THATCHER MIDDLE SCHOOL Thatcher Middle School Participation/Athletic Checklist

ALL of these forms and fees need to be turned in before your student athlete can participate in any sport. AIA Annual Preparticipation physical form (6 pages) AIA Mild Traumatic Brain Injury (MTBI)/Concussion Annual Statement and Acknowledgment Form (1 page) AIA Consent to Treat Form (1 page) TMS Insurance form (1 page) TMS Parent Permission for School Sponsored Activity and Consent to Medical Treatment (1 page) П TMS Participation in Sports and Athletic Events Waiver, Release, and Assumption of Risk Form. (1 page) TMS Student/Parent Handbook (1 page) TMS Student/Athlete Parent Transport Form (1 page)

TMS FEES paid (THS bookstore or THS District Office)

ARIZONA INTERSCHOLASTIC ASSOCIATION 7007 N. 18TH ST., PHOENIX, ARIZONA 85020-5552 PHONE: (602) 385-3810



The Preferred Urgent Care of the Arizona Interscho**lastic Association**

2022-23 ANNUAL PREPARTICIPATION PHYSICAL EVALUATION

(The parent or guardian should	d fill out this form w	ith assistance from the s	tudent-athlete) Exam D	ate:		
Name:			In case of	emergency cont	act:	
Home Address:			11			
Phone:				p:		
Date of Birth:			Keidilolisiii	•		
Age:				me):		
Gender:			ii	ork):		
Grade:			Phone (Ce			
School:						
Sport(s): Personal Physician:				p:		
Hospital Preference:			I I Phone (Ho	me):		
			Phone (Wo	ork):		
Explain "Yes" answers on			Phone (Ce	II):		
Circle questions you don't	know the answers	s to.				
supplements? (Please s 4) Do you have allergies (Please specify): 5) Does your heart race o 6) Has a doctor ever told High Blood Pressure	to medicines, pollor skip beats during you that you have A Heart Mur	ens, foods or stringing ng exercise? e (check all that appl mur High Chol	g insects? y):	t Infection	_	
7) Have you ever spent the		ıtaış				
8) Have you ever had sur	•	1 //	le total a Alaba			
Have you ever had an you to miss a practice	. ,		•			
10) Have you had any bro (If yes, check affected	•	•	ts?			
11) Have you had a bone, physical therapy, a bro	/joint injury that re	equired X-rays, MRI,	• , .			
Head	Neck	Shoulder	Upper Arm	Elbow	Forearm	
Hand/Fingers	Chest	Upper Back	Lower Back	Hip	Thigh	
Knee	Calf/Shin	Ankle	Foot/Toes		-	
	,		•			

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Ν

- 12) Have you ever had a stress fracture?
- 13) Have you ever been told that you have, or have you had an X-ray for atlantoaxial (neck) instability?
- 14) Do you regularly use a brace or assistive device?
- 15) Has a doctor told you that you have asthma or allergies?
- 16) Do you cough, wheeze or have difficulty breathing during or after exercise?
- 17) Is there anyone in your family who has asthma?
- 18) Have you ever used an inhaler or taken asthma medication?
- 19) Were you born without, are you missing, or do you have a non-functioning kidney, eye, testicle or any other organ?
- 20) Have you had infectious mononucleosis (mono) within the last month?
- 21) Do you have any rashes, pressure sores or other skin problems?
- 22) Have you had a herpes skin infection?
- Have you ever had an injury to your face, head, skull or brain (including a concussion, confusion, memory loss or headache from a hit to your head, having your "bell rung" or getting "dinged")?
- 24) Have you ever had a seizure?
- 25) Have you ever had numbness, tingling or weakness in your arms or legs after being hit, falling, stingers or burners?
- 26) While exercising in the heat, do you have severe muscle cramps or become ill?
- 27) Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease?
- 28) Have you ever been tested for sickle cell trait?
- 29) Have you had any problems with your eyes or vision?
- 30) Do you wear glasses or contact lenses?
- 31) Do you wear protective eyewear, such as goggles or a face shield?
- 32) Are you happy with your weight?
- 33) Are you trying to gain or lose weight?
- 34) Has anyone recommended you change your weight or eating habits?
- 35) Do you limit or carefully control what you eat?
- 36) Do you have any concerns that you would like to discuss with a doctor?

Females Only		
	Y	N
37) Have you ever had a menstrual period?		
38) How old were you when you had your first menstrual period?		
39) How many periods have you had in the last year?		

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2022-23 ANNUAL PREPARTICIPATION PHYSICAL EXAMINATION

Patient History Questions: Please Tell Me About Your Child Patient History Questions: Please Tell Me About Your Child Y N	The	The physician should fill out this form with assistance from the parent or guardian.)				
1) Has your child fainted or passed out DURING or AFTER exercise, emotion or startle? 2) Has your child ever had extreme shortness of breath during exercise? 3) Has your child ever had discomfort, pain or pressure in his/her chest during exercise? 5) Has a doctor ever ordered a test for your child's hear? 6) Has your child ever been diagnosed with an unexplained seizure disorder? 7) Has your child ever been diagnosed with exercise-induced asthma not well controlled with medication? Explain "Yes" Answers Here COVID-19 Y N 1) Has your child been diagnosed with COVID-19? 1a) If yes, is your child still having symptoms from their COVID-19 infection? 2) Was your child been diagnosed with Multi-inflammatory Syndrome in Children (MISC)? 4) Did your child have any special tests ordered for their heart or lungs or were referred to a heart specialist (cardiologist) to be cleared to return to sports? 5) Has your child returned back to full participation in sports? 6) Has your child had direct or known exposure to someone diagnosed with COVID-19 in the past 3 months? 6) Was your child reteive the COVID-19 vaccine? 7a) What was the manufacturer of the vaccine? 7b) Date of vaccination(s)	Stu	tudent Name: Date of Birth:				
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Explain "Yes" Answers Here		7b) Date of vaccination(s)				
		Explain "Yes" Answers Here				



Patient Health Questionnaire Version 4 (PHQ-4)

	Not At All	Several Days	Over Half The Days	Nearly Every Day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

(A sum of ≥ 3 is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes.)

If you score a sum of 3 or greater on either questions 1 and 2, or 3 and 4, you may have anxiety or depression that is affecting you more than normal. In this case, it is recommended that you talk to a trusted health care provider such as your primary care physician, your athletic trainer at school, or a counselor at school. If there is not someone you feel comfortable talking to or you are interested in learning more to help yourself or a friend, please use the resources provided below.

For more information regarding student-athlete mental health:

Quiet Suffering - A Resource for Student-Athlete Mental Health
spark.adobe.com/page/lLtwyoLpTAp0V/

Teen Lifeline Call and Text Crisis Line (602) 248-8336 (TEEN)

Outside Maricopa county call: 1-800-248-8336 (TEEN)

Hours are: Call 24/7/365 | Text weekdays 12-9 p.m. & weekends 3-9 p.m. | Peer counseling 3-9

p.m. daily

Crisis text line: Text HOME to 741741 to connect with a crisis counselor

National Suicide Prevention Lifeline 1-800-273-8255 or suicidepreventionlifeline.org

The Trevor Lifeline 866-488-7386 (for gender diverse youth)

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Family History Questions: Please Tell Me About Any Of The Following In Your Family...

			Y	N
1)	Are there any family members who had sudden/unexpdrowning or near drowning)	pected/unexplained death before age 50? (including SIDS, car accidents	•	N
٥١	· ·	L		
	Are there any family members who died suddenly of "			
3)	Are there any family members who have unexplained	-		
4)	Are there any relatives with certain conditions, such as	:		
	Y N		Y	N
	Enlarged Heart	Catecholaminergic Polymorphic Ventricular Tachycardia (CPVT)		
	Hypertrophic Cardiomyopathy (HCM)	Arrhythmogenic Right Ventricular Cardiomyopathy (ARVC)		
	Dilated Cardiomyopathy (DCM)	Marfan Syndrome (Aortic Rupture)		
	Heart Rhythm Problems	Heart Attack, Age 50 or Younger		
	Long QT Syndrome (LQTS)	Pacemaker or Implanted Defibrillator		
	Short QT Syndrome	Deaf at Birth		
	Brugada Syndrome			
	Explai	in "Yes" Answers Here		
ec		lge, my answers to all of the above questions are comp stand that my eligibility may be revoked if I have not g above questions.		
 Sigr	ature of Student-Athlete	Signature of Parent/Guardian Date		
 Sigr	nature of MD/DO/ND/NMD/NP/PA-C/CCSP	Date		



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lastic Association

2022-23 ANNUAL PREPARTICIPATION PHYSICAL EXAMINATION

Medically eligible for all sports without restriction with recommentations for further evaluation or treatment of:				
Age:	Name:		Date of Birth:	· ·
Height:	Age:			
Pulse:				
BP:	_		Pulse:	
Vision: R20			BP: / (/, /)	
Normal Abnormal Findings Initials *	, 		Corrected: Y N	
Medical Appearance Eyes/Ears/Throat/Nose ————————————————————————————————————	Pupils: Equal	Unequal		
Medical Appearance Eyes/Ears/Throat/Nose ————————————————————————————————————		Normal	Abnormal Findings	Initials *
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tymph Nodes Heart Murmurs Pulses Lungs Abdomen Genitourinary & Skin Musculoskeletal Neck Back Shoulder/Arm Elbow/Forearm Wrist/Hands/Fingers Hip/Thigh Knee Leg/Ankle Foot/Toes *- Multi-examiner setup only & - Having a third party present is recommended for the genitourinary examination NOTES: Cleared Without Restriction Cleared With Following Restriction: Medically eligible for all sports without restriction with recommentations for further evaluation or treatment of: Recommendations: Name of Physician (Print/Type): Exam Date: Address: Phone:				-
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Pulses				+
Lungs				
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AIA

ARIZONA
INTERSCHOLASTIC
ASSOCIATION

OUR STUDENTS, OUR TEAMS . . . OUR FUTURE.

Arizona Interscholastic Association, Inc. Mild Traumatic Brain Injury (MTBI) / Concussion Annual Statement and Acknowledgement Form

I, ______ (student), acknowledge that I have to be an active participant in my own health and have the direct responsibility for reporting all of my injuries and illnesses to the school staff (e.g., coaches, team physicians, athletic training staff). I further recognize that my physical condition is dependent upon providing an accurate medical history and a full disclosure of any symptoms, complaints, prior injuries and/or disabilities experienced before, during or after athletic activities.

By signing below, I acknowledge:

- My institution has provided me with specific educational materials including the CDC Concussion fact sheet (http://www.cdc.gov/concussion/HeadsUp/youth.html) on what a concussion is and has given me an opportunity to ask questions.
- I have fully disclosed to the staff any prior medical conditions and will also disclose any future conditions.
- There is a possibility that participation in my sport may result in a head injury and/or concussion. In rare cases, these concussions can cause permanent brain damage, and even death.
- A concussion is a brain injury, which I am responsible for reporting to the team physician or athletic trainer.
- A concussion can affect my ability to perform everyday activities, and affect my reaction time, balance, sleep, and classroom performance.
- Some of the symptoms of concussion may be noticed right away while other symptoms can show up hours or days after the injury.
- If I suspect a teammate has a concussion, I am responsible for reporting the injury to the school staff.
- I will not return to play in a game or practice if I have received a blow to the head or body that results in concussion related symptoms.
- I will not return to play in a game or practice until my symptoms have resolved AND I have written clearance to do so by a qualified health care professional.
- Following concussion the brain needs time to heal and you are much more likely to have a repeat concussion or further damage if you return to play before your symptoms resolve.

Based on the incidence of concussion as published by the CDC the following sports have been identified as high risk for concussion; baseball, basketball, diving, football, pole vaulting, soccer, softball, spiritline and wrestling.

I represent and certify that I and my parent/guardian have read the entirety of this document and fully understand the contents, consequences and implications of signing this document and that I agree to be bound by this document.

Student Athlete:		
Print Name:	Signature:	Date:
Parent or legal guardian m	ust print and sign name below and indicate d	ate signed:
Print Name:	Signature:	Date:

Accordingly, as a member of the Arizona Interscholastic Association (AIA),



2022-23 CONSENT TO TREAT FORM

Parental consent for minor athletes is generally required for sports medicine services, defined as services including, but not limited to, evaluation, diagnosis, first aid and emergency care, stabilization, treatment, rehabilitation and referral of injuries and illnesses, along with decisions on return to play after injury or illness. Occasionally, those minor athletes require sports medicine services before, during and after their participation in sport-related activities, and under circumstances in which a parent or legal guardian is not immediately available to provide consent pertaining to the specific condition affecting the athlete. In such instances it may be imperative to the health and safety of those athletes that sports medicine services necessary to prevent harm be provided immediately, and not be withheld or delayed because of problems obtaining consent of a parent/guardian.

of school or district) requires as a pre-condition of participation in interscholastic activities, that a parent/guardian provide written consent to the rendering of necessary sports medicine services to their minor athlete by a qualified medical provider (QMP) employed or otherwise designated by the school/district/AIA, to the extent the QMP deems necessary to prevent harm to the student-athlete. It is understood that a QMP may be an athletic trainer, physician, physician assistant or nurse practitioner licensed by the state of Arizona (or the state in which the student-athlete is located at the time the injury/illness occurs), and who is acting in accordance with the scope of practice under their designated state license and any other requirement imposed by Arizona law. In emergency situations, the QMP may also be a certified paramedic or emergency medical technician, but only for the purpose of providing emergency care and transport as designated by state regulation and standing protocols, and not for the purpose of making decisions about return to play. PLEASE PRINT LEGIBLY OR TYPE the undersigned, the parent/legal guardian of, am , a minor and student-athlete at (name of school or district) who intends to participate in interscholastic sports and/or activities. I understand that the school/district/AIA employs or designates QMP's (as defined above) to provide sports medicine services (as also defined above) to the school's interscholastic athletes before, during or after sport-related activities, and that on certain occasions there are sport-related activities conducted away from the school/district facilities during which other QMP's are responsible for providing such sports medicine services. I hereby give consent to any such QMP to provide any such sports medicine services to the above-named minor. The QMP may make decisions on return to play in accordance with the defined scope of practice under the designated state license, except as otherwise limited by Arizona law. I also understand that documentation pertaining to any sports medicine services provided to the above-named minor, may be maintained by the QMP. I hereby authorize the QMP who provides such services to the above-named minor to disclose such information about the athlete's injury/illness, assessment, condition, treatment, rehabilitation and return to play status to those who, in the professional judgment of the QMP, are required to have such information in order to assure optimum treatment for and recovery from the injury/illness, and to protect the health and safety of the minor. I understand such disclosures may be made to above-named minor's coaches, athletic director, school nurse, any classroom teacher required to provide academic accommodation to assure the student-athlete's recovery and safe return to activity, and any treating QMP. If the parent believes that the minor is in need of further treatment or rehabilitation services for the injury/illness, the minor may be treated by the physician or provider of his/her choice. I understand, however, that all decisions regarding same day return to activity following injury/illness shall be made by the QMP employed/designated by the school/district/AIA. Date: _____ Signature: _____

(name

THATCHER UNIFIED SCHOOLS- SCHOOL YEAR 20____TO 20___

NAME	DATE OF BIRTH	GRADE
PHONE NUMBER: FATHER	MOTHER	
IF AN EMERGENCY OCCURS AND PARENTS C	ANNOT BE CONTACTED, PLEASE N	OTIFY:
NAME		PHONE NUMBER
ARIZONA INTERS	CHOLASTIC ASSOCIATION ELIGIBIL	ITY CARD/PARENT CONSENT
INTERSCHOLASTIC ATHLETICS, REALIZING THE SPORTS. I/WE ACKNOWLEDGE THAT EVEN W	HAT SUCH ACTIVITY INVOLVES THE VITH THE BEST COACHING, USE OF . ON RARE OCCASIONS THESE INJU	TO PARTICIPATE IN ORGANIZED POTENTIAL FOR INJURY WHICH IS INHERENT IN ALL PROTECTIVE EQUIPTMENT AND STRICT OBSERVANCE RIES CAN BE SO SEVERE AS TO RESULT IN TOTAL
I/WE ACKNOWLEDGE THAT WE HAVE READ	AND UNDERSTAND THE ABOVE WA	ARNING.
STUDENT PARTICIPANT/STUDE	NT ATHLETE	PARENT/GUARDIAN
	EXTRA-CURRICULAR ACTIVITIES IN	NSURANCE
I CERTIFY I/WE HAVE MEDICAL AND HOSPIT COMPANY IS AS FOLLOWS:	AL INSURANCE TO COVER THE ABO	VE-NAMED STUDENT. THE NAME OF OUR INSURAN
NAME OF COMPANY		POLICY#
ADDRESS OF COMPANY		GROUP#
SIGNATURE OF PARENT/GUARDIAN		DATE
	nedical and hospital insurance to co completed <u>only</u> if the preceding se	
FOR OFFICIAL USE ONLY: RECEIVED BY:		DATE PAID
	CONSENT FOR EMERGENCY	<u>CARE</u>
doctor or hospital, my consent and authoriz doctor or hospital may be required, on an e participating in an interscholastic activity, sp	ation to render such aid, treatment mergency basis, in the event said s ponsored by THATCHER MIDDLE SC	pove, do hereby give and grant unto any medical tor care to said students as, in the judgment of said tudent should be injured or stricken ill while SHOOL.
DATED THEDAY OF	20, at That	cher, Arizona
Parent/Guar	dian	Witness

Thatcher Middle School

Parent Permission for School Sponsored Activity and Consent to Medical Treatment



Please complete both top and bottom of form Parents please fill out the highlighted section

(Name of St	udent)	has the opportunity to participate in a school activity away from school
premises. If	you approve the following arrangeme	nt, please sign at the bottom of this section and return to the faculty sponsor.
ACTIVITY		
DESTINATIO	N	
DATE	TIME OF DEPARTURE	DATE/TIME OF RETURN
TRIP SUPER	/ISIOR	
	TRANSPORTATION: (Sponsor pleas	e check)
District-ow	ned bus	
Other (Spe	cify)	
		s please fill our highlighted section
		hich my son/daughter will be participating and that he/she is expected to abide by
all school re	gulations during the course of the activ	<mark>rity.</mark>
I hereby give	e my permission for him/her to particip	ate in the above-described activity.
<mark>I further agr</mark>	ee that, in the event of an accident, illr	ness or any other circumstance requiring medical treatment, such treatment may
<mark>be procured</mark>	for my son/daughter without financia	obligation to the district.
Date:	Signature of Parent/G	uardian
IMPORTANT	MEDICAL INFORMATION THE SUPERV	ISOR SHOULD KNOW:
EMERGENC'	TELEPHONE NUMBERS:	
	THIS FORM SHOULD BE	E KEPT BY THE CHAPERONE DURING THE ACTIVITY
	(Ple	ase complete the form below)
		HORIZATION TO TREAT A MINOR
I (We), the un	dersigned parent, parents or legal guardian	n of, a minor, do hereby authorize and consent to any x-ray
		nd treatment and emergency hospital care which is deemed advisable by and is to be
rendered und	ler the general or special supervision of any	member of the medical staff and emergency room staff licensed under the provisions of
		general hospital holding a current license to operate a hospital from the State of Arizona
		shall be made to contact the undersigned prior to rending treatment to the patient, but
that any of th	e above treatment will not be withheld if t	ne undersigned cannot be reached.
Date:	Signature of	
	Parent	:/ Guardian
Allergies t	o Drugs or Foods	

PLEASE COMPLETE BOTH TOP AND BOTTOM OF FORM



MISSION

To provide an appropriate and outstanding educational experience for every student served.

DISTRICT ADMINISTRATION

3490 W. Main Street Phone: (928) 348-7200 Fax: (928) 348-7220

Set to SOAR

JACK DALEY PRIMARY SCHOOL

3615 W. Second Street Phone: (928) 348-7240 Fax: (928) 348-7243

> **Champions** for Children

THATCHER ELEMENTARY SCHOOL

1386 N. Fourth Avenue Phone: (928) 348-7250 Fax: (928) 348-7253

Nurturing Success

THATCHER MIDDLE SCHOOL

1130 N. Fourth Avenue Phone: (928) 348-7260 Fax: (928) 348-7263

A great place for kids to learn!

THATCHER HIGH SCHOOL

601 N. Third Avenue Phone: (928) 348-7270 Fax: (928) 348-7273

Building on Traditions, Creating Excellence

THATCHER UNIFIED SCHOOL DISTRICT #4 PARTICIPATION IN SPORTS & ATHLETIC EVENTS 2022-23 WAIVER, RELEASE, AND ASSUPMTION OF RISK FORM

on behalf of myself, my household members, and my minor child,, I
ereby give permission for my child to participate in the following sports program and/or athletic
vents:(collectively "Sports Program") at Thatcher Middle School . My child and I are
amiliar with, and knowingly and voluntarily accept, any and all risks associated with participation in the
ports Program at Thatcher Middle School . I acknowledge that my child's participation in this program
wholly voluntary and is not part of any regular school curriculum.

I specifically assume all risks and hazards associated with my child's participation in the Sports Program including, but not limited to, the risks associated with the novel COVID-19 virus. I understand that my child will be associating with staff and other children and may contract COVID-19, and other viruses and diseases, through my child's participation in the Sports Program. Although the children and staff may have their temperatures taken prior to participating, that precaution is not nearly adequate to prevent the spread of COVID-19 given, among other things, the relatively long incubation period, and the fact that many infected persons are asymptomatic. I understand and voluntarily assume the risk that my child may acquire COVID-19, and that COVID-19 may subsequently be transmitted from my child to me, my family, and members of my household.

While instruction and reasonable supervision will be provided, staff cannot ensure my child's safety. Accidents and injuries happen, and it is impossible to eliminate the risk that my child will suffer an injury or illness.

I certify that my child is in good health, has no fever, and has no current issues that make it unsafe for my child to participate in the Sports Program, which may not have a medical professional on staff. I will notify the school and not send my child to the Sports Program if my child develops a fever or illness or tests positive for COVID-19. I acknowledge that my child and I are responsible for ensuring that he or she takes any necessary medication, and for avoiding any allergies. In the event of a medical emergency, 911 will be called and I will be responsible for any and all costs of medical treatment.

To the fullest extent permitted by law, I hereby agree to waive, release, and discharge any and all claims, causes of action, damages, and rights of any kind against the school, the school district, its insurers, the district's governing board, and all of their respective employees, agents, representatives, and volunteers (the "Released Parties") arising from or relating in any way to any damage, injury, trauma, illness, loss, unwanted contact, harassment, disability, dismemberment, or death that may occur to my child, me, or my household members—whatever the cause—due to my child's participation in the Sports Program. This includes, without limitation, any claim arising from the negligence of the Released Parties.

I further agree not to sue the Released Parties, and to defend and indemnify the Released Parties for claims, damages, losses, or expenses, including attorneys' fees, if a suit is filed concerning an injurial illness, or death to me, my child, or my household members resulting from participation in the Spor Program.		
Parent/Guardian Name (Printed)		
Parent/Guardian Signature		
	Date:	

COVID19 081420

THATCHER MIDDLE SCHOOL STUDENT-PARENT HANDBOOK 2022-2023



We the parent/guardian of	(student) understand
that the 2022-2023 TMS STUDENT-PARENT HA	NDBOOK is on the TMS Website. It is our
responsibility to review Thatcher Middle School the requirements, regulations, and responsibility	ols' policies and procedures. We will support
X	
Date	
Parent/Guardian signature	
I,	(student) understand that the
2022-2023 TMS STUDENT-PARENT HANDBOOK	(is on the TMS Website. It is our responsibility
to review Thatcher Middle Schools' policies an	
requirements, regulations, and responsibilities	
X	
Date	
Students signature	

NOTE: It is the responsibility of students and parents to inform themselves of current Board policies and of administrative and school rules regarding conduct that is subject to disciplinary action. BOARD policies can be found at www.thatcherud.org

THATCHER UNIFIED SCHOOLS #4 Student/Athlete Parent Transport Form:

Parent/Guardian,
This form is required to transport your son/daughter home from an athletic contest or to an away game. Please complete the form and turn it into the Secretary, Mrs. Boltinghouse. The Principal and/or Coach for each sport has the right to refuse approval of parent transport.
Student Athlete Printed Name_
Parent/Guardian Printed Name
Parent/Guardian Signature
Season (s):