

Taft Athletics



Life of an Athlete Drug/Alcohol Education Information

Life of an Athletic must be completed once per school year

To be eligible to participate in athletics at Taft 7-12, it is required that each student athlete complete the “Life of an Athlete” course annually. Following, are directions on how to complete the course:

1. Open a web browser and go to: <http://www.lifeofanathletelcsd.com/>
2. Read through each section of the course
3. Take the quiz at the end of each section. It is advisable to reread sections where many quiz answers were incorrect.
4. Take the Final Exam:
 - a. Enter your e-mail address - the address entered will be where results are sent
 - b. Under “Username,” enter your first and last name
 - c. Click “start”
 - d. Enter your first name and then enter your last name
 - e. Under “department,” enter “Taft 7-12”
 - f. Answer **ALL** 25 questions. You must score 80% or better to pass
 - g. Submit your results to the Athletic Director. Results may be submitted in printed form to the Athletics office, or via e-mail to Mr. Longo (aaron.longo@lincoln.k12.or.us)