**Burroughs High School Athletics**

**Before you can participate you must:**

1. Meet the Academic qualifications of CIF and Sierra Sands Unified School District. Please see Summary of Academic Eligibility Standards. The form is available in the Athletic Packet which can be picked up in the Athletic Office.

1. Fill out and return the Athletic Folder with all required signatures to the Athletic Office. They must be delivered to Lori Cracraft or Michele Lazaro. DO NOT LEAVE IN FRONT OFFICE.
2. Receive a Physical Exam, signed by a MD or DO. Physical must be completed on the Sierra Sands Unified School District Pre-Participation Physical Evaluation form.
3. Show proof of insurance or purchase insurance if playing football. We offer tackle football insurance for a fee of $80.00. See the Insurance Statement on the back of the blue Athletic Participation Card available in the Athletic packet.
4. Fill out a White Card – Consent and Emergency Information Card. Signed by a parent for each sport you plan to participate.
5. Read the Student Activities Code and follow all rules of the code.

**No participation in tryouts or practices until the above items are completed**