

VHS Wrestling
2018 – 2019 Season Forms Checklist
-- Returning Families Only --

- Sports Physical
- Certificate of Physical Examination Form *
- Athletic Clearance Website Questionnaire. (www.athleticclearance.com)
- Weight / Hydration Assessment Parental Permission Form*
- Weight / Hydration Individual Profile Form*
- CIF Concussion Information Sheet
- CIF Concussion Acknowledgment Form*
- Sudden Cardiac Assessment – Warning Signs and Risk Factors*
- VHS Wrestling Parent Pledge*
- Athlete Code of Conduct *
- Code of Ethics – Athletes*
- Emergency Contact Form / Health Insurance Information* (Only if info has changed)
- Wrestler's Diet – A Healthy Guide to Weight Control
- Skin Health and Wrestlers

* Please complete/sign and return to Coach Neil Jones