

Ramona Convent Secondary School

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Dear Parent(s) or Guardian(s):

Congratulations to your daughter on becoming a member of the Ramona Athletic Program. Being involved in a sport team requires certain responsibilities as well as dangers of which you should be aware. By its very nature, competitive athletics can put students in a situation in which **SERIOUS, CATASTROPHIC**, and perhaps **FATAL** accidents could occur. By granting permission to your daughter to participate in our program, a parent or guardian acknowledges that playing or practicing in any sport can be a dangerous activity involving many risks of injury. Both the athlete and parent must understand that dangers and risks of playing and practicing include but are not limited to: death, complete or partial paralysis, brain damage, serious injury to organs, bones, joints, ligaments, tendons and potential impairment to all aspects of the body, general health and well being. Due to the dangers of participating in sports, we (parent and player) recognize the importance of following coaches' instructions regarding playing techniques, training, equipment and all safety and team rules. We agree to obey all rules and follow coaches' instructions. We understand the team selection is not a guarantee of specified playing time. We will make the attendance of all practices and games a priority.

An athletic fee of \$ 225.00 is required for participation in each sport. The finance office will debit your account for this amount according to the season. Any parents with questions or concerns should contact Liz Castro in the Finance Office. A black athletic jacket with Ramona logo must be purchased from CKW. This jacket and black workout pants are the **only** contest day attire allowed. Letterman jackets and sweaters may be worn in place of the jacket with the black pants.

Please look over this entire packet carefully, sign it and return at the mandatory parent meeting. Be sure to fill out the Emergency & Medical Treatment Form completely.

Thank you,
Rebecca Lamas
Athletic Director



2021-2022

I have read and understand the risks involved in participating in Ramona Athletics. I agree to comply with all policies in the Ramona Student Handbook and Athletic Handbook.

Parent's Signature

Student's Signature