-sport-specific conditioning, available for all students in a school, may continue through August 14, 2016. Fall sports practices begin August 15, 2016.

Football Helmets & Shoulder Pads

Member school football coaches **may not** have a contact football camp. Shoulder pads may not be used during summer workouts/practices. With approval by the school district, school-owned football helmets may be used during the school coach's one-week team camp. The school district must approve the use of helmet/shoulder pads by players at college or other summer camps. **(These camps may not be sponsored by the school employed coaches.)**

Fundraising to Pay for Athletic Camps

If students wish to fundraise to pay for summer athletic camps, clinics or tournaments, they may not do so at school-sponsored events. When soliciting money they must represent themselves as an individual(s), not as a school team. Any money collected for the purpose of paying for summer camps, clinics or tournament entries must not be deposited and run through a school account. Schools/booster clubs cannot be involved in funding these activities or distributing the money. Booster clubs, individuals and school or charitable foundations are considered the same as member schools in this regard.

Unfinished Business
Blue Jay Wrestling Camp

When-June 27th-July 1st

Who-9th-12th grade students

Where- TBA

Cost-\$20(seniors are free)

Time-10:a.m-12:p.m

.....

Registration

Name_____ Birth Date_____

Address_____

Street city state zip

Home#_____ Emergency#_____

Grade_____ Approximate Weight_____

Wrestler health insurance_____

Team camp is designed to develop strong fundamental skills for beginner, intermediate and advanced wrestlers in all areas of wrestling. Coach Laster

Parent's signature_____

Make check-out to Coach Laster (mailing address 701 Rockledge Dr. Junction city Ks, 66441)