

## **How to become a student athlete at Wakefield High School**

- I meet the academic VHSL requirements. I passed at least 5 classes last semester.
- I chose a sport
- I have current Health Insurance.
  - If I don't have health insurance, I can purchase school accident insurance through the school at [www.https://wakefield.apsva.us/school-accident-insurance/](https://wakefield.apsva.us/school-accident-insurance/)
- I have completed a VHSL physical and form found at <https://wakefield.apsva.us/physical-forms/>
  - If I don't have a primary doctor, I can contact one of the suggested doctor's offices listed on the physical form
  - Turn in Completed VHSL Physical Form and Insurance Information to Becky Kigin in the Athletic Training Suite, Room E030.
- Get an Athletic Clearance form from Becky Kigin and give it to Mr. Strauss and/or Ms. Deskins in the Student Activities Office (room E-117).
- Final clearance from the Student Activities Office pending academic/grades review - Ms. Deskin's signature is required
- Show up to tryouts/practice with cleared form
- Done!