

WELCOME TO NO MORE SIDELINES

www.nomoresidelines.org



Dear Participants and Parents or Guardians,

Welcome to No More Sidelines, a non-profit corporation (NMS). We are a year round recreational league for children and young adults with special needs. We participate in social and community activities. The focus of this program is to develop individual skills, demonstrate good sportsmanship, make new friends and have fun!

We will participate in various sports events throughout the year such as basketball, track and field, bocce ball, softball, soccer and bowling. We will also have monthly community activities such as pool parties, camping, dances, horseback riding, going to the circus, roller skating and more.

NMS provides uniforms for competition. We understand transportation to and/or from practice may be difficult. Please contact a NMS coach if you are having troubles with transportation.

Parents and/or Guardians: The four main things that you should provide for your child to participate are (please use ink when filling out all forms listed):

1. A completed and signed Application for Participation- Medical Background Information if we do not have a current one on file (dated within the last 3 years). We will hold a clinic at a scheduled practice (date to be determined). A local physician assistant and area nurses have volunteered to examine your child and complete the medical certification, without charge. The medical certification may also be filled out by your physician if you prefer. This form needs to be completed by the participant's second practice to allow your child to participate with our program.
2. A completed and signed Parent / Guardian Release – Transportation and Publicity (for all participants that have not participated with No More Sidelines previously).
3. A completed and signed Participant Agreement, Release and Assumption of Risk.
4. Participants should wear comfortable clothes to practice: tennis shoes, T-shirts, shorts, and/or sweats (a T-shirt should be worn underneath so they can remove the sweatshirt if they get too warm). Participants should also bring a water bottle or other beverage to practice.

Any person desiring to volunteer to work with the kids at any time must fill out a Volunteer Registration form and return it to us. Volunteers who have completed these forms during previous seasons do not need to submit them again.

We are looking forward to getting to know all of you. If you have any questions, concerns or ideas, please do not hesitate to call us or talk to us at practice. We have a voicemail (231-724-7142). Calling it will give you current information on practices, activities, or you may leave a message for the coaches. Also, please visit our website www.nomoresidelines.org for additional information.

We want everyone to have fun and learn some new skills.

Sincerely,

Officers, Directors and Volunteers of No More Sidelines