



BELMONT DAY

Athletics Waiver Policy

Program Overview

With a focus on creating healthy habits and active lifestyles, the middle school athletics program seeks to prepare students for their future athletic opportunities through skill development and competitive play, while also building character and promoting self-confidence through its team-oriented approach.

Waiver Requirements

While athletics are a required component of the middle school curriculum, students are eligible to apply for an athletic waiver one season per academic year if they exhibit exemplary skill in a sport that Belmont Day does not offer and are scheduled to participate in that sport for at least 5 non-weekend hours per week during the season.

Application Process

To apply for a waiver, families should express their intent during the sport section process each spring. Additionally, students must submit a detailed application along with this signed form four weeks before the season begins. The decision to allow a student to waive out of an athletic season will be made by the middle school head and the director of athletics.

Waiver Application

1. Describe your alternate athletic activity in detail.
2. How long have you been participating in this particular activity?
3. How have you demonstrated exemplary skill in this particular activity?
4. Describe your schedule during the season you are applying for a waiver.
5. Provide the contact information for the instructor responsible for this activity.

Student Signature: _____ Print Name: _____

Parent Signature: _____ Athletics Season: _____

Please note that all students receiving waivers will be dismissed at 3:15 p.m. Monday through Thursday for the duration of the athletics season and cannot remain on campus for any reason, including after school, enrichment, tutoring, or lessons.