

REQUIRED DOCUMENTS FOR PARTICIPATION

BEGINNING PRACTICE DATES

FREMONT HIGH SCHOOL ATHLETICS (2019 – 2020)

It is fully expected that all paperwork (see list below) be fully completed by each athlete, wanting to participate in a sport by the first official day of practice for that sport.

- IHSAA pre-participation physical (*please make sure to complete all parts, especially where signatures are required*).
- You and your parent(s) must read the information about concussions and sudden cardiac arrest.
- You and your parent(s) must sign and turn into the athletic office the acknowledgement parent/athlete signature form, *indicating you have read the information concerning concussions and sudden cardiac arrest.*
- You and your parent(s) must sign and turn into the athletic office the acknowledgement parent/athlete signature form, *indicating that you understand and will follow the athletic guidelines and expectations from the Fremont Community Schools Athletic Policy Handbook.*

FIRST OFFICIAL STARTING DATES FOR *FALL SPORTS*

- Girls' Golf – **August 2nd**
- Cross Country, Football, Boys' Tennis and Volleyball – **August 5th**

FIRST OFFICIAL STARTING DATES FOR *WINTER SPORTS*

- Girls' Basketball – **October 21st**
- Wrestling – **November 4th**
- Boys' Basketball – **November 11th**

FIRST OFFICIAL STARTING DATES FOR *SPRING SPORTS*

- Track – **February 17th**
- Softball – **March 9th**
- Girls' Tennis, Baseball and Boys' Golf – **March 16th**

