



# Palo Alto High School

## Department of Physical Education PE Prep Form

As a member of a **Palo Alto High School athletics team**, I request a **WAIVER/PREP** during my physical education class and agree to the following:

1. That I must attend my Physical Education class until my teacher receives this form signed by myself (student), parent/guardian and head coach and my teacher releases me from class.
2. That it is my responsibility to return to class the next instructional period if any of the following occur: (1) I quit or am dismissed from the team (2) the season ends, (3) it is fitness testing week (even during the season).
3. That the grade I am dismissed with will be the grade that I return to, and that I cannot earn any points while away from class.

Failure to adhere to the above policies can lead to a lower grade.

### Student Information

**Name**

**Grade Level (9-12)**

**Student Signature**

\_\_\_\_\_  
First name

\_\_\_\_\_  
Last name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

### PE Class Information

**Name of Instructor**

**Block (0-7)**

**Grade at Excusal**

\_\_\_\_\_  
First name

\_\_\_\_\_  
Last name

\_\_\_\_\_  
(A-F, P, or NM)

### Sport Information

**Name of Head Coach**

**Sport**

**Level**

\_\_\_\_\_  
First name

\_\_\_\_\_  
Last name

\_\_\_\_\_  
(Frosh, F/S, Varsity)

**Approx. End of Season**

**Head Coach Signature**

\_\_\_\_\_  
(Month/Day/Year)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

### **Parent/Guardian Agreement**

I agree to the terms of the PE prep/waiver and understand the responsibility of my child to adhere to the policies and procedures.

**Parent/Guardian Signature**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date