

FREMONT TIGER ACTIVITIES

Checklist for athletes/participants

1. Pick up FHS Packet from Middle School or FHS Activities Office. They are also available on-line at www.fpsweb.org, click on High School and under Helpful Information.
Packet contains:
 1. NSAA Eligibility Rules
 2. Medical History & Consent Form
(*Free Physicals available June 7, 2011 at FAMC starting at 6:00 PM*)
 3. FHS Student & Parental Consent for Interscholastic Participation (required for ALL Activities)
 4. NSAA Student & Parent Consent Form (required for ALL Activities)
 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. 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. **\$30 Participation Fee (subject to increase)** – one time fee for the school year. Waivers are available for those who qualify. This fee is required for band, flag, choir, dance, cheer, journalism, drama, and athletic teams.
 - b. **\$30 Activity Pass (subject to increase)** – 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 full price replacement fee for first semester and a half price replacement fee after second semester. Fee **CANNOT** be waived.
 - c. **ID cards** – are free and will be distributed at school. Replacement cards cost \$5.