

VHS Wrestling

2018-2019 Season Forms Checklist

- Sports Physical
- Certificate of Physical Examination Form *
- Sports Medicine – Consent to Treat*
- 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*
- Memo of Understanding Between Hart District and VHS Wrestling Boosters, Inc. *
- VHS Wrestling Parent Pledge*
- Athlete Code of Conduct *
- Code of Ethics – Athletes*
- Emergency Contact Form / Health Insurance Information*
- Wrestler's Diet – A Healthy Guide to Weight Control
- Skin Health and Wrestlers

* Please complete/sign and return to Coach Neil Jones