

## Request to Waive Mandatory 5 Day Rest Period

I understand that the Extracurricular Activities Handbook requires and strongly encourages a mandatory 5 day rest period following participation in one activity and before starting a new activity. I have discussed this with my parents and request permission to waive \_\_\_ days of this period. I have indicated by my signature below my desire to do this. Thank you for your consideration.

Student Name (printed) \_\_\_\_\_

Student Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_

Trainer's Signature \_\_\_\_\_

AD's Signature \_\_\_\_\_

Date of Request \_\_\_\_\_

Approved \_\_\_ by \_\_\_\_\_ Date \_\_\_\_\_

Disapproved \_\_\_ by \_\_\_\_\_ Date \_\_\_\_\_

Reason for disapproval  
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