

- A. Per CHS Athletic Requirements- ALL FOLLOWING FORMS MUST BE TURNED IN TO the coach or be on file with the school from pervious sport participation before the first practice (August).
- Physical- All CHS athletes are required to have a physical examination completed and turned in **BEFORE** the athlete will be allowed to participate in tryouts, practice and/or games.
  - All forms found at <http://chs.helenaschools.org/extracurricular/athletics/> must be completed and turned in to the coach prior to practicing (Concussion Form, Impact Testing (every other year) and Drug & Alcohol Form).
  - An activity participation fee must be paid to the school accountant prior to the first performance (Activities Participation Form).

**By signing, I signify that I have read and understand the contents of the Capital High School Dance Team Constitution. I will abide by this constitution and understand what is expected of myself and of my family. I understand that I am committing to following these rules, taking ownership, responsibility and consequences inherent in not abiding by the constitution. I understand that I am committing to participate in the CHS Dance Team for the 2020-21 season in its entirety unless otherwise dismissed by the Coach or CHS Administration.**

Printed Name of Athlete: \_\_\_\_\_ Signature: \_\_\_\_\_

Printed Name of Parent/Guardian: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**\*\*By signing below, I give permission for my child's photo to be published on team related social media.**

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_