

# QUEEN of PEACE

## ATHLETIC HANDBOOK

2016-2017



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QUEEN *of* PEACE  
HIGH SCHOOL



The 2016-2017 Peace Pride athletic year has arrived! We welcome our returning students, incoming frosh and transfer students this year to Peace as well as to our athletic teams. We are proud to offer ten (10) IHSA Competitive Sports as follows:

Fall Season – Cross Country, Golf, Tennis and Volleyball  
Winter Season – Basketball, Bowling, Competitive Dance  
Spring Season – Soccer, Softball and Track & Field (Winter/Spring)

We have a solid coaching staff. They are confident and enthusiastic coaches who are motivated to help your daughter excel in not only athletics, but in life as well. These coaches come from various successful backgrounds and are thrilled to be here at Queen of Peace High School.

We have made positive changes in our athletic department and we will continue to build strong foundations in each of our sports. Please note – if you want to discuss any issues regarding athletics in general, my door is always open. I am a firm believer in student communication and I want to work with each student as much as possible, but I understand that parent involvement is not only needed, but welcomed, and I hope to hear from you at any time when you need to talk.

In an effort to help everyone with important dates, specifically dates related to athletic fees, I have a year-long calendar of events that can be found in Appendix A of this handbook.

We will be continuing with the sports raffle as in years past. Each athlete will be asked to sell ten \$10 raffle tickets for a total of \$100. Athletes are responsible for selling ten (10) tickets for each sport they participate in. More detail about the raffle will be given at the Meet the Coaches meetings prior to each season and the due dates for each sport can be found in Appendix A.

All athletes are required to have a Sports Physical prior to trying out for each sport. The IHSA physical form can be found on our Queen of Peace High School website and the IHSA website.

We look forward to seeing you at our Meet the Coaches night for your daughter's specific sport, but in the meantime, do not hesitate to e-mail me at [shimkog@queenofpeacehs.org](mailto:shimkog@queenofpeacehs.org) or call me at 708-496-4736 if you have any questions.

Sincerely,

*George A. Shimko*

George A. Shimko  
Athletic Director

## 2016-17 QUEEN OF PEACE ATHLETIC INFORMATION

Principal:	Hedi Belkaoui
Athletic Director:	George Shimko
Asst. Athletic Director:	Stephanie Ruvalcaba
Conference:	Girls Catholic Athletic Conference
Colors:	Green, White, and Navy
Nickname:	Pride

### ATHLETIC DEPARTMENT COMMUNICATIONS

**Athletic Office:** Call 708-458-7600, Extension 4736 or dial directly 708-496-4736 to reach the Athletic Director or to leave a message for a coach with questions in regard to a specific athlete or situation. You can also e-mail the athletic director at [shimkog@queenofpeacehs.org](mailto:shimkog@queenofpeacehs.org). You can email coaches directly by typing in their last name and first initial [@queenofpeacehs.org](mailto:@queenofpeacehs.org).

**Web Site:** The most current and updated schedules and announcements can be found on our Queen of Peace website. [www.queenofpeacehs.org](http://www.queenofpeacehs.org)

**Booster & Parent Newsletter:** This newsletter is sent home periodically in the school mailings. The purpose of the newsletter is to keep parents informed of the events taking place in the athletic program.

### BOOSTER PARENTS

Any parent or guardian with a daughter on an athletic team is automatically a Booster Parent. This is not a club, therefore there are no membership fees. The Booster Parents are part of the parent volunteer network at Queen of Peace and are encouraged to become involved in the athletic program. The various degrees of involvement can include attending the meetings, organizing and planning booster-sponsored activities, and working at the home events. Parental support and involvement is vital to the continued success of the athletic program so attendance at Booster Parent sponsored activities, is not only encouraged, but expected.

# QUEEN OF PEACE HIGH SCHOOL - 2016-17 COACHING STAFF

## FALL SPORTS

### **CROSS COUNTRY**

Varsity: Anthony Swaekausti

### **GOLF**

Varsity: Stephanie Ruvalcaba

### **TENNIS**

Varsity: Michael Landstrom

### **VOLLEYBALL**

Varsity: Karen Van Assen

Asst Varsity: Michelle Balducci

JV: Megan O'Shea

Frosh: Megan Collins

## WINTER SPORTS

### **BASKETBALL**

Varsity: George Shimko

Asst Varsity: Alex Shimko / Michael Landstrom

JV: Andy Schindel

Frosh: Ann Dachota

### **BOWLING**

Varsity: Cassie Urlaub

### **COMPETITIVE DANCE**

Varsity: Cathy Klod

## SPRING SPORTS

### **SOCCER**

Varsity: Antonio Godinez      Asst. Varsity: Elizabeth Valencia

### **SOFTBALL**

Varsity: Kelly Small

Asst: Stephanie Ruvalcaba

JV: Rachel Pluister

Asst: TBD

### **TRACK AND FIELD**

Varsity: Anthony Swaekausti

## **REQUIREMENTS FOR COMPETITION**

Failure to comply with one or more of the following requirements may result in temporary suspension from competition until the situation is remedied. Permanent suspension from competition may be necessary in situations where all other recourse has failed.

### **Athlete Information Sheet:**

At Meet the Coaches, the player and guardian must register for the correct sport. Insurance information **MUST** be provided during registration. IHSA required forms – Performance Enhancing Substances and Concussion Policy – will be signed. **Students will not be able to participate in practices or competitions if the IHSA required forms are NOT turned in.**

\*Please note: the guardian in attendance must supply an e-mail address on the registration form!

## **Eligibility Policy**

### **Attendance Policy:**

If a student is absent from school for the entire day due to illness or sent home or absent due to financial exclusion, she may not participate in a contest or practice. The Athletic Director must clear absences for other personal reasons before the student may practice or compete on that day. If a student is absent on the Friday before a Saturday competition she will be unable to participate unless the absence is excused prior to the event.

### **School Sponsored Trips:**

When a student-athlete participates in a school sponsored trip that occurs during her sports season, the athletic director and varsity head coach shall determine what effect going on the trip will have on the athlete's participation. It is the responsibility of the student-athlete to report any scheduling conflicts to the athletic director and varsity head coach prior to the start of the season. Any consequences relative to the conflicts will be determined and communicated to the student-athlete prior to the start of the season.

### **Conflicts:**

Commitment to your sport and team is a key component to a successful season. When two activities share the same calendar season, whether club sports or another extracurricular activity, conflicts do arise from a variety of sources, such as schedule changes in times and/or dates. The first obligation of the student-athlete is to her athletic team.

It is the responsibility of the student-athlete to report any known scheduling conflicts to the athletic director and their varsity head coach prior to the start of the season. Any consequences relative to the conflicts will be determined and communicated to the student-athlete prior to the start of the season. Unforeseen conflicts arising during the course of the season must be brought to the athletic director and the head coach a minimum of seven days in advance. The student-athlete will then be informed of consequences in a timely manner.

## Grade Check:

All athletes/performers/crew members are subject to a weekly check of their grades. Grades will be checked by the assistant athletic director or performing arts coordinator on Wednesdays and students, as well as coaches, will be notified immediately if there are any grades that do not meet school or IHSA requirements.

- All students are expected to maintain a passing grade average of 2.0 GPA (C avg.)
- If a student has one F for one week, the student will be able to participate but be encouraged to go to the tutoring center prior to attending a practice or a game.
- If a student has one F for more than one week, the student will be ineligible for competition or performance. The student will be suspended from both practice and competition until she is once again ruled eligible. The student will have at least **60 minutes per week** in the tutoring center of supervised study or teacher directed assistance. The signature of the teacher/counselor is required with time sheets for the week(s) spent in the tutoring center, supervised study, or teacher directed assistance. Prior to regaining eligibility, a student must hand in time sheet to their counselor. The time sheets are due on Wednesday before 8:00am.
- The athletic director or the assistant athletic director will inform coaches which students are in academic jeopardy and the consequences associated with it.

## Frequently Asked Questions:

- How long is a student suspended for more than one F?

The student is informed on Wednesday afternoon of suspension which continues until the next grade check on the following Wednesday. The suspension is always for a minimum of one week.

- What happens if she brings up her grade on Thursday and the teacher posts it on Parent Plus? The suspension will hold until the following Wednesday when the **Official grade check** happens.

- What happens if the grade on Parent Plus and the grade check differ?

It means that more grades have been posted to Parent Plus so the student and parents can see if the student is improving. The grade check on Wednesday is the only grade that counts for eligibility.

- If a student receives an F in one class but a different class F the next week, is she still eligible? No, she is not eligible due to the policy of one F for more than one week.

- How much mandatory time in tutoring is required?

The time is assessed by the eligibility committee. Parents and Students will be notified on Wednesday via paper or email.

- When can a student stop going to the tutoring center?

When the student is eligible for competition and practices.

## Meet the Coaches:

There will be a **mandatory** “Meet the Coaches” evening during each sport season. The purpose of this evening is to communicate our expectations and to provide the athletes and their parents with general athletic information as well as information specific to their sport. After the initial meeting, there will be an opportunity for the parents to meet their daughter’s coaching staff and ask any questions they may have about the season. Athlete and at least one parent **must** attend and pay their sport’s participation fee. Failure to comply with both of these requirements will result in the athlete’s suspension from practices and competition until they and a parent make up the missed meeting. There will be one date and time provided for a make-up meeting. Please see Appendix A for the Fall, Winter and Spring Meet the Coaches dates and times.

**Participation Fee:** Once a student is chosen to participate on an athletic team, a participation fee will be required. The fee will be \$100. The participation fee is applied toward expenses such as transportation, equipment, and officials. Athletes who compete in more than one sport, their fee will be reduced to \$75 for the second and third sport. **The participation fee is due at the Meet the Coaches meeting. Students will not be able to participate in practices or competitions if their participation fee is not paid.** Athletes will have two (2) weeks to decide if they want to continue participation in the sport. If an athlete, after two (2) weeks, decides not to participate, then the participation fee will then be refunded.

**NOTE: The Participation fee will NOT be added to a student's tuition statement. This fee must be paid in order to participate in a sport.**

#### **Parent Service Deposit:**

Each sport requires a parent to provide a check for \$50 made out to Queen of Peace Athletics. If a parent contributes 2.0 hrs of service (Admissions/Concessions) during their season, then the family's \$50 deposit check will be returned. **The Parent Service check of \$50 is due at the Meet the Coaches meeting.** Students will not be able to participate in practices or competitions if their Parent Service check is not provided.

#### **Mandatory Fundraisers:**

Each athlete will be asked to sell ten \$10 raffle tickets for a total of \$100. Athletes are responsible for selling ten (10) tickets for each sport they participate in. **The \$100 in Raffle Tickets will NOT be added to a student's tuition bill.** If a student does not turn Raffle money by the due date, the student will not be able to participate in practices or competition until the money is turned into the Athletic department. The Due date for each season is listed in Appendix A

#### **Physicals:**

It is mandatory for all athletes to submit an IHSA physical form to the Athletic Director prior to the date of the first contest. This physical form must be current within 395 days of the last physical and signed by the doctor, athlete, and a parent or guardian. It must be on file in the Athletic Office before the athlete can participate in any practice, contest or activity.

If an athlete is uncertain about her most recent physical date, she can verify her date with the Athletic Director or the Assistant Athletic Director.

Physicals must be completed on the standardized IHSA form which is available in both the Athletic Office and the Main Office. It is also available on the Queen of Peace and IHSA websites. For incoming frosh, the date from their physical to enroll at Queen of Peace will be used automatically. However, any frosh competing in a spring sport needs to be aware that their physicals will most likely expire before the completion of the spring season. Under NO circumstances will an athlete be allowed to practice or compete if they do not have a current and complete physical on file.



**Rules and Regulations:**

All athletes are expected to observe the rules and regulations set forth by the Illinois High School Association (IHSA), the Girls Catholic Athletic Conference (GCAC), the Queen of Peace Student Directives, and the Coaches of their respective teams.

**Ordering of Warm-Ups & Sweats:**

Each program will determine the needs of warm-ups and sweats. The coach will provide options for team members and the team will determine what works best for them. If a coach sees fit to have players order warm-ups he/she will communicate that at the beginning of the season. Optional spirit wear will be designed by the Coach/Team, approved by the AD/Administration, and ordered by the Athletic Department.

**Transportation:**

Transportation to and from the majority of the away contests will be provided by a Sunrise school bus or school mini-bus driven by one of the coaches. The expectation is that ALL athletes will take the school provided vehicle to the contest. Athletes will not be allowed to meet the team at a contest unless they get approval from the coach, which will be granted sparingly. When Queen of Peace provides transportation, the students must return on the bus unless a parent or guardian drives them home. If it is necessary for a student-athlete to be driven home by another parent or guardian, they must provide the coach with a signed parental consent form BEFORE the day of the contest. The form needs to be distributed by the head coach.

**Travel Out of State and/or Overnight**

If athletic events require out-of-state and/or overnight travel, an additional permission slip and waiver of liability signed by parent/guardian and student athlete will be required prior to participation in this event. See Appendix C for sample.

## RELATED INFORMATION

### **Athletic Receptions/Awards:**

At the completion of the fall, winter and spring seasons, the athletes and their parents will be invited to a reception to celebrate both the individual and team accomplishments for each sport. The banquet begins with refreshments in the Cafeteria, after which the following awards will be presented:

- Most Valuable Athlete*** Given to one varsity athlete from each sport; main criteria for selection is talent level and contribution to the team
- Most Improved Athlete*** Given to one varsity athlete from each sport who has made the most significant improvement within the season or from the previous season
- Leadership Award*** Given to one athlete from each team; criteria would include good sportsmanship, assisting coach and teammates on and off the court; leading by example, hustle, etc.
- Scholar Athlete*** Given to one varsity athlete from each season who excels in both athletics and academics; must be in the top 20% of her class and on the high honor roll during her season. Coaches and Administrators will vote from a list of eligible candidates provided by the Athletic Director.

Following the presentation of these awards, the teams will adjourn to separate meeting rooms where the athletes will receive the following individual awards:

- |  |   |
|--|---|
| <b><i>1st year on a team</i></b>         | Chenille numeral of graduation year (one time only)<br>Pin for their specific sport |
| <b><i>1st year on a varsity team</i></b> | Chenille QoP letter (one time only)   |
| <b><i>2nd year on team</i></b>           | Small service bar   |
| <b><i>3rd year on team</i></b>           | Large service bar   |
| <b><i>4th year on team</i></b>           | Sports key chain  |

The dates of the Fall, Winter and Spring Sports Banquets are:

- |                        |  |
|------------------------|--|
| Fall Sports Banquet:   | Thursday, November 10 <sup>th</sup> 2016 |
| Winter Sports Banquet: | Thursday, March 2 <sup>nd</sup> 2017     |
| Spring Sports Banquet: | Thursday, June 1 <sup>st</sup> 2017      |

## **Sportsmanship:**

At Queen of Peace, good sportsmanship is an expectation of all of our student-athletes, as well as our fans. It is the responsibility of each person that is involved in the athletic program to demonstrate good sportsmanship at all times. The Illinois High School Association has designed the following guidelines for improving sportsmanship:

### **Behavior Expectations of the Participant**

- Accept and understand the seriousness of your responsibility, and the privilege of representing the school and the community.
- Treat opponents the way you would like to be treated, as a guest or friend. Never direct remarks at opponents in a taunting manner.
- Respect the integrity and judgment of game officials. Respect the job and position of the officials, and respect them as people. Treating them with dignity and respect, even if you disagree with their judgment, is a fundamental behavioral expectation.

### **Behavior Expectations of the Spectators**

- Remember that school athletics are learning experiences for students and the programs are part of the educational process.
- A ticket is a privilege to observe the contest, not a license to verbally abuse others. Positive fan support is an asset.
- Show respect for the opposing players, coaches, other spectators, and officials. Respect their roles even if you disagree with their judgment. Negative comments or the berating of players, coaches and officials are not in keeping with our philosophy or good forms of modeling.

In addition to developing these guidelines, the IHSA has instituted specific by-laws for dealing with any violations to the sportsmanship guidelines. The by-laws read:

- Any player ejected from a contest for unsportsmanlike conduct shall be ineligible for the next interscholastic contest at that level of competition, and all other interscholastic contests at any level in the interim, in addition to other penalties the IHSA or the school may assess. (6.011)
- Any coach ejected from a contest for unsportsmanlike conduct shall be ineligible for the next interscholastic contest at that level of competition, and all other interscholastic contests at any level in the interim, in addition to other penalties the IHSA or school may assess. (6.012)
- IHSA member schools have the responsibility to maintain proper crowd control and enforce principles of good sportsmanship and ethics. Spectators may be asked to leave the premises for failure to comply with these stated guidelines. The IHSA Executive Director shall have the authority to investigate reported incidents of unsportsmanlike conduct. (2.042)

## **NCAA ACADEMIC ELIGIBILITY**

Many college athletic programs are regulated by the National College Athletic Association, an organization that has established rules on eligibility, recruiting, and financial aid. Any high school senior planning to enroll in college as a freshman and participate in Division I or Division II athletics, must be certified by the NCAA Initial-Eligibility Clearinghouse. Athletes should go online to [www.ncaa.org](http://www.ncaa.org) to download an application. Other questions can be answered by the student-athlete's counselor.

## **Policies for Parents**

### **Building the Parent/Coach Relationship**

Both parenting and coaching can be extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to the student-athlete. As parents, when your child becomes involved in our sports program, you have a right to understand what expectations are placed on our athletes. This begins with a clear communication from the coach of your child's program.

### **Communication You Should Expect from Your Daughter's Coach**

- Philosophy of the coach
- Expectations the coach has for your daughter
- Locations and times of all practices and contests
- Team requirements (i.e., physical, fees, forms, special equipment, off season conditioning and summer programs).
- Procedure that is followed should your daughter be injured during participation
- Discipline that could result in the denial of your daughter's participation

### **Communication Coaches Expect from Parents**

- Concerns expressed directly to the coach
- Notification of any schedule conflicts well in advance
- Specific concern in regard to a coach's philosophy and/or expectations

When your daughter chooses to participate in and is selected for a sport, sacrifices are often made. This holds true for the parents of athletes as well. Our athletic program continues during vacation times that occur during the school year. Therefore, it is extremely important that family vacations be scheduled when your child is not competing. An athlete who is absent from her team during a vacation must be prepared to accept the consequences determined by her coach.

As your child becomes involved in the programs at Peace, she will experience some of the most rewarding moments of her life. It is important to understand that there may also be times when things do not go the way you or your daughter wish. At these times, a discussion with the coach is encouraged.

### **Appropriate Concerns to Discuss with Coaches**

- The treatment of your daughter—mentally and physically
- Ways to help your daughter improve
- Concerns about your child's behavior

It is very difficult to accept your daughter's lack of playing time. Coaches are professionals. They make judgments and decisions based on what they believe to be best for all of the athletes involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things, such as those listed below, **must** be left to the discretion of the coach and his/her staff.

### **Some Issues not appropriate to Discuss with Coaches**

- Playing time
- Team strategy
- Play calling
- Other student-athletes

There are situations that may require a conference between the coach and the parent. It is important that both parties involved have a clear understanding of the other's position. When a conference is necessary, the following procedure should be followed to help promote a resolution to the issue:

- Call to set up an appointment—either call or email the coach or the Athletic Director at 708-496-4736.
- **Do not** attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution and **will not** be permitted.
- If the meeting with the coach does not provide a satisfactory resolution, call the Athletic Director to discuss the situation.

Since research indicates a student involved in extra-curricular activities has a greater chance for success during adulthood, these programs have been established. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. We hope the information provided makes both your child's and your experience with the Peace Pride Athletic Program enjoyable and positive.

**Queen of Peace High School  
Important Athletic Dates – 2016-2017**

**Fall Sports – Cross Country, Golf, Tennis and Volleyball**

- August 10<sup>th</sup> -12<sup>th</sup> – Tryouts
- August 17<sup>th</sup> – Meet the Coaches – 6:00pm (Cafeteria)
- August 24<sup>th</sup> – Final day to drop from sports
- September 9<sup>th</sup> – \$100 Raffle Tickets Due – Final Collection Date
- Raffle Drawing - Fall Awards Banquet – Thursday, November 10<sup>th</sup>
- November 10<sup>th</sup>-11<sup>th</sup> - Return of service deposit checks OR cashing of checks for non-completed parental service hours

**Winter Sports – Basketball and Competitive Dance**

- October 24<sup>th</sup>-26<sup>th</sup> – Tryouts – Competitive Dance
- Oct 31<sup>st</sup> - Nov 2<sup>nd</sup> – Tryouts – Basketball
- October 27<sup>th</sup> – Meet the Coaches – Competitive Dance – 6:00pm
- November 3<sup>rd</sup> – Meet the Coaches – Basketball – 6:00pm
- November 7<sup>th</sup> – Final day to drop from Competitive Dance
- November 14<sup>th</sup> – Final day to drop from Basketball
- December 5<sup>th</sup> – \$100 Raffle Ticket Money Due – Final Collection Date
- Raffle Drawing - Winter Awards Banquet – Thursday, March 2<sup>nd</sup>
- March 2<sup>nd</sup>-3<sup>rd</sup> – Return of service deposit checks OR cashing of checks for non-completed parental service hours

**Winter Sports – Bowling**

- November 14<sup>th</sup>-16<sup>th</sup> – Tryouts
- November 17<sup>th</sup> – Meet the Coaches – 6:00pm
- November 28<sup>th</sup> – Final day to drop from Bowling
- December 12<sup>th</sup> – \$100 Raffle Ticket Money Due – Final Collection Date
- Raffle Drawing - Winter Awards Banquet – Thursday, March 2<sup>nd</sup>
- March 2<sup>nd</sup>-3<sup>rd</sup> – Return of service deposit checks OR cashing of checks for non-completed parental service hours

## Appendix A - Continued

### **Winter / Spring Sports – Track and Field – Indoor and Outdoor combined**

- January 16<sup>th</sup>-18<sup>th</sup> – Tryouts
- January 19<sup>th</sup> – Meet the Coaches – Indoor & Outdoor Track - 6:00pm
- January 30<sup>th</sup> – Final day to drop from Track
- February 6<sup>th</sup> – \$100 Raffle Ticket Money Due – Final Collection Date
- Raffle Drawing – Spring Sports Banquet – Thursday June 1<sup>st</sup>
- June 2<sup>nd</sup>-3<sup>rd</sup> – Return of service deposit checks OR cashing of checks for non-completed parental service hours

### **Spring Sports – Soccer and Softball**

- February 23<sup>rd</sup> – Physicals – 3:00pm - \$15 fee
- March 1<sup>st</sup>-3<sup>rd</sup> – Tryouts
- March 8<sup>th</sup> – Meet the Coaches – Soccer and Softball – 6:00pm
- March 15<sup>th</sup> – Final day to drop from Soccer and Softball
- April 11<sup>th</sup> – \$100 Raffle Ticket Money Due – Final Collection Date
- Raffle Drawing – Spring Sports Banquet – Thursday June 2<sup>nd</sup>
- June 2<sup>nd</sup>-3<sup>rd</sup> – Return of service deposit checks OR cashing of checks for non-completed parental service hours



**2016-17 QUEEN OF PEACE ATHLETICS**  
Transportation Consent Form

NAME OF ATHLETE: \_\_\_\_\_

SPORT: \_\_\_\_\_

DATE OF CONTEST: \_\_\_\_\_

SITE OF CONTEST: \_\_\_\_\_

I grant my daughter permission to ride home from the above athletic contest with the parent  
or guardian of \_\_\_\_\_.

Signature of Parent/Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

\*\*\*Must be submitted with a minimum of 24 hours notice

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## PERMISSION FORM WITH INDEMNIFICATION/HOLD HARMLESS AGREEMENT

***I/We, the parent(s)/guardian(s) of \_\_\_\_\_, student I.D.# \_\_\_\_\_, request that the school allows my/our daughter to attend the \_\_\_\_\_. I/We understand that my/our daughter's participation in this event is not mandatory. Queen of Peace will not admit her to this event unless this permission and indemnification/hold harmless agreement is completed and returned to Queen of Peace prior to the event.***

In consideration for Queen of Peace allowing my/our daughter to attend this event and acknowledging our understanding that the transportation and/or lodging will be arranged/approved by a Queen of Peace employee, I/we hereby agree to indemnify and hold Queen of Peace High School, its officers, directors, members, employees and transporting employees, harmless against any and all claims for loss, liability, damage or injury, including attorney fees, arising out of, connected with, or resulting, in part or in whole, from my/our daughter's participation in this event.

### **Medical and Medication Information**

If your daughter has significant medical conditions or medication needs, a Parent/Guardian must contact the Athletic Director in writing at least 72 hours prior to the event to assure the event supervisor will be alerted to the student's needs. *Do not send medication independently.*

### **READ AND AGREED TO:**

\_\_\_\_\_  
Parent/Guardian Signature                      Date

\_\_\_\_\_  
Student Signature                                      Date

\_\_\_\_\_  
Parent/Guardian Printed Name

\_\_\_\_\_  
Student Printed Name

Home Phone # \_\_\_\_\_

Daytime # \_\_\_\_\_

Cell Phone # \_\_\_\_\_

Reminder of allergic reactions for this student: \_\_\_\_\_