



West Linn High School Athletics

Off-Season Participation Waiver

Off-Season Guidelines

Most of the athletic programs at West Linn 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

West Linn Cheerleading

Shannon Maloney

Off-season program

Dates of participation

Head Coach

Medical Insurance Coverage

The West Linn 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

Emergency Contact's Name

Cell Phone

Evening Phone

Parents Names

Cell Phone

Cell Phone

Release

The information provided above is true and accurate. I agree to release the West Linn/Wilsonville 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