



Shepherd of the Hills Christian School

7691 S. University Blvd. Centennial, CO 80122 303-798-0711 ShepherdHills-school.org

Sports Physical

One of the “extras” provided by Shepherd of the Hills Christian School is the opportunity for students to use their God-given physical and leadership abilities through an interscholastic sports program. Through competition with other Lutheran and Christian schools along the Front Range, team spirit, attitudes of Christian sportsmanship and feelings of fellowship with other Christian students are fostered.

With the inclusion of interscholastic sports comes the responsibility of the school to insure safety and well being of its participants. Current school policy states, “Students participating in extra-curricular sports activities at Shepherd of the Hills Christian School need to provide proof of a physical exam prior to participation in sports for the year.” (Sec. 6.1.4.2)

Below you will find a form to take to your physician to sign upon completion of the physical exam. This needs to be done prior to your child’s participation in our sports program.

PHYSICIAN PERMIT FOR ATHLETIC PARTICIPATION

I hereby certify that I have examined _____ and that the student was found physically fit to engage in the school interscholastic sports programs as offered (usually grades 4-8): basketball, cheerleading, soccer, track and field, and volleyball. *(Please cross out any sport in which the student should not participate.)*

Student’s birth date: _____

Physician’s Signature: _____ Date: _____
(Must be signed by a physician) (Valid for 365 days unless rescinded)

PARENT OR GUARDIAN PERMIT

Warning: Although participation in supervised interscholastic athletics and activities may be one of the least hazardous in which any student will engage in or out of school, by its nature, participation in interscholastic athletics includes a risk of injury which may range in severity from minor to long-term catastrophic. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate this risk. Participants can and have the responsibility to help reduce the chance of injury. Players must obey all safety rules, report all physical problems to their coaches, follow a proper conditioning program and inspect their own equipment daily. By signing this permission form, we acknowledge that we have read and understood this warning. Parents or students who do not wish to accept the risks described in this warning should not sign this permission form. (From Colorado High School Activities Assoc.)

I hereby give my consent for _____ to compete in athletics for Shepherd of the Hills Christian School in the sports listed below EXCEPT those I have crossed out:

basketball cheerleading soccer track/field volleyball

Date: _____ Parent/Guardian’s Signature _____

Date: _____ Student’s Signature _____