

# 2019-20 Adams Central Extracurricular Checkout Process

## 7th Grade

- Step 1 - 7<sup>th</sup>-grade physical form/athletic clearance form (must be signed)
- Step 2 - AC Activities Participation Form
- Step 3 - Concussion Certificate



## 8th Grade Athletics

- Step 1 - Physical form with athletic clearance
- Step 2 - AC Activities Participation Form  
Concussion Certificate (if needed)

## 9-12<sup>th</sup> Grade (Not NSAA) Activity

- Step 2 - AC Activities Participation form
- Step 4 - Drug Consent to test form\*\*

## 9-12<sup>th</sup> Grade NSAA Activities/Athletics

- Step 1 - NSAA physical form
- Step 2 - AC Activities Participation form
- Step 3 - NSAA Student/Parent Consent form
- Step 4 - Drug Consent to test form\*\*  
Concussion Certificate (if needed)

### Please note:

- If your 7<sup>th</sup>-grade student intends to participate in any sport during the school year, make sure your physician signs the **CLEARANCE FORM**.
- **THE DATE ON ALL PHYSICAL FORMS MUST BE MAY 1, 2019 OR LATER TO BE VALID FOR THE 2019-20 SCHOOL YEAR.** It must state that the student is cleared for all activities **without restriction**. Please use the physical forms included in this packet.
- Students in grades 9-12 who wish to participate in ANY extracurricular activities are required to have a signed drug consent form on file. This is completed once during the student's **high school** career.\*\*
- You may turn in forms to the main office anytime during regular business hours. A student may not participate in ANY activity until all steps are completed.