Requirements of Students Who Wish to Participate in the BHS Athletics Program

(including cheer and dance)

1. Fill out and return a Student & Parent Consent Form to the BHS Activities Office

2. Fill out and return a Student Emergency Information Form to the BHS Activities Office

3. Pay the $53.00 participation fee to the BHS Activities Office (or submit student fee waiver form if athlete receives free or reduced lunch) (not required for cheer and dance)

4. Students participating in athletics must obtain a pre-participation physical exam.
   a. Student/Parent fills out Medical History form before going to the physician.
   b. Physician fills out Examination Form after evaluation of student.
   c. Student/Parent returns Clearance Form to Activities Office.

   (The physical examination is an annual requirement, and it must be completed on May 1 or later, but before the student is permitted to begin practice.)

5. Parent/Guardian of students participating in athletics must attend annually a pre-season parent meeting. This year's meeting is Thursday, Aug. 3 at 6pm in the BHS Hevelone Center. Sport-specific meetings will follow.

Students will not be permitted to participate in activities until their particular requirements have been met.

Parents unable to attend the regularly scheduled Parent's Meeting may satisfy that requirement by submitting a certificate of completion of Positive Sport Parenting online course. To access that option, do the following:

1. Go to www.nfhslearn.com
2. Register on the site by clicking "Register" in the upper right-hand corner and provide the requested information –OR—if you have already registered, "Sign in" using your email address and password.
3. Click on "Courses" in the banner at the top of the page.
4. Choose the FREE course called Positive Sport Parenting.
5. Click on "Order Now".
6. Select state "Nebraska"
7. Click "Checkout"
8. Click "Complete purchase" (cost will be $0.00)
9. Once the order is made, follow the screen prompts to begin viewing the course.
10. You MUST print your certificate of completion and submit it to the BHS Activities Office.

Questions? Call the BHS Activities Office. 402-223-1515, ext. 1809