

Name: _____

Required Paperwork Checklist

Please have all of the following items uploaded and submitted by May 30th. (with the exception of the district participation fee which should be paid no earlier than two weeks prior to the start of classes).

Athlete Paperwork Upload:

*Please be sure all of the required paperwork for the season has been uploaded to the website clearinghouse listed below. If you need hard copies of the papers, you can get them from the district athletics page by clicking on the Athletic Forms tab. (<https://www.pasco.k12.fl.us/athletics/>)

_____ 2023 Season Paperwork uploaded to <https://www.athleticclearance.com>

General Forms:

*Please put the following papers (attached with this checklist) in order and give to a Coach:

_____ 2023 Wiregrass Cross Country Expectations

_____ District School Board of Pasco County Parent Release for Transportation

_____ Private Insurance (for any parents that are an **approved volunteer** and are willing to drive other students as needed throughout the season from meets, practices, and other team activities)

Fees:

**Please submit the fees below:*

_____ **District Participation Fee** - All payment must be submitted online through the mystudent portal. This money does not go to any of our season expenses and/or WRHS. Athletes cannot participate in competition until this fee is paid. **Please do not pay this no earlier than two weeks before the start of classes.**

1st Sport = \$70.00

2nd Sport = \$40.00

3rd Sport = FREE

Family Cap = \$180.00

_____ **Team Fees** - (\$120.00), checks must meet district guidelines, including full address and phone number as well as the student's ID# made out to WRHS Athletic Boosters with Cross Country noted on the memo line. This money goes directly to covering expenses and needed supplies for the season.

PLEASE COPY ALL OF YOUR PAPERWORK FOR YOUR RECORDS



ATHLETIC CLEARANCE

Quick steps for parents/students using the online athletic clearance process.

Online Athletic Clearance – Uploading Athletic Paperwork

1. Visit AthleticClearance.com
2. **Select Florida**
3. **First Time Users:**
 - **Create an Account.** PARENTS/GUARDIANS will register with a valid email username and password.
4. **Return Users:**
 - Enter login information and click “Sign In”
5. **Sign In** using your email address that you registered with
6. Select “**Start Clearance Here**” to start the process.
7. Choose:
 - School Year in which the student plans to participate. *Example: Football in Aug 2022 would be the 2022-2023 School Year.*
 - School at which the student attends and will compete at
 - Sport/s (*We recommend that if the student will be participating in multiple sports, that those sports are added all at once, if available*)
8. Complete all required fields for Student Information, Parent/Guardian Information, Medical History, Signature Forms and upload a File if applicable. (If you have gone through the Athletic Clearance process before, you will select the Student and Parent/Guardian from the dropdown menu on those pages and the information will autofill)
9. Once you reach the **Confirmation Message** you have completed the online registration process.

10. The student is not Cleared yet! This data will be electronically filed with your school's athletic department for review. When the student has been cleared for participation, an email notification will be sent.

Online Athletic Clearance FAQ

What is my Username?

Your username is the email address that you registered with.

How do I register for multiple Sports?

If you know you are going to play multiple sports when registering, it is best to add all sports on the first step where you also select the school year and school. If you are registering for additional sports after completing your initial clearance for the year, you will have to complete the process again. The good news is that if you select the student & parent/guardian info from the dropdown on those respective pages, the information will autofill.

Physicals

The physical form your school uses can be downloaded on Medical History page. Most schools will accept the physical online (done by uploading the completed form on the Files page) as well as turning in a hard copy to the athletic department.

Your Files

This area is meant to store your files so they can be accessed later in the year or perhaps years following.

Why haven't I been cleared?

Your school will review the information you have submitted before clearing you for participation. Once they review your clearance they will change the status. You will receive an email when you have been cleared for participation

My sport is not listed!

Please contact your school's athletic department and ask for your sport to be activated.

I was "Denied" clearance, now what? You should have received an email with the reason for denial. Please update your clearance accordingly then contact your school's athletic department and ask them to review your information again.

Wiregrass Ranch High School Cross Country Expectations

1. **Attendance:** Team members must demonstrate a commitment to the program by **attending five practice sessions per week (on time)**. Athletes must realize the importance of preparation. Failure to attend practices or meets, without just cause, may mean loss of competition status on the team or dismissal entirely. Missing practice to complete school assignments does not qualify as an excused absence. However, if you communicate with Coach in advance accommodations may be agreed upon. For example, attending practice for a shortened time (although this cannot be done on a regular basis). If this cannot be arranged, academics **ALWAYS** comes first but athletes who cannot attend required practices may not be eligible to compete in the upcoming meet. Coaches do have discretion on a case-by-case basis. Please note, year one athletes are required to attend four sessions per week.
2. **Injuries:** Please notify Coach if any injuries begin to develop. Athletes will be referred to team athletic trainer for evaluation and treatment. Athletes may need to make an appointment and see the trainer outside of normal practice time. Injured athletes are still expected to show up to practice, even if they are unable to run.
3. **Attitude:** There is an expectation that all athletes be courteous, mature, cooperative, and respectful always. Individuals should conduct themselves with the knowledge that they alone, are responsible for their own actions. Bringing your best winning attitude to all practices and competitions is a must.
4. **Sportsmanship & Fair Play:** In all practice and competition situations, athletes are expected to perform to the best of their ability, within the context of cross country rules. Sportsmanship and fair play to teammates, opponents, and officials, will be in the forefront of our team's basic philosophy and attitude.
5. **Language:** The use of profane or improper language, is not acceptable. Extreme verbal outbursts show a lack of self-control and immaturity; these reflect on the school as well as the individual.
6. **Practice Requirements & Equipment:** Dress for practice in appropriate running attire. Dri-fit tops complimented with lined shorts are crucial for training. Wearing a watch to all practices is required. Each athlete should run in shoes best designed for their foot. Runners will almost certainly require more than one pair of training shoes per season. Athletes should also have racing shoes for competitions. Team members should present a neat appearance at all functions pertaining to our team. Team attire should be worn to all competitions. If athletes are unable to complete a workout, they may miss the following competition.
7. **Academics:** Realizing that academics take priority over athletics, students are expected to maintain acceptable standards of academic achievement. Expectations in all the following areas must continue to be met attendance, punctuality, cooperation, general behavior, respect for teachers and fellow students, and a genuine effort on all homework assignments, tests, projects, and examinations.
8. **Uniforms:** All participants have a personal responsibility to properly care for any uniform or equipment they are assigned. This includes the immediate return of all uniform/equipment items issued upon completion of season.
9. **Online & Internet:** All athletes will refrain from posting inappropriate material on all social networking website and/or running website. This material includes team information, discussion of opponents, coaches, and anybody associated with Wiregrass Ranch High School and the cross country team. Athletes are required to check their email daily for team updates and information.
10. **Smoking & Smokeless Tobacco:** Smoking is detrimental to your ability to perform, and therefore hinders both you and your team, in addition to your personal health. Smoking is not an acceptable activity for students who wish to represent WRHS.
11. **Alcohol & Drug Use:** The use of alcohol or drugs in a non-medical fashion will not be tolerated under any circumstances and will result in immediate dismissal from the team.

12. **Hazing & Inappropriate Conduct:** Any athlete found to be conducting in behavior that would be commonly referred to as “hazing, or “initiation” will be immediately dismissed from the team and face the appropriate disciplinary actions.
 13. **Rest & Diet:** Athletes should focus on rest and getting a minimum of eight hours of sleep daily. Starting two days prior to competition, nine hours is preferable. Athletes who have large academic workloads during the season should try and stay consistent with the time they fall asleep and wake-up earlier to complete work rather than stay up late into the night. The night before meets, athletes should be off their feet and resting earlier than normal and limit extracurricular activities.
 14. **In-Season & Winter Sports:** Athletes should limit participation in club/extracurricular sports while in-season. Athletes who participate on winter sports teams will be permitted to attend try-outs but cannot join practices or competitions until released from the cross country season. Coaches have discretion on a case-by-case basis.
 15. **Good-Standing Clause:** All the above requirements must be met to finish the season in good standing. Inability to finish the season in good standing will result in omission from team records and activities and may impact team status in future seasons.
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As a member of the Wiregrass Ranch cross country team, I will always adhere to the above expectations and realize that failure to do so may result in dismissal from the team:

Student Name: _____

Student Signature: _____



**DISTRICT SCHOOL BOARD OF PASCO COUNTY
PARENT RELEASE**

MIS Form #166
Rev. 01/18

TRANSPORTATION BY:

School Bus/Van Private Vehicle Walking Charter Bus PCPT

Date of Field Trip Cross Country 2023 Sponsor Loth

In consideration of _____ having been accepted by the
Student Name - Please Print Date of Birth

principal, teacher(s) or other personnel of Wiregrass Ranch High School School of the District School

Board of Pasco County to go on a school sponsored trip to meets/practices/events/all team activities,

and I, the undersigned, understand that my child, if transported by a privately owned vehicle, charter bus, school bus or walking, hereby release the District School Board of Pasco County, the individual members of said Board, the Superintendent, the principal, teachers or other employees of the school, and volunteer leaders from any financial responsibility because of sickness of the student while going to, returning from, or attending said field trip or because of any accident in which the student is injured. To ensure prompt attention in case of sickness or accident, I hereby authorize the person(s) in charge of said trip to incur expense considered necessary for treatment, and I agree to pay for same if this is in excess of the amount paid by any accident or health insurance policy that may be in effect at the time of the sickness or accident.

In any situation in which the safety and security of students might be compromised (e.g., Red Alert Status issued by the Department of Homeland Security, severe weather conditions, etc.) the District School Board of Pasco County will take the necessary steps to ensure the safety of its students and staff, including the cancellation of scheduled field trips and school events. Should this trip or event be cancelled as a result of such an event, the District cannot guarantee any monies (including deposits) will be refunded by the vendor(s) associated with this transaction. Therefore, students, parents, guardians, etc., are hereby cautioned and advised that the District will not be liable for any reimbursements associated with this event that are not refunded by the vendor(s) and returned to the District.

I have documented below all precautions/instructions regarding my child's medication. I have noted any special health related conditions or allergies regarding my child. I understand that the trained school employee who usually dispenses medication may or may not be present during the trip. Medications will be dispensed by a trained school employee (in accordance with Board Policy 5330).

Please list any medication(s) your child is currently taking (at home or school): (Dosages/Times)

Allergies: _____ Additional Health Concerns: _____

Name of Parent or Guardian – Please Print Date

Signature of Parent or Guardian Primary Phone Alternate Phone Business Phone

Street, Rural Route, or P.O. Box

City State Zip Code

Name of Additional Emergency Contact / Relationship to Student Phone



DISTRICT SCHOOL BOARD OF PASCO COUNTY
PRIVATE VEHICLE / INSURANCE INFORMATION

MIS Form #167
Rev. 2/07

Complete the following for each privately owned vehicle to be used for transporting students to and from school related activities.

TO BE COMPLETED BY VEHICLE OWNER

Model of Vehicle _____ Name of Owner (Print) _____

Year of Vehicle _____ Name of Driver (Print) _____

Make of Vehicle _____ Vehicle Tag Number _____

I certify that the above described vehicle, which is to be used only for the approved transportation purposes set forth below, is covered by bodily injury liability insurance equaling or exceeding \$10,000 per person/\$20,000 per occurrence and personal injury protection ("No-Fault") coverage equaling or exceeding \$10,000 per person.

This coverage is with _____ Insurance Co. and expires on _____ Month/Day/Year

This vehicle complies with the Federal Motor Vehicle Safety Standards. (Verification of compliance is normally reflected by a sticker located in the door well of the driver's door.) Yes _____ No _____ NOTE: If No, the vehicle is NOT to be used for transporting students.

Signature of Owner _____ Date _____

Address _____ City _____ State _____

Zip Code _____ Home Phone (_____) _____ Cell Phone (_____) _____

TO BE COMPLETED BY VEHICLE DRIVER

Driver's License: State _____ Number _____

I understand that I am authorized to only use the aforementioned vehicle for transportation of students, and that I am only authorized to transport students for the purpose of _____ (field trip/illness/recreational outing/interscholastic competition) to the following location and back _____ and that I am not to deviate from the authorized transportation destinations.

I understand that all passengers will be seated in designated seating positions and shall be required to use the occupant crash protection system provided by the vehicle manufacturer.

Signature of Driver _____ Date _____

Address _____ City _____ State _____

Zip Code _____ Home Phone (_____) _____ Cell Phone (_____) _____

TO BE COMPLETED BY THE SCHOOL PRINCIPAL OR DESIGNEE

Teacher Sponsor _____

The above driver and vehicle is approved to transport students on _____ (Date).

Signature of Principal or Designee _____ Date _____

School _____

Distribution: White - Principal; Canary - Teacher