

# REQUEST FOR MINIMUM PRACTICE WAIVER

All student athletes must accomplish ten (10) separate days of physical practice in the same sport activity prior to the first day of competition. When a student is participating in a recognized high school sport activity or is participating in a nationally recognized activity in the same sport, which overlaps the beginning of another recognized sport season, the Executive Director may waive up to five (5) practices.

**Requesting School**

**City / Town**

**Date of Request**

**School Address**

**School Phone**

**School Fax**

**School Administrator (print or type)**

**School Administrator Signature**

**Signature Date**

Student Names (print clearly or type)

Name of Sport Ending

Name of Sport Beginning

- |           |       |    |       |
|-----------|-------|----|-------|
| 1. _____  | _____ | to | _____ |
| 2. _____  | _____ | to | _____ |
| 3. _____  | _____ | to | _____ |
| 4. _____  | _____ | to | _____ |
| 5. _____  | _____ | to | _____ |
| 6. _____  | _____ | to | _____ |
| 7. _____  | _____ | to | _____ |
| 8. _____  | _____ | to | _____ |
| 9. _____  | _____ | to | _____ |
| 10. _____ | _____ | to | _____ |
| 11. _____ | _____ | to | _____ |
| 12. _____ | _____ | to | _____ |

## FOR OFFICE USE ONLY

**Executive Director's Decision**

Waiver APPROVED     Waiver DISAPPROVED

**Executive Director's Signature**

**Comments**

### ALASKA SCHOOL ACTIVITIES ASSOCIATION, INC.

4048 Laurel Street, Suite 203 • Anchorage, AK 99508 • (907) 563-3723 • Fax 561-0720 • www.asaa.org