

**Athletic Participation Form (HWS ILH SPORTS)**  
**(MUST BE DONE YEARLY)**

1. Fill out the student contact information below.
2. Complete the Sports Athletic Physical with your physician. **Must be done yearly.**
3. Initial and sign all areas and return the Honolulu Waldorf School Sports Permission and Release Form. **Please be sure that both parents initial all (3) pages.**
4. Any incomplete forms will be returned.
5. **Students are ineligible to participate in sports through HWS unless all three forms are completed yearly. (Athletic Participation Form, Sports Athletic Physical, and Sports Permission and Release)**
6. **HWS pays the ILH fees for every participating student in the HWS athletic program. Each student will be charged a fee of \$250 if they practice for more than 5 days on a team and then quit.**

Student's Full Name \_\_\_\_\_ Gender \_\_\_\_\_ Grade \_\_\_\_\_ School Year \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Parent 1/Guardian Name \_\_\_\_\_ Relationship to Student: \_\_\_\_\_

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

Parent 2/Guardian Name \_\_\_\_\_ Relationship to Student: \_\_\_\_\_

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

(P1) Home Phone \_\_\_\_\_ (P1) Business Phone \_\_\_\_\_ (P1) Cellular \_\_\_\_\_

(P2) Home Phone \_\_\_\_\_ (P2) Business Phone \_\_\_\_\_ (P2) Cellular \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ HM \_\_\_\_\_ WK \_\_\_\_\_ CELL \_\_\_\_\_

Relationship to Student \_\_\_\_\_

Medical Insurance Carrier \_\_\_\_\_ Emergency Hospital \_\_\_\_\_

<b><u>FALL SPORTS</u></b>	<b><u>WINTER SPORTS</u></b>	<b><u>SPRING SPORTS</u></b>
Boys Water Polo	Boys Basketball	Baseball
Girls Volleyball	Girls Basketball	Girls Softball
Boys Cross Country	Boys Swimming	Boys Track and Field
Girls Cross Country	Girls Swimming	Girls Track and Field
Boys Air Rifle*	Precision Riflery*	Boys Volleyball
Girls Air Rifle*	Boys Wrestling	Sailing*
Boys Bowling	Girls Wrestling	Varsity Boys Tennis
Girls Bowling	INT Boys Tennis	Varsity Girls Tennis
Cheering	INT Girls Tennis	Boys Golf
Football	Boys Soccer	Girls Golf
JV Boys Tennis	Girls Soccer	Girls Water Polo
JV Girls Tennis	Boys Paddling*	Boys Judo
Boys Kayak*	Girls Paddling*	Girls Judo
Girls Kayak*	Mixed Paddling*	

Please contact our Athletic Director, Jana Fraser by email. Email: [athleticdirector@honoluluwaldorf.org](mailto:athleticdirector@honoluluwaldorf.org)  
 Students **must be cleared** to participate in tryouts and to begin practicing with the ILH team sport.  
**\*Students must be in grades 9-12 to participate in these selected ILH sports.**