



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
- 2 Provide proof of Insurance (see section H on the Information Card)
- 3 Signed Concussion & Sudden Cardiac Awareness
- 4 Current Physical on file in office
** Note Physicals are valid for 24 months / verify yours is valid if not submitting a form
- 5 Signed Interscholastic/Co-curricular Activity form returned to office

All forms can be accessed at <https://www.sjisd.wednet.edu/Page/2497>

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 – Brock Hauck @ (360)-370-7115 or brockhauck@sjisd.org
Athletic Assistant – Jill Sandwith @ (360)-370-7910 or jillsandwith@sjisd.org