

Friday Harbor High School Athletics

What Do I Need Before I Can Participate in the 1st Sport Practice?

- 1 Activities Information Card Completed and Returned to Office (pg 1)
- 2 Provide proof of Insurance (see section H on the Information Card)
- 3 Signed Concussion information sheet (pg 2 & 3)
- 4 Current Physical on file in office (pg 4 & 5)
** Note Physicals are valid for 24 months / verify yours is valid if not submitting a form
- 5 Signed Co-curricular form returned to office (pg 6)

What Do I Need to Continue to Participate after 1st Week of Practice? 1- 5 and.....

- 6 Purchase an ASB Card
- 7 Pay Sport Participation Fee or Show Arrangement for Scholarship
(Scholarship Information is Available at the Office)

What Do I Need to Participate in a Game or Match? 1-7 and.....

- 8 Eligibility Verified by Athletics Office (Transfer students must meet with the Athletic Director)
- 9 Complete 10 Practices (12 for football and wrestling participants)
- 10 Purple Emergency Card returned to Coach or office

Questions...

Contact Athletic Director - Rod Turnbull @ 378-4133 Ext 7209
Athletic Assistant – Jill Sandwith @ 378-4133 Ext 7910