

**CEDAR CREEK SCHOOL
TENNIS CAUTIONARY STATEMENT**

The following recommendations have been designed specifically for the Cedar Creek Tennis Team. Because of the intense demands and conditioning required, athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the sport.

PREPARATION FOR PRACTICE OR CONTEST

1. Select the appropriate clothing to be worn in warm or cold weather. Since we have a varied climate, it is important to be prepared for all kinds of weather and to dress accordingly.
2. Proper warm-up and cool down is very important before and after competition and practices.
3. Athletes with seizure, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
4. Participants should ingest the equivalent of 6-9 glasses of water each day.
5. Athletes needing preventative taping or bracing should arrive early to receive treatment. Any injury problem or concerns should be discussed with the coach. Wear all pads, braces, and supportive undergarments to all practices and competitions.
6. Athletes with visual impairments must wear shatterproof glasses or lenses where judgment or safety is a problem. Glasses must be mounting in break resistant frames and secured with an elastic strap.
7. No horseplay, roughhousing, hazing or initiations.
8. Sometimes parents may be asked to provide transportation in a car pool. When traveling in this manner, the team cars will all leave school together and all cars will follow the coach's vehicle. All drivers will be adults and will drive with the utmost care. Following the contest, the car pools will all return to school, unless other plans have been made ahead of time and approved by the coach.

*****IF YOU DO NOT HAVE PROPER CLOTHING/RACKET ***
YOU WILL NOT PRACTICE**

EMERGENCIES

Because of the physical demands of tennis, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed through basic first aid techniques. However, some injuries may need more intense management. Parents will be notified in case of serious injury.

ACKNOWLEDGEMENT

We certify we have read, understand, and agree to adhere to cautions, considerations, and responsibilities required for participation on the Cedar Creek Tennis Team.

_____/_____
Athlete's Signature Date

_____/_____
Parent/Guardian Signature Date