

# Dixie Hollins High School



Principal  
Robert Florio

## Assistant Principals

Luke Kademoff  
Lisa Sinatra  
Mary Taylor  
Eric Zebley

## 2017-2018 Extracurricular Activity Information

Students interested in Extracurricular Activities/Athletics are required to complete a Pinellas County Schools Application for Athletic Participation. Sign and date all required documents and pay close attention to the following pages/requirements:

- High School Activities Participation Form (PG. 4 of Packet) must be signed and notarized (bottom left side of the form).
- A current physical ON THE FHSAA EL2 FORM (PGS. 6-8 of Packet)
- Student Insurance must be purchased online. [www.pcsb.org/StudentAccidentInsurance](http://www.pcsb.org/StudentAccidentInsurance) (print and turn in proof of insurance)
- All students are required to view "Concussion in Sports-What You Need to Know" at [www.nfhslearn.com](http://www.nfhslearn.com) Print the certificate of completion at the end of the course and turn in with your participation forms
- Any student who transfers to Dixie Hollins High School at any time after starting at another school must complete the FHSAA GA4 Affidavit of Compliance (must be signed, notarized and turned in with packet) <http://www.fhsaa.org/forms/general-forms/general-administrative/ga4>
- All forms must be completed, signed and turned in to your coach or Coach Jones, Athletic Coordinator before attending tryouts, workouts or practices.
- All forms are available in our front office or on the Pinellas County Schools website. Access the following link to the Pinellas County Schools Extracurricular Activities/Athletics page: <http://www.pcsb.org/Athletics>  
On the left side of the page, locate the links for Participation Forms.
- If you need assistance contact Ms. Jones (Athletic Coordinator) (727) 547-7876 Ext. 2035 or Mr. Kademoff (Assistant Principal Athletics) @ (727) 547-7876 Ext. 2007/  
[KADEMOFFL@pcsb.org](mailto:KADEMOFFL@pcsb.org)

4940-62<sup>nd</sup> Street North, St. Petersburg, Fl. 33709  
727-547-7876

Pinellas County Schools-An Equal Opportunity Institution for Education and Employment

# Dixie Hollins High School



Principal  
Robert Florio

## Assistant Principals

Luke Kademoff  
Lisa Sinatra  
Mary Taylor  
Eric Zebley

## Directions for Concussion Course

A concussion is a brain injury. Concussions, as well as all other head injuries, are serious.

**All students participating in Extracurricular Activities are required to view “Concussion in Sports-What You Need to Know” at [www.nfhslearn.com](http://www.nfhslearn.com) Parents are encouraged to watch the video with their child.**

## Directions

Course 1: NFHS “Concussion in Sports” REQUIRED FOR ALL STUDENTS

Course 2: NFHS “Sudden Cardiac Arrest” STUDENTS ARE ENCOURAGED, BUT NOT REQUIRED TO WATCH

## Course Ordering

Step 1: Go to [www.nfhslearn.com](http://www.nfhslearn.com)

Step 2: “Sign In” to your account using the e-mail address and password you provided at time of registering for an nfhslearn account.

OR

If you do not have an account, “Register” for an account.

Step 3: Click “Courses” at the top of the page.

Step 4: Scroll down to “Concussions in Sports” from the list of courses.

Step 5: Click “View Course”.

Step 6: Click “Order Course.”

Step 7: Select “Myself” if the course will be completed by you.

Step 8: Click “Continue” and follow the on-screen prompts to finish the checkout process. (Note: There is no fee for this course.)

## Beginning a Course

Step 1: Go to [www.nfhslearn.com](http://www.nfhslearn.com)

Step 2: “Sign In” to your account using the e-mail address and password you provided at time of registering for an nfhslearn account.

Step 3: From your “Dashboard,” click “My Courses”.

Step 4: Click “Begin Course” on the course you wish to take.

\*Your course will launch on the same page of the web browser.

\*\*Click “Back to Dashboard” when ready to exit course.

**\*\*Print the certificate of completion at the end of the course.**

**\*\*Turn in with your Participation Forms.**

**\*\*Our Athletic department is required to keep a copy on file.**

4940-62<sup>nd</sup> Street North, St. Petersburg, Fl. 33709  
727-547-7876

Pinellas County Schools-An Equal Opportunity Institution for Education and Employment