

# How to Register For VHS Sports

## Complete and return the following forms to the VHS office:

- Parent Permission Form for the current school year on file in the office
- Current Physical Form on file in the office.  
Physicals are good for 2 years and must be current from the first practice through the state competition in order to be cleared to play. Freshmen with middle school physicals must submit the middle school physical with a physical update form signed by a medical practitioner.
- Sports Specific Safety Guideline Form for the current school year on file in the office.
- Co-Curricular Compliance Form for the current school year on file in the office.
- Concussion Form for the current school year on file in the office.

## Pay the Following Fees:

- ASB card (\$40.00 one time only-covers the whole school year)
- Activity Fee (\$100.00 per activity per season)
- All school fines must be paid before athletic forms can be accepted.

**All forms and fees must be completed and submitted to the VHS office before the first practice. Participants will not be allowed to practice without all forms and fees recorded in the VHS office.**

### **Title IX/RCW 28A.640 Officer:**

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