

FREMONT TIGER ACTIVITIES

Checklist for athletes/participants

1. Pick up FHS Packet from Middle School or FHS Activities Office.

Packet contains:

1. NSAA Eligibility Rules
2. Medical History & Consent Form
(Free Physicals available June 7 at FAMC)
3. FHS Student & Parental Consent for Interscholastic Participation
4. NSAA Student & Parent Consent Form
5. Authorization for Release of Health Information
6. FHS Emergency Information Sheet
7. Authorization to Disclose Health Information

2. Return **all forms** to the FHS Activities Office **before** the first practice. Students will **NOT** be allowed to practice in athletic activities until the **Physical Form** has been turned in to FHS. All other forms and payments must be turned in within **ONE week** of the first practice. Failure to do so will result in loss of participation in their activity.

3. **Participation and Activity Passes:**

- a. \$20 Participation Fee – one time fee for the school year. Waivers are available for those who qualify.
- b. \$20 Activity Pass – one time fee for the school year. Activity Passes will admit student for free for athletic home events. Does not include Conference, District or State events that FHS hosts. Lost passes will require a \$20 replacement fee prior to March 15, and \$10 replacement fee after March 15. Fee **CANNOT** be waived.
- c. ID cards – are free and will be distributed at school. Replacement cards cost \$5.