

The Friday Notes

Celebrating 227 Years!
November 4, 2016

Principal's Corner

This year, the School Improvement Team is committed to supporting the goals of our school to help students develop perseverance, grit, and a growth mindset. We want them to become more aware of their work habits and expectations. Research shows that those with a growth mindset understand that learning is a process and that at times we will fail as we will inevitably come across new concepts and ideas in our journey to learn and grow. However, what we do in the face of a challenge it extremely important. With over 600 tickets earned in the month of October, it is clear that our teachers are also committed to recognizing this as well. Research has revealed that a shift in mindset can have a powerful effect on a child. Therefore, we are looking to the community to help us foster this type of mindset and work ethic with our students. Anyone who has a success story can surely elaborate on the challenges and the obstacles one faced in order to reach the mountain top. Most likely, you stared failure in the eyes and found a way to overcome it. If you have a story of when grit, perseverance, and resilience led you to success, we want our students to hear about it. Attached to the Friday Notes is a checklist for those interested in speaking to our students about your work ethic, the challenges you faced, and your grittiness. Again, it is important that our student hear your stories!

West Side Spirit Wear

Looking to show your West Side School spirit? Visit our spirit wear shop and design your own T-Shirts, hoodies etc. Go to: http://www.mylocker.net.



Halloween Dance

Thank you to Lisa Baxter, Charisse Winthrop and Elise Jusko for chairing our Halloween Dance last Friday night. The photo booth was a new addition and it was a huge hit!

West Side Kids Care

West Side Kids Care collected several bags of warm coats, gloves, hats and other outerwear for the Helping Hands Mission. They will be distributing the items we collected to the people in need throughout our neighboring community.

Save your teeth and share your sweets! Bring your leftover Halloween candy to the donation box in the lobby from November 1 - 10th. It will be distributed to people in need at the Helping Hands Rescue Mission at their holiday parties. Thank you for your generosity.

Each year, the West Side Community comes together to provide needy families in our area with a Thanksgiving meal. These families are a part of the Helping Hands Rescue Mission in Huntington. Please help by donating your child's assigned food below to ensure each family has a hearty and festive meal. See flyer for more details.

6th Grade Get Together

Attention Sixth Graders!!! Save the date for a Hoedown Dance with Lloyd Harbor School sixth graders. **Wear your favorite plaid shirt, jeans and boots!** November 10th from 6:30pm-8:30pm (no school the next day!) at CSHHS. Pizza, DJ and tons of fun! Be on the lookout for a flyer with more details coming soon via your child's backpack.

Next PTG Meeting

Our next PTG meeting will be held on November 14th @ 9:30am and we will have Mrs. Latham speak to the audience about bullying and what we can do as parents to address this issue. She will also discuss how WSS handles any bullying issues that may arise. There will be no PTG meeting in December.

Holiday Boutique

This year's Holiday Boutique will be held on December 7th and 8th in the Community Room. Schedule to follow shortly.

Growth Mindset Speaker Series Checklist

Your I	Name:
Name	(s) of child(ren):
Days a	vailability:
	Monday
	Tuesday
	Wednesday
	Thursday
	Friday
Time	of availability
	AM
	PM
Topic	of interest:
Grade	level(s) of interest:
,,	
TIP C	<u>enter</u>
	Audience: Keep the age of your audience in mind.
varan	Timeframe Think about length. No longer than 30 minutes. Some people might bring in an
	activity to support the lecture which is fine as well.
	Story : What is the story you are trying to tell?
	Goal: Your goal is to inspire, motivate, and remind them of the power of perseverance.
	Failure: Remember to highlight the importance of failing and persevering to overcome.
	Due back to the main office by November 16 th .

WEST SIDE KIDS CARE



THANKSGIVING FOOD DRIVE

Each year, the West Side Community comes together to provide needy families in our area with a Thanksgiving meal. These families are a part of the Helping Hands Rescue Mission in Huntington. Please help by donating your child's assigned food below to ensure each family has a hearty and festive meal:

2nd Grade (Ms. Ryan & Ms. Santoro): 1 can/jar of gravy

3rd Grade (Dr. Dawkins & Mr. Farmer): 1 box of stuffing

4th Grade (Ms. Dopico): 1 can of cranberry sauce

4th Grade (Ms. Manning): 1 can of corn

4th Grade (Mrs. Dudek): 1 box of macaroni and cheese

 $5^{\rm th}$ Grade (Mr. Arloff & Ms. Scanlon): 1 box of Jiffy Muffin Mix/quick bread

6th Grade (Ms. Agnello, Ms. DeRosa & Ms. Gerver): 1 large can of yams

In addition, we are suggesting that each child donate \$1 so that the Helping Hands Mission will have enough money to purchase a turkey for each family to make the holiday complete. We ask that this \$1 come from their own savings or they can earn it by helping you. It is a part of our goal to instill the importance of giving, kindness and concern for those who are less fortunate. All donations are on a voluntary basis. Thank you for your support!

Donations will be collected in your child's classroom and will be picked up on Wednesday, November 16th.

Please contact Jordan Smith (jordan_kenna@yahoo.com) or Lauren Jasinski (jasinski.lauren@gmail.com) with any questions.

SADDLE UP AND MOSEY ON OVER TO THE

GIRADE THROWN

ON ACCOUNT OF THE LHS AND WSS CLASSES OF 2017

THURSDAY, NOVEMBER 10, 2016

6:30 PM
TILL WE KICK OFF
OUR BOOTS AT
8:30 PM

DON'T FORGET
TO WEAR YOUR
PLAID SHIRT
AND JEANS

R S V P
TO YOUR SCHOOL ON
TEAR-OFF BELOW
A S A P

AT

COLD SPRING HARBOR JR./SR. HIGH SCHOOL

\$28 ** DJ GIVE AWAYS* \$28 PIZZA** REFRESHMENTS*

SEE Y'ALL THERE --- BE THERE OR BE SQUARE

NAME:	CLASS:
	I <u>will not</u> attend the HOEDOWN.
	I am looking forward to the HOEDOWN. Enclosed is my check for \$28.00 made payable to WSSPTG
	I need to request an alternative meal. I will email pultz3@optonline.net
	I would like to be a Parent Chaperone at <u>NO COST</u>
Emergeno	cy Contact Name and Number

Please send checks via backpack LABELED... "HOEDOWN, ATTN: Nicole Pultz"

Helpful Tips from Dr. Hartstein's Stress Management Presentation

- **First things first...Start with you!** You cannot help your child if you're not taking care of yourself...self-care is essential!
- Self-care tips: Practice a healthy lifestyle, get physical, find support, make time for fun, identify your source of stress, learn how to cope with the stressors
- Think of stress like taffy, you have to pull it apart. Don't think so broad like, "My new puppy is stressing me out!" Break it down to more specifics like, "My new puppy is chewing on all of my furniture and destroying my house!"
- Once you identify the specific stressor, you can focus on solutions. "I can restrict the area my puppy has with a gate or crate when I can't be with him."
- Our stressors overlap our childrens', yet they have their own unique stressors. Seek to understand and validate...don't be so quick to problem solve...our intentions may be good, however, we all talk too much...listen first with undivided attention, no distractions...cell phones down!
- There are various signs of stress to look for in yourself and your children. Their developmental age plays a part in those signs, however, you know your child best so trust your gut when things seem off...some examples are withdrawal/ isolation, irritability, sleeping more or less, eating more or less, acting out impulsively or in anger, physical symptoms; especially headaches and stomachaches, not caring about friends, school and other interests.
- Strategies to help your family: Teach your children how to listen to their bodies, share
 observations about what you see; skip the judgments, don't overschedule, make time for fun with
 family and friends, insure adequate sleep and exercise, practice simple breathing... "smell the
 flowers... blow out the candles", ask what can be changed, problem solve together, don't get stuck
 on things that can't be controlled, listen more, talk less and just be there!
- Participants shared: Tips on practicing gratitude...share things that you are thankful for, pray for others, volunteer to help those less fortunate, (even though this is something else to add to your schedule, don't stress! It helps put your life in perspective and will decrease your stress) Make time for at least one family meal a day together, share about your day...ask open-ended questions to help children to share more specifically, rather than answering, "Yes", "No", and other one word answers. Play "roses, buds and thorns" game...start with a thorn...something negative or challenging, then a bud...something new and a rose...the best thing! It's more meaningful when everyone participates.
- Next Steps...Accept that stress is going to happen, and there is good stress...the more mindful and skillful you are in managing it, the better you will be. Remember that creating new habits takes practice and attention...persevere and don't give up!
- Seeking professional help...if you feel you have implemented all the strategies you know and you or your child are still not able to cope and manage stressors effectively, talk to your primary care physician or pediatrician...share your concerns, ask for referrals to a cognitive behavioral therapist, and/or reach out to your child's school counselor.
- Highly recommended book...
 The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed by Jessica Lahey

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COLD SPRING HARBOR CENTRAL SCHOOL DISTRICT 75 Goose Hill Road, Cold Spring Harbor, NY 11724

** PLEASE POST **

Please be advised that a regular meeting of the Board of Education will take place on November 8, 2016, at 6:00 p.m. at The Francis Roberts Community Center, at which time the Board of Education may consider a motion to adjourn to Executive Session to discuss matters appropriate for Executive Session. If no such motion is adopted, the meeting will recess until 8:00 p.m.

At 8:00 p.m., the Board of Education will reconvene its public meeting to discuss Board Agenda items appropriate for Public Session, pursuant to the Open Meetings Law.

William Bernhard, District Clerk

Want your child to learn how to be a great leader.

Want your child to be physically and mentally fit.

The answer is WRESTLING.

Wrestling teaches self discipline and the value of hard work.

It builds confidence, mental toughness, and teaches self reliance.

Give your child the edge to success in life.



LI Youth Wrestling presents the

COLD SPRING HARBOR YOUTH WRESTLING PROGRAM

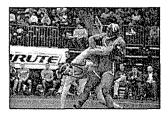
Wrestling Room in the Cold Spring Harbor Field House

Mondays and Wednesdays from 7:00pm - 8:30pm Starting Monday, November 9th Ending Monday, March 7th

Cost: \$150 for entire season

Make check payable to: Jermaine's Wrestling Program

Mail to: 159 W. Yaphank Rd. - Coram, NY 11727



Any questions, feel free to contact Jermaine John at jjohn72309@yahoo.com or (347) 397-3587.

Program will be coached by Jermaine John who currently wrestled for Hofstra University (Division 1).

Prior to college Jermaine wrestled for Bethpage High School and
was a Nassau County champion taking fifth in the New York State championships.
He is a passionate leader dedicated to making a difference in the lives of his students.

The CSH varsity coach and wresting staff have approved and will be supervising the program.

For Kids & Teens! Programs from Cold Spring Harbor Library's Youth Services Department. Registration Required!

Tuesday, November 8, 2:00 p.m. For children in grades K-6

TURKEY WALL HANGER

For children in grades K-6 Transform a straw hat into a turkey.

Registration required.



Afternoon Art
Friday, November 11,
3:00 pm
For children of all ages

Little Scientists
Thursday, November 10,
2:00 pm
For children in preschool

Explore the wonderful world of science with books, games, and hands-on activities.

Registration Required



Lego Club
Saturday, November 11,
11:00 am
For children of all ages

TEEN & IN BETWEEN FOR STUDENTS IN GRADES 5-12

Mario Mondays

For Kids in grades 5-12 Monday, November 7 7:00 pm

Writers Workshop For kids in grades 5-12.

Wednesdays, 7:00 p.m. November 2, November 9, & November 16

Stuck on writing ideas? Want to write your own stories? Come and explore creative writing with your fellow teens.

Brainstorm and discuss ideas, and participate in writing exercises to expand your writing practice.

For more information about any Kids or Teen Programs, contact a Youth Services Librarian at the Cold Spring Harbor Library - 631-692-6820

Programs and Services from the Information Services Department



Lynda.comAny time, any where

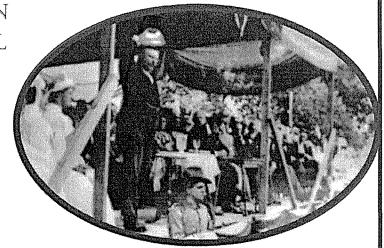
Looking for a new career and eager to hit the ground running?

Learn a new skill online, on your time

Over 4000 courses in Business, Technology and Creative Skills ,taught by industry experts

Log in with your barcode at the CSHLibrary.org website.





ELECTION DAY FUN FOR ALL!!

Need some time to get out and vote? Drop the kids off with us for a few hours so you can do your civic duty (or just go relax!)

Have your children join us for a two and a half hour program. We will be marching for the vote with Suffragists, and enjoying President Theodore Roosevelt's visit to Huntington while he was in office!! Related crafts and games will be played, and a light snack will be provided.



WHEN: Tuesday, November 8th, 10am-12:30pm,

WHERE: Conklin Barn, 2 High Street,

Huntington

PRICE: \$30.00 members/\$35.00 non-

members

Please contact (631) 427-7045 ext. 404 or email: Wandersen@huntingtonhistoricalsociety.org.

****This is not a Cold Spring Harbor School District endorsed or sponsored activity****

Huntington Historical Society is not for profit 501C-3 organization.

Nassau Athletic and Activity Programs, Inc. (NAAP)

A 501@3 Non-Profit Organization

Fall/Winter 2016-2017 Registration for All Programs!

(Ages 3-5 & Grades K-9)



Self Defense (Grades K-5)

Location: Zanshin Self Defense 334 Jackson Avenue, Syosset, NY 11791 Saturdays: 2:30pm-3:15pm

Session 2: Nov 19; Dec 3, 10, 17; Jan 7, 14, 21, 28 **Session 3:** Feb 4, 11, 18; March 4, 11, 18, 25; April 1

No Uniform Needed!

\$140 for 8 (45) minute group lessons



Tennis Lessons (Grades K-3 and 4-9)

Location: Jericho-Westbury Indoor Tennis 44 Jericho Turnpike, Jericho, NY 11753

Thursdays: Session 2: Nov 10, 17; Dec 1, 8, 15, 22

Session 3: Jan 5, 12, 19, 26; Feb 2, 9

(<u>K-3rd:</u> 3pm-4pm)

Fridays: Session 2: Nov 4, 11, 18; Dec 2, 9, 16

Session 3: Jan 6, 13, 20, 27; Feb 3, 10

(Ages 3-5 & K-9 are all 7pm-8pm)

Saturdays: Session 2: Nov 5, 12, 19; Dec 3, 10, 17

Session 3: Jan 7, 14, 21, 28; Feb 4, 11

(Ages 3-5: 12pm-1pm; K-3rd: 1pm-2pm, 2pm-3pm, 3pm-4pm; 4th-9th: 3pm-4pm, 4pm-5pm)

Sundays: Session 2: Nov 6, 13, 20; Dec 4, 11, 18

Session 3: Jan 8, 15, 22, 29; Feb 5, 12

(<u>K-3rd:</u> 3pm-4pm, 4pm-5pm <u>4th-9th:</u> 3pm-4pm, 4pm-5pm)

\$160 for 6 (1) hour Group Lessons. Please sign up early, and bring your own racquet!



Location: Jericho-Westbury Indoor Tennis 44 Jericho Turnpike, Jericho, NY 11753

Session 2: Nov 13, 20; Dec 4, 11, 18; Jan 8

Session 3: Jan 15, 22, 29; Feb 5, 12, 19

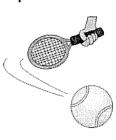
(K-3rd: 5pm-6pm) (4th-9th: 5pm-6pm)

\$250 for 6 (1) hour group lessons (must have 3 and only 3 students)

<u>Or</u>

\$225 for 6 (1) hour group lessons (must have 4 and only 4 students)





Tennis Lessons (K-3rd & 4th-9th)

Location: Glen Head Racquet Club 95 Glen Head Road, Glen Head, NY 11545

5:00pm-6:00pm

Saturdays: Session 2: Nov 12, 19; Dec 3, 10, 17; Jan 7

Session 3: Jan 14, 21, 28; Feb 4, 11, 18

Sundays: Session 2: Nov 13, 20; Dec 4, 11, 18; Jan 8

Session 3: Jan 15, 22, 29; Feb 5, 12, 19

\$160 for 6 (1) hour Group Lessons. Please sign up early, and bring your own racquet!



Location: Bethpage Park Tennis Center

99 Quaker Meeting House Road, Farmingdale, NY 11735

Saturdays: Session 2: Nov 5, 12, 19; Dec 3, 10, 17

Session 3: Jan 7, 14, 21, 28; Feb 4, 11

(K-3rd: 1pm-2pm) (4th-9th: 1pm-2pm)

Sundays: Session 2: Nov 6, 13, 20; Dec 4, 11, 18

Session 3: Jan 8, 15, 22, 29; Feb 5, 12

(K-3rd: 4:30pm-5:30pm) (4th-9th: 4:30pm-5:30pm)

\$160 for 6 (1) hour Group Lessons. Please sign up early, and bring your own racquet!

Register at one of the Following Locations and Dates:

Jericho-Westbury Indoor Tennis
44 Jericho Turnpike, Jericho, NY 11753
October 24, 26, 27, 28 & November 3, 4 from 6:30pm-7:30pm
October 22, 29 from 12pm-2pm

Glen Head Racquet Club 95 Glen Head Road, Glen Head, NY 11545 October 25 & November 1 from 6:30pm-7:30pm

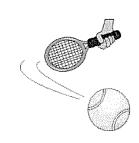
For Further Information, Contact Jim Collins at (516) 384-5751

No Credit Cards Accepted

All Programs Continue Through the Entire School Year, and into the Summer Months!!!

Please visit us on Facebook: www.Facebook.com/NAAPInc

This flyer is being shared for your information only, and in no way implies any connection with, or endorsement by Cold Spring Harbor School District.



EMINDE

HHHYBL-SUMMER

Summe Youth

20th YEAR

WEEKDAY, EVENINGS ONLY, INTRAMURAL PROGRAM JUNE -- AUGUST, 2017

Mixed Boys/Girls Evening Intramural Leagues Instructional • Private Training

BASKETBALL IN HOUSE REGISTRATION

@ West Hollow Middle School, 250 Old East Neck Road, Melville

Tuesday

April 4, 2017

6 PM - 9 PM

Wednesday

April 5, 2017

6 PM - 9 PM

Open to students entering grades K-12th & beyond in September, 2017.

Also, the highly successful, adult leagues where players compete at higher levels (A/B or C).

DON'T GET SHUT OUT OR DELAY, REGISTER NOW!!

Fees:

Registration: (10/1/16 thru 4/30/17 postmarked): No Exceptions

1ST child: \$225; each add'l child \$200

Late Registration: (after 4/30/17 postmarked)

1st child:\$250; each add'l child \$225

Late/late Registration (after May 31, 2017 postmarked) Each application \$275; no second child discount

If your child participated in the 2016 summer program, he/she has already been rated. If not, please have them, and their friends, dress in proper athletic attire. If you can not attend registration and wish to avoid a late fee, please send a completed registration form on or before April 30, 2017, with applicable fee, to HHHYBL, P.O. Box 227, Huntington Station, N.Y. 11746. New registrants will be evaluated later. If you require additional information on the youth basketball program, the new adult men's league (different levels), e-mail Dennis: @ cmish11746@gmail.com. Website: www.hillsbasketball.com

"This notice is distributed to students solely as a community service by the school district. This distribution should not be considered an endorsement or approval by the district of either the sponsor or the activity".

Please make checks payable to "HHHYBL" (a nonprofit 501C3 entity)

www.hillsbasketball.com (application on reverse) Dennis 258 7604

HHHYBL - SUMMER



Application

All applications must be accompanied by payment in full based on the following:

Registration: Thru April 30, 2017, \$225 1st child, additional children: \$200.

After April 30, 2017, \$250 1st child, additional children \$225. After May 31, 2017 \$275 each applicant No refunds. No exceptions!!

Please make all checks payable to "HHHYBL" Send to: HHHYBL, P.O. Box 227, Huntington Station, N.Y. 11746

up. All children entering the third grade or higher will participate in league play & must be rated, if not rated in prior year. All children may request placement with friends, subject to availability. If your child has a friend he or she wishes to be placed with, please indicate their name(s) here: Friend(s): I, the undersigned, give my child permission to participate in the HHHYBL program. I certify that my child is physically fit to participate in strenuous athletic activity and I have obtained clearance from a physician before permitting my child to participate. I agree to hold HHHYBL, its' employees and agents harmless for any liability resulting from injury or illness. I hereby authorize HHHYBL to act for me according to their best judgment in in any emergency requiring medical attention. I understand that I am solely responsible for the payment of any such medical expenses. Signature of Parent or Legal Guardian: Date: Insurance company providing coverage for your child: Policy Number: For Office Use Only: Ratings Player Number payment Methodckcashother Check NoAmt Date Player Number payment Methodckcashother Check NoAmt Date Polibling A B C D Rebounding A B C D Defense A B C D	Print clearly Last Name First	HEIGHT WEIGHT				
Telephone No	D.O.B Sex:MF	E-Mail address:				
Name of Mother: Father: Play Last Summer? Y N	Address : House No. Street	City Apt. Zip				
Mother Cell Phone:	Telephone No.()	Grade entering in September, 2017?				
Mother Cell Phone: (Name of Mother: Father:	Play Last Summer? YN				
Mother's Occupation	Guardian's Work Phone:()	Where did you get application?				
Planned Vacation Dates: ALL PLAYERS 9-12 GRADE MUST CARRY ID Volunteers are needed: I am interested in serving as: Coach YN Ass't Coach YN Children entering kindergarten, first or second grade in Sept. 2017 will play in an instructional program, unless moved up. All children entering the third grade or higher will participate in league play & must be rated, if not rated in prior year. All children may request placement with friends, subject to availability. If your child has a friend he or she wishest to be placed with, please indicate their name(s) here: Friend(s): I, the undersigned, give my child permission to participate in the HHHYBL program. I certify that my child is physically fit to participate in strenuous athletic activity and I have obtained clearance from a physician before permitting my child to participate. I agree to hold HHYBL, its' employees and agents harmless for any liability resulting from injury or illness. I hereby authorize HHHYBL to act for me according to their best judgment in in any emergency requiring medical attention. I understand that I am solely responsible for the payment of any such medical expenses. Signature of Parent or Legal Guardian: Date: For Office Use Only: Ratings Player Number payment Methodckcashother Check No Amt Date Pribbling A B C D Lay-ups A B C D Foul Shots A B C D Shooting A B C D Rebounding A B C D Defense A B C D	Mother Cell Phone: ()	Father Cell Phone()				
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Children entering kindergarten, first or second grade in Sept. 2017 will play in an instructional program, unless moved up. All children entering the third grade or higher will participate in league play & must be rated, if not rated in prior year. All children may request placement with friends, subject to availability. If your child has a friend he or she wishes to be placed with, please indicate their name(s) here: Friend(s): I, the undersigned, give my child permission to participate in the HHHYBL program. I certify that my child is physically fit to participate in strenuous athletic activity and I have obtained clearance from a physician before permitting my child to participate. I agree to hold HHHYBL, its' employees and agents harmless for any liability resulting from injury or illness. I hereby authorize HHHYBL to act for me according to their best judgment in in any emergency requiring medical attention. I understand that I am solely responsible for the payment of any such medical expenses. Signature of Parent or Legal Guardian: Date: Policy Number: Policy Number: Policy Number: Date Date	Planned Vacation Dates:	ALL PLAYERS 9-12 GRADE MUST CARRY ID				
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Player Number payment Methodckcashother Check NoAmt	Insurance company providing coverage for your child:	Policy Number:				
Dribbling A B C D Lay-ups A B C D Foul Shots A B C D Shooting A B C D Rebounding A B C D Defense A B C D	For Office Use Only: Ratings	and the Check No. And Date				
Shooting A B C D Rebounding A B C D Defense A B C D	Dribbling A B C D Lavence					
Aggregative A R C D Size	Shooting A B C D Rebounding	A B C D Defense A B C D				
Aggressive A D C D Size	Aggressive A B C D Size					
Overall Rating(Over)		<u> </u>				