

**SALIDA MIDDLE SCHOOL
5041 TOOMES ROAD
SALIDA, CA 95368**

**VOLUNTARY SPORTS ACTIVITIES PARTICIPATION PACKET
REQUIREMENTS FOR PARTICIPATION ON ATHLETIC TEAMS**

Participation in athletics is a privilege carrying with it special responsibilities. The public nature of competitive athletics requires standards, which exceed the norm and extend beyond the school community.

1. **ON THE FIELD** good athletes are respectful towards their teammates, opponents, and officials. They abide by all the rules of the game. They are modest in victory and gracious in defeat.
2. **ON CAMPUS** good athletes should set an example of good citizenship for their classmates. They should help promote school spirit, and they should be positive leaders in school activities.
3. **IN THE CLASSROOM** good athletes show respect for teachers and their fellow students. They should maintain good attendance, satisfactory academic grades, and satisfactory citizenship standards.
4. **ON TRIPS** an athlete's conduct is such that they are good representatives of their community, school, and team. Athletes are conscious of their appearance and manners at all times.

Athletics means more than competition between individuals representing different schools. It is, rather, a means of learning a way of life with the philosophy that hard work, teamwork, and good character will bring eventual success. Good habits help us to this end. To break training rules and to have poor citizenship interrupts the necessary concentration, destroys morale, and places any team in jeopardy.

The following guidelines have been established to ensure that our athletes and parents understand their responsibilities. **BEFORE ATHLETES CAN TRYOUT OR PRACTICE**, they must meet **all** requirements including but not limited to: the school insurance requirement, grade and citizenship requirements, and have, on file, parent permission forms. Only teams that do not cut can allow new players after the first week of tryouts/practice.

To **tryout or be a member of an athletic team** sponsored by Salida Middle School, a student must:

1. meet all eligibility requirements. Eligibility requirements have been established for student participation in extracurricular activities such as after school sports. The eligibility is based, in part, upon grades and citizenship marks of the prior trimester and remains in effect for the entire grading period. Students who **do not** meet eligibility requirements are placed on the **UNSAT LIST**. If a trimester ends during the playing season, ineligible students will be dropped from the team. Students may petition to get **probation** off of the UNSAT list after four (4) weeks into the new grading period if grades/citizenship was sole reason for being placed on UNSAT LIST and if acceptable citizenship marks and grades have been validated by the teachers. Students may request to petition no more than once per trimester. **Students on probation can have their probation revoked and be put back on the UNSAT list at the discretion of the school principal. Once a student has been removed by the school from a team for academic or discipline reasons, they will not be allowed back on the team.**

Eligibility requirements are as follows:

- a. Students must maintain a least a "C" average (2.0 GPA) with no more than one (1) "F" grade allowed.
- b. Students must not have more than one (1) unsatisfactory citizenship "U" mark.
- c. Students must not be on the UNSAT list for any reason.

Eligibility is also determined by such factors as attendance, behavior, debts owed for lost or damaged school property, and substance abuse. Such factors **WILL** place the student on the UNSAT LIST, consequently making the student immediately ineligible. Thus, students **WILL** become ineligible to tryout or participate in any way if:

- i. They have been declared a legal truant (absent from school without a valid excuse or tardy in excess of thirty (30) minutes.
- ii. They have been suspended (home or in-school) for a total of five (5) days or more, and/or suspended two or more times (removed from UNSAT list after nine school weeks with no additional suspensions).
- iii. Owe any school debts. In this case, Student is not removed from the team but will not be able to participate in extracurricular activities until the debt is paid.
- iv. They have been suspended for possession of controlled substances, possession of drug paraphernalia, or being under the influence of a controlled substance.

2. complete, *in full*, this Voluntary Sports Activities Participation Packet.

3. meet accident insurance requirements. All students, engaging in interschool athletic competition, are required to meet accident insurance requirements prescribed by law. (Education Code 32220, 32221) You must either purchase school insurance or present proof of family coverage before your child will be permitted to participate. **Contact the school office or athletic director if you need information on purchasing school insurance.**
4. meet physical examination requirements. Board policy requires all students participating in interscholastic sports to have a current medical examination, completed and on file at school, prior to the first practice. If a student sustains an injury or serious illness after the medical examination authorizing participation in the interscholastic athletic competition, the student may be required by school personnel to have another examination prior to further athletic participation. Students will be exempted from the physical examination only when the parent/guardian completes and signs the **“Physical Examination Waiver”** form in the Voluntary Sports Activities Participation Packet. Pursuant to Section 49451 of the Education Code, this form must be filed **annually** with the school. Also, a student who has been excused from the physical education program due to a medical reason may not play in any after school athletic competition.
5. must attend all regularly scheduled practices and games. Students may be excused for an excused absence or approved unexcused absence as defined by the Attendance Policy of the District. It is expected that pupils will attend practice sessions on days present at school and the coach will be informed of scheduled absences prior to the day of the absence. Failure to attend a practice session after being in school will be defined as an unexcused absence from practice. **Unexcused absences will result in the discipline at the discretion of the coach to include, but not limited to: loss of playing time, suspension from team for one or more contests, and/or removal from team.**
6. wear appropriate dress to all practices and games. A change of clothes may be required. Proper footwear is required. Athletic shoes will be properly and tightly laced for all practices and games. Team clothing may only be worn by team members (at school/games) and their families (at games), unless authorized by coach/athletic director.
7. remove **any and all** jewelry (rings, earrings, necklaces, watches, hair clips, piercings, etc.) as necessary or required by rules and/or referees and/or at the discretion of the coach, for practices and games.
8. properly maintain all uniforms issued. Uniforms need to be washed regularly. No modifications to uniforms are allowed. Uniforms will be returned clean and in good condition within one week of the last game of the season. **Uniforms are returned to the coach or athletic director ONLY.** Athletes will be required to pay for equipment or uniforms that they have lost, damaged, or destroyed.
9. wear the issued uniform for all games. **If a uniform is not brought to a contest, a second uniform will not be issued, and the athlete will not participate.** Check with coaches for appropriate clothing other than uniforms.
10. obtain a physician’s verification of any illness or injury that prevents participation in practices and games in excess of three days.
11. demonstrate proper respect for the rules of the game and the efforts of opponents. Ejection from a game will result in removal from the following game. Commission of a flagrant act of disrespect toward teammates, officials, or opponents will result in disciplinary action by the coach, up to and including removal from the team.
12. participate in a minimum of three practice sessions prior to participating in a game/contest.
13. follow school rules at all times. Please note that students who are suspended from school are not allowed to return to the school to participate in after school sports until the day after the suspension is over.
14. not be absent from school the day of a contest in order participate in that day’s contest unless it has been approved prior to absence (doctor’s appointment, court).
15. not quit a previous sport during the school year 1) without informing the coach in person and 2) quit for reasons other than academic. Students will not be allowed to play in future sports during the school year if they quit a sport for any reason other than academic.

PARENTS RULES & RESPONSIBILITIES

1. Make sure your student has appropriate and **timely** transportation home after practices and contests.
2. *Cheer your student and team, set a good sportsmanship example.* Poor sportsmanship by parents may result in parent removal from the school, parent banned from being a spectator for school year, and/or discipline of the student/athlete up to and including removal from the team.
3. Guide your child through the highs and lows of competition, and remember that **it's a game.**
4. **Parents will not talk to the coach(es) about playing time, any coaches' decisions, or another player. Parents will not complain to or harass any referees. 1st offense = warning and possible loss of 1 game playing time for student, 2nd offense = removal of student from the team and/or parent banned from being a spectator.**
5. Students may ask coaches how he/she can earn more playing time or reasons for not making a team.

TRANSPORTATION OF STUDENTS TO ACTIVITIES

1. The preferred shall be to transport students to all activities by District owned vehicles, some sports and contests may require parents to drive their students.
2. Students who ride to a school event using District transportation are required to return from the event by the same means, **unless** students ride home from a sporting event with a parent or legal guardian **but** only if written permission is in the hands of the coach prior to the student's departure.
3. If a student is receiving transportation home from an away sporting event with a parent or legal guardian of a classmate, they must provide their coach with written parental permission from both parent and parent providing transportation prior to the student's departure.
4. Parents/Guardians of students chosen to participate in our after school athletic program should know that they will need to arrange for transportation home from SMS after each game. An activity bus will be available at 4:00 p.m. to transport participating students to all Elementary School sites following practice but **many practices extend beyond 4:00; see individual coaches and/or schedules.**

COACHES/ATHLETIC DIRECTOR

1. Most coaches are employees of the district and are, in most cases, teachers at Salida Middle School.
2. All coaching decisions relating to practice times and length, playing time, team make-up (cuts), and discipline are at the sole discretion of the coach(es) and/or athletic director. Decisions are based, in part, on accepted best practice, previous experience, and in accordance with established rules and regulations of the sport, Salida Union School District, California Education Code, and state and federal law.
3. Parent or Student questions or concerns must be brought to the attention of the coach(es) first. **Parents will not talk to the coach about playing time, any coaches' decisions, or another player.** Students may ask the coach how he or she can earn more playing time or reasons for not making a team.
4. All decisions by athletic director/administration are final.

*** Please keep these pages for your information **

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GENDER(b/g) _____

GRADE _____

**Voluntary Sports Activities Participation Form
Acknowledgment and Assumption of Potential Risk**

I authorize my child (student name) _____
(PLEASE PRINT FULL NAME)

to participate in the school-sponsored activities of :

It is recommended that you check ALL SPORTS even if you don't play them () ALL SPORTS

- | | | | |
|-------------------|-----------------------|---------------------|---------------------------|
| () Flag Football | () Girls' Volleyball | () Soccer | () Cross Country Running |
| () Basketball | () Wrestling – Coed | () Girls' Softball | () Track & Field |

In SIGNING this document:

I understand and acknowledge that the above activities, by their very nature, pose the potential risk of serious injury to individuals who participate in such activities.

I understand and acknowledge that some of the injuries which may result from participating in these activities include, but are not limited to, the following:

- | | | |
|------------------|----------------------------------|----------------|
| Sprains/Strains | Fractured Bones | Cuts/Abrasions |
| Unconsciousness | Head, neck, and/or Back Injuries | Paralysis |
| Loss of Eyesight | Loss of teeth, dental problems | Death |

I understand and acknowledge that participation in these activities is completely voluntary and as such am not required by the school for course credit or for completion of graduation requirements.

I understand and acknowledge that in order to participate in these activities, I and my son/daughter agree to assume liability and responsibility for any and all potential risks which may be associated with participation in such activities. **I have medical insurance, as listed on the reverse side, to cover my child in the event of an injury.**

I understand, acknowledge, and agree that the Salida Union School district, its employees, officers, agents, or volunteers, shall not be liable for any injury suffered by my son/daughter which is incident to and/or associated with preparing for and/or participating in this activity.

I understand that transportation **WILL NOT BE PROVIDED home from SMS following games. An ACTIVITY BUS will be provided afternoons at 4:00 p.m. to transport students to all Elementary School sites.**

I acknowledge that I have *carefully* read the VOLUNTARY SPORTS ACTIVITIES PARTICIPATION PACKET and I understand and agree to ALL terms.

In the event of illness or injury, when parent/guardian cannot be reached, I (parent/guardian) authorize the school district and its employees/coaches to provide for medical attention.

Parent/Legal Guardian Signature

Student Signature

Date Signed

Date Signed

A signed **VOLUNTARY SPORTS ACTIVITIES PARTICIPATION FORM** must be on file with the school before a student will be allowed to try-out, practice, or participate in the above listed extra-curricular activities.

***** Please fill out BOTH SIDES and return *****

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MEDICAL ALERT FOR COACHES: Please list any medical or health conditions that your student's coach will need to know in case of any emergency situation. For example: asthma (use of an inhaler or breathing apparatus), allergy to any medication, diabetes, seizure disorder, allergic to bee stings, wears glasses or contacts, etc.

INSURANCE COVERAGE: (PLEASE PRINT) Must have this information!!!

Type of Insurance Coverage: (check one) School Insurance Private/Medi-CAL/Other

Insurance Carrier: _____

Name of Student's Physician: _____

Physician's Telephone Number: _____

Names of Parent/Guardian: _____

Home Telephone #: _____ Work Telephone # _____

Cell Telephone #: _____ Other Telephone #: _____

EMERGENCY CONTACT NUMBERS (other than parents):

Name/relation: _____ Phone: _____

Name/relation: _____ Phone: _____

Name/relation: _____ Phone: _____

PHYSICAL EXAMINATION WAIVER

I hereby request **exemption of my child**, _____, **from the physical examination requirement** for participation in after school sports at Salida Middle School, pursuant to Section 49451 of the Education Code.

In signing this statement, I understand that I am giving permission for my child to participate in activities that by their very nature, pose a greater than average risk of a participant being seriously injured, and that **I refuse to have my child examined by a physician prior to his/her participation in such activities.**

I understand that I hold the Salida Union School district, its officers, agents, and employees, harmless from any and all liability or claim, which may arise out of, or in connection with, my child's participation in these activities.

I refuse to have my child examined by a physician prior to his/her participation in such activities.

Signature of Parent/Guardian

Date

Note: We either need this waiver signed or a note from a doctor. If you choose not to sign this waiver, we must have a note from a physician prior to your child's participation in any after school activity.

*** Please sign BOTH SIDES and return ***