



Lakeridge High School Athletics

Off-Season Participation

Off-Season Guidelines

The majority of the athletic programs at Lakeridge High School offer some form of voluntary off-season training for athletes. Conditioning programs, i.e.; strength training, running, etc. may be done without restriction. However, in team sports, off-season coaches are required to follow the OSAA Practice Limitation Rule, which prohibits them from teaching sport specific skill to any athletes during the first six weeks of each off-season - individual sports are not required to follow this rule. Regardless of the sport, off-season programs are **not mandatory and cannot be used by coaches to select teams or determine playing time.**

Program Information

Off-season program

Dates of participation

Head Coach

Medical Insurance Coverage

The Lake Oswego School District does not provide medical insurance for student injuries but does offer student accident/health insurance for voluntary purchase at an affordable rate. District policy states that, "all students must be covered by an insurance policy before they will be allowed to participate in athletics and/or activities." Please provide the following information:

Insurance Company

Policy Number

Emergency Information (please print)

Student's Name

Grade

ID Number

Mother's Name

Day Phone

Evening Phone

Father's Name

Day Phone

Evening Phone

Release

The information provided above is true and accurate. I agree to release the Lake Oswego School District and its employees from all liability associated with off-season training activities offered by our coaches.

Parent or Guardian Signature

Date

Student Signature

Date