

**NOTIFICATION OF RISK / PERMISSION TO PARTICIPATE IN  
TRACK AND FIELD AT THE NORWICH FREE ACADEMY**

To: NFA Director of Athletics

\_\_\_\_\_  
(Print full name of student)

\_\_\_\_\_  
(Grad. Class)

has my permission to participate in Track and Field at the Norwich Free Academy. I understand that participation in Track and Field involves the potential for injury. Events such as the high jump, pole vault and hurdles can be especially dangerous.

I acknowledge that I have reviewed the NFA Student-Athlete Handbook and in particular the section entitled "PARENTS SECTION".

I understand that as a member of an NFA team, my son/daughter will be obligated to attend all practice sessions and scheduled contests.

I have read and understand the section entitled "INSURANCE COVERAGE".

I realize that even with the best coaching, use of appropriate equipment, and strict observance of the rules, injuries are still a possibility. On occasion, athletic injuries can be so severe as to result in paralysis and/or total disability. My signature below is my acknowledgment that I have read and understand this warning. If there is something I do not understand I will ask about it.

I understand that all NFA athletes must follow team rules and regulations regarding personal discipline and, specifically, the misuse of alcohol, drugs, and/or tobacco. I understand that unexcused absences and/or violation of team rules can lead to suspension and/or dismissal from the team.

My signature below indicates that I understand and am assuming all the risks associated with practice and competing in Track and Field. I agree to hold the Norwich Free Academy, its employees and volunteers, harmless from any and all liability or actions which may arise by or in connection with participation in any activities related to Track and Field.

\_\_\_\_\_  
(Signature of Parent/Guardian)

\_\_\_\_\_  
(Date signed)

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**STUDENT-ATHLETE ACKNOWLEDGMENT / AGREEMENT  
TO OBEY INSTRUCTIONS**

My signature below is my acknowledgment that I have received and read my personal copy of the NFA Student-Athlete Handbook. I am aware of its contents, specifically the CIAC Rules of Eligibility and my rights to "due process" under those rules.

Because of the potential dangers of participating in Track and Field, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and agree to obey such instructions.

I understand that as a member of the NFA Track and Field Team, I must follow all rules and regulations or jeopardize my team membership. I have read and understand the sections entitled "TRAINING RULES" and "SUBSTANCE ABUSE".

I understand my obligation to be "on-time" to attend all practice sessions and contests. If I must miss practice or the start of one, I will contact my coach, in advance, in order to be excused.

I understand that I am responsible for all NFA uniforms and equipment issued to me and that I may be billed for items I do not return.

I will exhibit good sportsmanship at all times.

\_\_\_\_\_  
(Signature of Student-Athlete)

\_\_\_\_\_  
(Date signed)