



Menlo-Atherton High School Athletics

Permit to Participate in Athletics 2016-2017

You do NOT need to complete this form if you chose the online version found at the link below.

Please choose one submission format. The electronic form can be found at <https://sportsnethost.com/menlo-atherton> , or via the QR code ->



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PACKET DEADLINES BY SEASON:

Fall	Winter	Spring
July 29, 2016	October 24, 2016	January 23, 2017

TRYOUTS BEGIN:

Fall	Winter	Spring
August 5, 2016	October 31, 2016	January 30, 2017

SITE CONTACTS:

Name	Title	Ext.	Email
Elaine Rivera-Rios	Administrative Vice Principal's Secretary (Eligibility & Clearance)	50133	erivera@seq.org
Tonya Edgington	Health Aide	50129	tedgington@seq.org
Steve Kryger	Co-Athletic Director	53761	skryger@seq.org
Paul Snow	Co-Athletic Director	53761	psnow@seq.org
JC Farr	Administrative Vice Principal	50132	jfarr@seq.org

PERMIT TO PARTICIPATE IN ATHLETICS

Allow 5 days for processing once the packet is turned in to the AVP Office. One packet per year.

Deadlines: Fall Sports: July 29, 2016 Winter Sports: October 24, 2016 Spring Sports: January 23, 2017

Student Name: _____ ID #: _____ Grade: _____

Birth date: _____ Age: _____ Gender: Male Female

Students may choose one sport per season, OR one year-round sport and one spring sport

Fall		Winter	Spring		Year-round
<input type="checkbox"/> Cross Country	<input type="checkbox"/> Tennis (girls)	<input type="checkbox"/> Basketball	<input type="checkbox"/> Badminton	<input type="checkbox"/> Track/Field	<input type="checkbox"/> Cheer
<input type="checkbox"/> Football (boys)	<input type="checkbox"/> Volleyball (girls)	<input type="checkbox"/> Soccer	<input type="checkbox"/> Baseball (boys)	<input type="checkbox"/> Lacrosse	<input type="checkbox"/> Dance
<input type="checkbox"/> Golf (girls)	<input type="checkbox"/> Water Polo	<input type="checkbox"/> Wrestling	<input type="checkbox"/> Softball (girls)	<input type="checkbox"/> Swimming	
			<input type="checkbox"/> Tennis (boys)	<input type="checkbox"/> Golf (boys)	
			<input type="checkbox"/> Volleyball (boys)		

Medical Insurance Declaration:

Company Name: _____ Policy/ID #: _____

*Insurance must cover \$1,500 medical and \$1,500 hospital, and should cover contact sports. Please read complete insurance criteria for participation eligibility in the Athletic Eligibility Handbook.

Residential Eligibility:

Please check the box that best explains the student/athlete's high school enrollment

- Starting 9th Grade
- Has attended the above named school for at least the past 12 months
- Transferred to the above named school in the past 12 months from _____
- Foreign Exchange student enrolled in a Foreign Exchange program from _____

Transfer & Foreign Exchange students must also complete the CIF/CCS application for eligibility.

Please see Aubrey Taff in the Administrative Vice Principal's Office for more information.

Release of Information Agreement

I hereby grant permission to the Sequoia Union High School District to release my student's course and grade information to Sportsnet for the purposes of calculating and determining athletic eligibility as set forth in the Athletic Eligibility and Participation Handbook. I understand that this information will not be released to any other organization. Information will be available for my student's school athletic department, school administration, and school offices only for the use of tracking eligibility and participation in school sports.

Parent/Guardian & Student Statement of Compliance:

I have read, understand, and agree to abide by all rules and policies of the athletic department including: (please initial)

____ Out-of-Season Athletic Participation Notification ____ Athletic Training Contract ____ Concussion Information
 ____ steroid use ____ hazing/initiation rituals ____ CIF/CCS Pursuing Victory w/Honor ____ code of conduct

I understand that I am expected to perform according to these codes and policies, and I understand that there may be sanctions or penalties if I do not. (All rule and polices are included in the Athletic Eligibility and Participation Handbook)

Parent Signature: _____ Student Signature: _____ Date: _____

The student or parent/guardian must be cleared through the following offices:

Treasurer:	Verifies that there are no outstanding debts or fines
Health Office:	Verifies that the physical exam and immunizations are current
IVP Secretary:	Verifies the weighted GPA for the last grading period and total credits earned

Turn this form into the Administrative Vice Principal's Office for Processing.

Form submitted to: _____ Date: _____

PERMIT TO PARTICIPATE IN ATHLETICS – Emergency Contact Information

Student Name: _____ ID #: _____ Grade: _____

Home Address: _____

Home Phone: _____ Alternate Phone: _____

Student Email (optional): _____

Parent/Guardian Contact Information

Mother/Guardian Name: _____ Father/Guardian Name: _____

Home Address: _____

Address #2 (if applicable): _____

Phone Number/s: _____

Email Address/s: _____

Alternate Contacts (not the parent/guardian)

Name: _____ Relation: _____

Phone Number/s: _____

Name: _____ Relation: _____

Phone Number/s: _____

Name: _____ Relation: _____

Phone Number/s: _____

Name: _____ Relation: _____

Phone Number/s: _____

Medical History (Check all that apply)

- | | | | |
|---|--|--|--|
| 1. Has your student ever been hospitalized? | <input type="checkbox"/> Yes <input type="checkbox"/> No | 7. Has your child ever been told they have a heart murmur?..... | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 2. Has your child ever had chest pain during or after exercise or had high blood pressure?..... | <input type="checkbox"/> Yes <input type="checkbox"/> No | 8. Has anyone in your family died of heart problems or sudden death before age 50?.. | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 3. Has your child ever had a seizure?..... | <input type="checkbox"/> Yes <input type="checkbox"/> No | 9. Has your child had any other medical problems?..... | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 4. Does your child have trouble breathing during or after activities?..... | <input type="checkbox"/> Yes <input type="checkbox"/> No | 10. Is your child presently taking any medications?..... | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 5. Does your child have any allergies?..... | <input type="checkbox"/> Yes <input type="checkbox"/> No | | |
| 6. Has your child ever had surgery?..... | <input type="checkbox"/> Yes <input type="checkbox"/> No | | |

If you answered "Yes" to any of the above questions, please describe the condition or list any allergies and/or medications:

Transportation Permission

I hereby grant permission for my student to participate in all travel from the home school to the competitor's school or competitive areas away from the home school on the dates, locations, and times as provided by the coach advisor including early release from classes by mode of (check all that apply):

- School bus Parent/volunteer driver Student may drive him/herself

PERMIT TO PARTICIPATE IN ATHLETICS
Athletic Pre-Participation Screening Exam 2016-2017

Part 1: (To be completed by student and parent/guardian)

Name _____ School _____ Grade _____
 Address _____ Student ID # _____
 City _____ State _____ Zip _____ Phone _____
 Age _____ Birth Date _____ Sex _____ Sport(s) _____
 Doctor's Name _____ Doctor's Phone # _____
 Health Insurance _____ Policy # _____

IMMUNIZATION RECORDS FOR THE ABOVE NAMED STUDENT MUST BE ATTACHED AND CURRENT AS REQUIRED BY CALIFORNIA STATE LAW INCLUDING THE Tdap VACCINE.

Health History (must be complete prior to the exam)

Please check	Has this student had any:	Please check	Is there a history of:
Y <input type="checkbox"/> N <input type="checkbox"/>	Hospitalization?	Y <input type="checkbox"/> N <input type="checkbox"/>	Neck or back injury?
Y <input type="checkbox"/> N <input type="checkbox"/>	Surgery other than removal of tonsils?	Y <input type="checkbox"/> N <input type="checkbox"/>	Knee injury?
Y <input type="checkbox"/> N <input type="checkbox"/>	Missing organs (eye, kidney, testicle, etc.)?	Y <input type="checkbox"/> N <input type="checkbox"/>	Shoulder or elbow injury?
Y <input type="checkbox"/> N <input type="checkbox"/>	Allergies (to medicines, insects, foods, etc.)?	Y <input type="checkbox"/> N <input type="checkbox"/>	Ankle injury?
Y <input type="checkbox"/> N <input type="checkbox"/>	Chest pain or severe shortness of breath with exercise?	Y <input type="checkbox"/> N <input type="checkbox"/>	Dislocation of a joint?
Y <input type="checkbox"/> N <input type="checkbox"/>	Problems with blood pressure or heart (i.e. heart murmur)?	Y <input type="checkbox"/> N <input type="checkbox"/>	Catching or locking of a joint?
Y <input type="checkbox"/> N <input type="checkbox"/>	Dizziness or fainting with exercise?	Y <input type="checkbox"/> N <input type="checkbox"/>	Broken bones/fractures?
Y <input type="checkbox"/> N <input type="checkbox"/>	Severe or frequent headaches?	Y <input type="checkbox"/> N <input type="checkbox"/>	Ulcers or hernias?
Y <input type="checkbox"/> N <input type="checkbox"/>	Concussion or loss of consciousness?	Y <input type="checkbox"/> N <input type="checkbox"/>	Stingers/burners?
Y <input type="checkbox"/> N <input type="checkbox"/>	Heat exhaustion, heat stroke or other problems with heat?	Y <input type="checkbox"/> N <input type="checkbox"/>	Skin problems?
Y <input type="checkbox"/> N <input type="checkbox"/>	Mono, hepatitis, hemophilia?	Further History	
Y <input type="checkbox"/> N <input type="checkbox"/>	Diabetes?	Y <input type="checkbox"/> N <input type="checkbox"/>	Has any family member died suddenly at less than 40 years of age of causes other than an accident?
Y <input type="checkbox"/> N <input type="checkbox"/>	Seizures/convulsions?	Y <input type="checkbox"/> N <input type="checkbox"/>	Has any family member had a heart attack at less than 55 years of age?

Use this space to explain any yes answers to the above questions.

Parent's or guardian's acknowledgment: I have reviewed and agree with the information presented on this form. I also understand that this examination is primarily for sports participation screening and is not intended to replace the routine health care visits as recommended by the student's personal physician. I know of no reason why the above named student should not participate and represent his or her school in supervised athletic activities.

 Name of Parent/Guardian (Print) _____
 Signature of Parent/Guardian

 Home Phone Number _____
 Work Phone Number _____
 Date

PERMIT TO PARTICIPATE IN ATHLETICS

Athletic Pre-Participation Screening Exam Part 2: General Exam (To be completed by examining physician)

Student Name: _____ Date of Birth: _____

	Normal	Abnormal (Describe)	Fill in Information:
Eyes, ears, nose, throat	<input type="checkbox"/>	_____	Pulse: _____
Skin	<input type="checkbox"/>	_____	BP: _____
Lungs	<input type="checkbox"/>	_____	Height: _____
Heart	<input type="checkbox"/>	_____	Weight: _____
Abdomen	<input type="checkbox"/>	_____	
Genitalia/Hernia (males)	<input type="checkbox"/>	_____	

Suggested Musculoskeletal Exam

ROM STRENGTH

Normal	Abnormal		Normal	Abnormal	
<input type="checkbox"/>	<input type="checkbox"/>	Cervical/Spine	<input type="checkbox"/>	<input type="checkbox"/>	Lower Extremity
<input type="checkbox"/>	<input type="checkbox"/>	Flex/Ext	<input type="checkbox"/>	<input type="checkbox"/>	Hip
<input type="checkbox"/>	<input type="checkbox"/>	Rotation right/left	<input type="checkbox"/>	<input type="checkbox"/>	Hip flexors/Gluteals
<input type="checkbox"/>	<input type="checkbox"/>	Lateral flexion right/left	<input type="checkbox"/>	<input type="checkbox"/>	Add/Abd – Groin/TT
<input type="checkbox"/>	<input type="checkbox"/>	Thoracic	<input type="checkbox"/>	<input type="checkbox"/>	Int./Ext. Rotation
<input type="checkbox"/>	<input type="checkbox"/>	Lumbar	<input type="checkbox"/>	<input type="checkbox"/>	Knee
<input type="checkbox"/>	<input type="checkbox"/>	Flex/Ext	<input type="checkbox"/>	<input type="checkbox"/>	Patellar Tendon
<input type="checkbox"/>	<input type="checkbox"/>	Rotation right/left	<input type="checkbox"/>	<input type="checkbox"/>	Tibial Tuberosity
<input type="checkbox"/>	<input type="checkbox"/>	Lateral Flexion	<input type="checkbox"/>	<input type="checkbox"/>	MCL/LCL
<input type="checkbox"/>	<input type="checkbox"/>	Abdominals/Obliques	<input type="checkbox"/>	<input type="checkbox"/>	ACL/PCL
<input type="checkbox"/>	<input type="checkbox"/>	Upper Extremity	<input type="checkbox"/>	<input type="checkbox"/>	Cartilage Testing
<input type="checkbox"/>	<input type="checkbox"/>	Shoulder	<input type="checkbox"/>	<input type="checkbox"/>	Quads/Hamstrings
<input type="checkbox"/>	<input type="checkbox"/>	Forward Flexion/Ext.	<input type="checkbox"/>	<input type="checkbox"/>	Gast/Soleus Complex
<input type="checkbox"/>	<input type="checkbox"/>	Abduction/Adduction	<input type="checkbox"/>	<input type="checkbox"/>	Patella
<input type="checkbox"/>	<input type="checkbox"/>	Internal/Ext. Rotation	<input type="checkbox"/>	<input type="checkbox"/>	Crepitus
<input type="checkbox"/>	<input type="checkbox"/>	Horizontal Abd/Add	<input type="checkbox"/>	<input type="checkbox"/>	Tracking
<input type="checkbox"/>	<input type="checkbox"/>	A C Joint/Clavicle	<input type="checkbox"/>	<input type="checkbox"/>	Ankle
<input type="checkbox"/>	<input type="checkbox"/>	Stability Testing	<input type="checkbox"/>	<input type="checkbox"/>	Plantar/Dorsiflexion
<input type="checkbox"/>	<input type="checkbox"/>	Biceps Flex/Ext.	<input type="checkbox"/>	<input type="checkbox"/>	Inversion/Eversion
<input type="checkbox"/>	<input type="checkbox"/>	Elbow	<input type="checkbox"/>	<input type="checkbox"/>	Subtalar Joint
<input type="checkbox"/>	<input type="checkbox"/>	Supination/Pronation	<input type="checkbox"/>	<input type="checkbox"/>	Ligament Testing
<input type="checkbox"/>	<input type="checkbox"/>	Wrist/Hand	<input type="checkbox"/>	<input type="checkbox"/>	Feet/Toes
<input type="checkbox"/>	<input type="checkbox"/>	General Flexibility	DOCTOR'S OFFICE STAMP HERE REQUIRED		
<input type="checkbox"/>	<input type="checkbox"/>	Hamstrings			
<input type="checkbox"/>	<input type="checkbox"/>	Quadriceps			
<input type="checkbox"/>	<input type="checkbox"/>	Lumbar Spine			
<input type="checkbox"/>	<input type="checkbox"/>	Achilles			

Use this space to describe abnormalities.

Disposition:

- Cleared for collision, contact, and non-contact sports
- Conditional participation, limited to: _____
- No participation until: (date) _____
- No participation in any sport or physical education because of: _____

Dr. Signature: _____ License #: _____ Date: _____

PHYSICAL MUST BE VALID FOR THE DURATION OF THE 2016-2017 SCHOOL YEAR • YEAR & MUST BE PERFORMED BY A LICENSED, PRACTICING MD OR NP •

PERMIT TO PARTICIPATE IN ATHLETICS – Personal Vehicle Use

Applies to parents, coaches, teachers, and volunteers who will assist in transporting students to and from school events.

Please attach a photocopy of the following:

1. Proof of Insurance including the policy expiration date (cannot be expired)
2. Driver License (cannot be expired)
3. H-6 Driving Record from the DMV (if driving within 10 days) *

Please complete the following

◆ Drivers must allow at least 10 days to be cleared or include a copy of the H-6 Report ◆

Name: _____ Phone Number: _____ Birthdate: _____

Email Address: _____

Driver License Number: _____ Expiration Date: _____

Year/Make of Automobile: _____ Vehicle License Number: _____

Insurance Carrier/Agent: _____ Phone Number: _____

Liability Limits (must be above \$100,000 min.): _____ Policy Number: _____

Insurance Expiration Date: _____ Driving Restrictions: _____

School: _____ Sport/Event: _____

- Note: If a personal automobile is driven while on SUHSD business, and it is involved in an accident, by law the personal liability insurance policy is used first. The SUHSD liability policy would be used only after the personal policy limits have been exceeded. The SUHSD does not cover, nor is it responsible for, comprehensive and collision coverage for personal vehicles.
- All persons driving on SUHSD business will: (1) follow the most direct route; (2) avoid all unnecessary stops; (3) not carry unauthorized non-SUHSD personnel or students or guests as passengers; (4) not carry more than nine (9) students, no matter what the size of the vehicle; and (5) ensure that all vehicle occupants use seat belts.
- Information regarding student drivers: On July 1, 1998, new laws were imposed concerning provisional drivers (under 18 years of age), and the following restrictions apply to all SUHSD students who are under 18 years of age: During the first 12 months provisional drivers are licensed to drive, they cannot drive between the hours of 11:00 p.m. and 5:00 a.m. and cannot transport passengers under the age of 20 unless accompanied by a parent/guardian, a licensed driver 25 years of age or older, or a licensed-certified driving instructor.
- * H-6 Driving Record: The H-6 is a ten year driving record that can be obtained from the Department of Motor Vehicles (DMV) for a \$5 fee. The record may not be ordered online or over the phone.

I certify that the above information is correct and that the insurance coverage is in force. I understand that if performing work for the Sequoia Union High School District (SUHSD) in the course of my duties I may utilize my personal vehicle; I must have liability insurance coverage in force as required by the State of California and agree to advise the SUHSD, in writing, of any changes in the above information. I further certify that the above vehicle is mechanically safe.

Signed: _____ Date: _____

FOR OFFICE USE ONLY

Included in the packet:

Insurance

Driver's License

H-6 Report

Date to DO: _____ Date of Approval: _____

The following pages are information for the student/athlete and parent/guardian to keep.

**PERMIT TO PARTICIPATE IN ATHLETICS – Eligibility & Participation Handbook
Out-of-Season* Athletic Participation Notification for Students and Parent/Guardians**

Information adopted from the California Interscholastic Federation (CIF)/Central Coast Section (CCS)

*Out-of-season sports teams: Sports teams whose practice and competition occur outside of the high school season for the same sport (sport seasons are listed on page 1 of this packet).

According to vast amount of research, sport specialization leads to coach and athlete burnout, increased injury, friction amongst coaches, and friction between players, parents, and coaches. There are high school coaches who may wish to require the athletes on their school team to participate on a “club team” that they coach. In many cases, there are significant costs incurred by the athlete’s family. Such requirements are not allowed per CCS rules and regulations, and are inappropriate for the conduct of our high school programs. If one of our high school coaches is going to coach one or more of our high school athletes out of season, it is critical that they are doing so in a manner that does not jeopardize the athlete’s eligibility or the school’s good standing. We are not allowed as a high school to conduct more than one season of sport at a time during the school year. We wish to make sure that students who wish to participate in out-of-season programs have the choice of where and with whom they participate. We also wish to protect the students who wish to participate in more than one sport for our high school from being pressured to specialize or choose, and who feel like they have to play on an out-of-season team in order to be allowed to try out for their high school team.

Parent/Guardian & Student Acknowledgment

We understand that the student’s participation on an out-of-season, non-school team is optional and that participation on any non-school teams in no way guarantees a roster spot during the high school season of sport. We understand that the above named high school has no affiliation with any team playing out-of-season and no personnel from this high school will be involved in any discussions/conflicts that arise while playing out-of-season. We understand that if all rules regarding out-of-season participation during the school year are not followed, the eligibility of this athlete may be jeopardized for their high school season of sport.

**PERMIT TO PARTICIPATE IN ATHLETICS – Eligibility & Participation Handbook
Athletic Training Contract**

Palo Alto Medical Foundation (PAMF) provides athletic training services for student athletes if an athlete is injured at practice or during a school sponsored competition. These services include on-field injury management, evaluation of injury, and post-injury treatment planning (optional). By signing below, the Palo Alto Medical Foundation (PAMF) Athletic Trainers for SUHSD schools will be given authorization to evaluate and assist in treatment of any school related injury for the student named above. Following the evaluation of an injury, the parent/guardian and coach will be notified of the status of the injury and advised of an appropriate treatment plan. The Athletic Trainer will be available for any treatment/consultation at the discretion of the student and parent/guardian. Any treatment/consultation that occurs, other than at the time of injury during practice or competition, is optional and in no way required.

Parent/Guardian & Student Acknowledgment

I hereby grant permission to the athletic training personnel to assess the injury and make appropriate recommendations upon assessment deemed reasonably necessary to the health and well being of the named athlete. I understand this assessment is not intended to replace a physician’s diagnosis/care and should not be viewed as substitute. In the event that the athletic training personnel determine that further medical attention is deemed necessary, the athlete will be referred to a physician immediately. I understand that in the event that no progress has been made within 2 weeks of the initial evaluation, the athletic training personnel reserves the right to defer treatment at that time, and the appropriate referral will be made. I attest that the student information is correct to the best of my knowledge. I have reviewed all information and hereby give consent for the assessment of injury to the named student athlete.

PERMIT TO PARTICIPATE IN ATHLETICS – Eligibility & Participation Handbook

Concussion Information

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:			
<ul style="list-style-type: none"> • Headaches • “Pressure in head” • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision 	<ul style="list-style-type: none"> • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns • Amnesia 	<ul style="list-style-type: none"> • “Don’t feel right” • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional 	<ul style="list-style-type: none"> • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question or comments
Signs observed by teammates, parents and coaches include:			
<ul style="list-style-type: none"> • Appears dazed • Vacant facial expression • Confused about assignment • Forgets plays • Is unsure of game, score, or opponent 	<ul style="list-style-type: none"> • Moves clumsily or is not coordinated • Answers questions slowly • Slurred speech • Shows behavior or personality changes • Can’t recall events prior to hit 	<ul style="list-style-type: none"> • Seizures or convulsions • Any change in typical behavior or personality • Loses consciousness 	

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete’s safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

What is Return to Learn?

Following a concussion, student athletes may have difficulties with short- and long-term memory, concentration and organization. They will require rest while recovering from injury (e.g., avoid reading, texting, video games, loud movies), and may even need to stay home from school for a few days. As they return to school, the schedule might need to start with a few classes or a half-day depending on how they feel. They may also benefit from a formal school assessment for limited attendance or homework such as reduced class schedule if recovery from a concussion is taking longer than expected. Your school or doctor can help suggest and make these changes. Student athletes should complete the Return to Learn guidelines and return to complete school before beginning any sports or physical activities. Go to the CIF website (cifstate.org) for more information on Return to Learn.

How is Return to Play (RTP) determined?

Concussion symptoms should be completely gone before returning to competition. A RTP progression involves a gradual, step-wise increase in physical effort, sports-specific activities and the risk for contact. If symptoms occur with activity, the progression should be stopped. If there are no symptoms the next day, exercise can be restarted at the previous stage.

RTP after concussion should occur only with medical clearance from a medical doctor trained in the evaluation and management of concussions, and a step-wise progression program monitored by an athletic trainer, coach, or other identified school administrator. Please see cifstate.org for a graduated return to play plan. [AB 2127, a California state law that became effective 01/01/15, stated that return to play (i.e., full competition) must be **no sooner** than 7 days after the concussion diagnosis has been made by a physician.]

Final Thoughts for Parents and Guardians

It is well known that high school athletes will often not talk about signs of concussions, which is why this information sheet is so important to review with them. Teach your child to tell the coaching staff if he or she experiences such symptoms, or if he or she suspects that a teammate has suffered a concussion. You should also feel comfortable talking to the coaches or athletic trainer about possible concussion signs and symptoms.

References and information can be found on the California Interscholastic Federation website cifstate.org

PERMIT TO PARTICIPATE IN ATHLETICS – Eligibility & Participation Handbook

Warning: Please be advised that, by their nature, sports can be a dangerous activity that could result in a serious injury or, in an extreme case, death.

Insurance Declaration

California law requires each student that will be participating in athletics to have at least \$1,500 of medical and hospital insurance to cover bodily injury while engaged in, training for, and being transported to or from an athletic event under school or student organization sponsorship. This is to confirm that the insurance in force on the student athlete meets or exceeds the requirements outlined above. GO TO THE TREASURER'S OFFICE FOR INFORMATION ON SCHOOL INSURANCE.

Transportation Information

School bus transportation is provided for certain teams in need of it. For parents to be eligible to drive students to and from away events, the driver is required to fill out the "Personal Vehicle Use" (PVU) form and return it to the AVP Office with their current "Proof of Insurance" and driver's license. The clearance process for parent drivers is 10 business days. If a parent needs to drive within 10 days of turning in the PVU form, they must also attach a copy of their H-6 driving record from the DMV. The H-6 is a ten year driving record that can only be obtained by going into the DMV office and paying the \$5 fee. The H-6 is not available for request online or over the phone.

Students wanting to drive themselves will need the permission of their parent/guardian and of their athletic coach/teacher. At no time should students ride with a student driver.

SUHSD Release

I shall indemnify and save harmless the Sequoia Union High School District, its officers, agents, employees, and servants from all claims, suits, or actions of every name, kind, and description, brought for, or an account of, injuries to or death of any person or damage to property resulting from the performance of any activity permitted or required by this agreement.

My duty to indemnify and save harmless, as set forth herein shall include the duty to defend as set forth in Section 4778 of the California Civil Code, provided, however, that nothing herein shall be construed to require me to indemnify the Sequoia Union High School District, and its officers, agents, employees, and servants against any responsibility or liability in contravention of Section 2782 of the California Civil Code.

Steroid Use

The Governing Board recognizes that the use of steroids and other performance-enhancing supplements presents a serious health and safety hazard. As part of the district's drug prevention and intervention efforts, and as a condition of membership in the CIF, all member schools shall have participating students and their parents/legal guardian/caregiver agree that the athlete will not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Bylaw 524).

We also recognize that under CIF Bylaw 200.D, there could be penalties to the school for false or fraudulent information. By signing the "Permit to Participate" packet, student and parent/guardian understand that the Sequoia Union High School District and SUHSD schools' policy regarding the use of illegal drugs will be enforced for any violations of these rules.

Hazing/Initiation Rituals

Many athletic/extra-curricular programs today are quick to promote and condone time-honored traditions. Many of these traditions are wholesome and a positive part of the total experience. Unfortunately, some traditions from the past are both dangerous and illegal. These dangerous traditions often center on initiations and rites of passage required of younger teammates by their older counterparts. Many times these initiations are nothing more than disguised forms of hazing. However, these events can sometimes get out of hand and the physical and emotional welfare of all involved is at great risk.

The administration of SUHSD schools tries to make it clear to coaches, parents, and athletes that hazing and initiations are never to be part of our program. Quite often, acts of hazing and initiations can escalate to the point that the student-athlete is at risk. It is also quite possible that many acts of hazing and initiation will result in legal action being taken against the coach, athlete, administration, or the school district.

- SUHSD schools' administration has a "Zero Tolerance" policy on the hazing of students and athletes.
- Students who participate in hazing/initiation rituals are subject to disciplinary actions (i.e. suspension, removal from athletic/extra-curricular team, or possible legal action dependent on the severity of the incident).
- Students who observe such rituals and do not report it to the administration of their home school are also subject to disciplinary action.

Quitting a Team

If a student-athlete joins a team and then quits before their season is completely over (playoffs included), they will NOT be allowed to tryout for the next season's sport until the original sport has completed all games. This rule does NOT pertain to student-athletes that tried out for a team, but were cut by the coach.

PERMIT TO PARTICIPATE IN ATHLETICS – Eligibility & Participation Handbook
Athletic Eligibility Requirements
Completing the Permit to Participate in Athletics:

1. The student must be a current legal resident of the Sequoia Union High School District and/or have an approved transfer to attend the school named above.
2. Student must have good conduct/citizenship and attendance in accordance with the established standards of the Sequoia Union High School District.
3. Student must submit the following completed forms to the AVP Office by the designated deadline for the season of play:
 - A. "Permit to Participate in Athletics" packet
 - B. "Pre-Participation Screening Examination" form (physical)
4. All school debts/fines are cleared through the Treasurer's office and Library. PAL sticker may be purchased in the Treasurer's office for \$30
5. Minimum *weighted* GPA of 2.0

Note: Students who have not turned in the Permit to Participate in Athletics application by the appropriate deadline, or who have not signed up for a sport by the appropriate deadline, will not be allowed to play for that season (see seasonal deadlines on page 1).

Academic Eligibility Criteria:

1. Must be currently enrolled in at least 25 semester units of work or 5 classes.
2. Must pass at least 4, five-unit, classes at the completion of each grading period (quarter and semester).
3. Must be on track towards graduation in relation to credits/units earned. May not be more than 15 credits behind. (Incoming sophomores: 40 credits, Incoming juniors: 95 credits, Incoming seniors: 150 credits)
4. Must maintain a minimum 2.0 *weighted* GPA (4.0 scale). GPA calculations are taken from the previous grading period (quarter or semester). 5 unit courses: A = 4, B = 3, C = 2, D = 1, F = 0 (2.5 unit courses are worth half the points, approved honors courses are worth an extra point for A, B, or C grades). Students who drop below a 2.0 at the following grading period will no longer be eligible to participate for that season of sport. Students who are not eligible at the first grading period, and have turned in all necessary paperwork, may become eligible at the following grading period if they have brought their GPA to a 2.0 or higher, have the required number of credits for their grade level, and have maintained their attendance as required in #6 below.
5. Must comply with all SUHSD and school behavior policies, PAL Code of Ethics, and CIF/CCS Code of Conduct for Interscholastic Student-Athletes.
6. Must meet school's attendance policy to be eligible for Athletics.
7. Students are expected to attend at least half of their academic day in order to participate in practice or games on that day.
8. Students on suspension will not be able to participate in practice or games until after they are allowed to return to school.

Note: Students and parent/guardians, be aware of CIF Rule 600 which states, "A student on a high school team becomes ineligible if the student competes in a contest on an 'outside' team, in the same sport, during any part of the student's high school season of sport, including post season CIF/CCS events"

Attendance Criteria:

Since participation in athletics often requires student athletes to miss classes for athletic events, regular classroom attendance is very important. Athletes should make an effort to be in attendance in all classes every day. High school athletes and those students involved in extracurricular activities will need to be present in classes for 85% of the previous quarter to be eligible for participation. All students will be deemed eligible in regards to attendance for Quarter 1 and will be expected to maintain an 85% attendance rate from the first quarter to be eligible for the second quarter, and so on.

Summer School Grade Supplementation for Academic Eligibility:

Summer school credits shall be counted toward making up scholastic deficiencies incurred in the grading period (semester) immediately preceding. Summer school courses failed shall not impair an athlete's scholastic eligibility achieved in the semester immediately preceding. A course taken by contract or independent study during the summer must meet the following four criteria:

1. Course(s) must be approved by the local board of trustees as a valid part of the district's school program.
 2. Student must receive a passing grade in the courses taken.
 3. Personnel providing the instruction and course supervision must be approved by the board of trustees.
 4. Course credits must be recorded on the student's transcript.
- Summer school credits and grades can be used to assist in correcting a deficiency in the minimum requirements for passing 20 units with a 2.0 GPA from the spring semester.
 - You do not have to use any grades or credits from summer school that might hurt the student's eligibility. You can pick and choose which credits and grades you use. For example if a student takes two classes and gets an A in one, but a D in the other, you can only use the course in which he/she got an A and ignore the class with the D if that helps the student's eligibility and adding in the D would hurt the student's eligibility.
 - EXACT classes ONLY can REPLACE a course grade from the spring semester. For example if a student takes Algebra 1 in the spring and gets a F, then takes Algebra 1 in summer school and gets a B, the B replaces the F from the spring grades when calculating GPA and credits earned.
 - If the student does not take an exact course that he/she did not pass or do well in the spring, then the credits earned from any such course(s) is added into the total credits and the new GPA is calculated based on the addition of those credits.
 - If a transfer student was not academically eligible at the time they left their former school in the spring, they may use summer school to make up that scholastic deficiency. If they do so, you must submit a copy of the summer school grades or a transcript AND a copy from the principal of the new school stating that this student attended summer school and the credits and grades they earned during summer school now meet all the scholastic eligibility requirements of the CIF, CCS and school.

PERMIT TO PARTICIPATE IN ATHLETICS – Eligibility & Participation Handbook

Athletic Eligibility Requirements Continued

Accurate Information Requirement:

- A. The CIF requires that all information provided in regards to any aspect of the eligibility of the student must be true, correct, accurate, and complete.
- B. Student Eligibility – Penalty for Provision of False or Fraudulent Information:
 1. If it is discovered that any parent/guardian/caregiver or student has provided false information in regards to any aspect or eligibility status on behalf of a student, the student is subject to immediate ineligibility for CIF competition at any level in any sport for a period of up to 24 calendar months from the date that the determination was made that false information was provided.
 2. If it is discovered that persons associated with the student or the school (coach, teacher, parent, friends, etc.) provided false information in order to gain favorable eligibility status for a student, that student is subject to immediate ineligibility for competition at any sanctioned member school in any level in any sport for a period of up to 24 calendar months from the determination that false information was provided whether the student was aware of the fraudulent information or not.
 3. Any contests in which a student(s) participate based on false information or fraudulent practices regarding eligibility status shall be forfeited according to the guidelines set in accord to the rules of the CIF section.

Age Requirement:

No student, whose 19th birthday is attained prior to June 15, shall participate or practice on any team in the following school year. A student, whose birthday is on or before June 14, is ineligible.

Eight Consecutive Semesters Rule:

- A. Definition of a Semester of Attendance: Enrollment and/or attendance for 15 school days or more shall count as one of the eight semesters. Participation in one or more interscholastic athletic contests shall count as one of the eight semesters.
- B. Eight Consecutive Semester Rule: A student who first enters the 9th grade of any school following the student's completion of the 8th grade in any school may be eligible for athletic competition during a maximum period of time that is not to exceed eight consecutive semesters following the initial enrollment in any 9th grade of any school, and said eligibility must be used during the student's first eight consecutive semesters of enrollment at that school or any other school.

CIF/CCS Pursuing Victory with Honor (California Interscholastic Federation/Central Coast Section)

What is Pursuing Victory with Honor?

“Pursuing Victory with Honor”, in its essence, will provide the tools to teach character development skills to the student-athletes of California high schools.

“Pursuing Victory with Honor” came about through the Arizona Accord Conference, where major sports and educational leaders met in Scottsdale, Arizona to discuss the ethical and character-building aspects of the athletic competition, with the hope that the framework of principles and values set forth would be adopted and practiced widely. The Josephson Institute of Ethics, CHARACTER COUNTS! Coalition and the United States Olympic Committee convened the conference on May 12-14, 1999. Invited to attend were 50 major sports leaders including Olympian John Naber, coaching legend John Wooden, NBC commentator, Bob Costas, CIF Executive Director Jack Hayes, college and university presidents, collegiate coaches and athletic directors from major universities, Olympic coaches and athletes, representative of the national sports media and national youth organizations.

The CIF unanimously adopted the principles of “Pursuing Victory with Honor” at its November 5, 1999 Federated Council meeting, consisting of educational leaders representing California's 1263 high schools. The CIF and CCS recognizes the impact that high school athletics can play on society and is committed to the character-building goals of the program. In fact, the CIF felt so strongly about the 16 principles of the program that these have been made the operating principles of the organization.

Together, the CIF, the Sections and its member schools can change the very nature of high school athletics and bring back the character, sportsmanship, ethics and integrity that high school sports can instill

The 16 Principles of Pursuing Victory with Honor:

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these “six pillars of character.”

PERMIT TO PARTICIPATE IN ATHLETICS – Eligibility & Participation Handbook
CIF/CCS Pursuing Victory with Honor Continued
The 16 Principles of Pursuing Victory with Honor Continued:

2. It's the duty of School Boards, superintendents, school administrators, parents and school sports leadership - including coaches, athletic administrators, program directors and game officials - to promote sportsmanship and foster good character by teaching, enforcing, advocating and modeling these "six pillars of character."
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
5. School Boards, superintendents, school administrators, parents and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents and spectators.
6. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
7. The importance of character, ethics and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
8. School Boards, superintendents, school administrators, parents and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.
9. School Boards, superintendents, principals, school administrators and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical and ethical well-being of student-athletes is always placed above desires and pressured to win.
10. All employees of member schools must be directly involved and committed to the academic success of student-athletes and the character-building goals of the school.
11. Everyone involved in competition including parents, spectators, associated study body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting and inappropriate celebrations.
12. School Boards, superintendents, and school administrators of CIF-member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of:
 - 1) The character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character.
 - 2) The physical capabilities and limitations of the age group coached as well as first aid.
 - 3) Coaching principles and the rules and strategies of the sport.
13. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.
14. To safeguard the health of athletes and the integrity of the sport, school sports program must actively prohibit the use of alcohol, tobacco, drugs and performance-enhancing substances, as well as a demand compliance with all laws and regulations, including those related to gambling and the use of drugs.
15. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school's name or reputation. There should be no undue influence of commercial interests. In addition, sports programs must be prudent, avoiding undue dependency on particular companies or sponsors.
16. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimensions of their sport, coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring and good citizens.

The Six Pillars of Character:

1. **Trustworthiness:** be worth of trust in all I do. **Integrity:** live up to high ideals of ethics and sportsmanship. Always pursue victory with honor. Do what's right even when it's unpopular or personally costly. **Honesty:** live and compete honorably. Don't lie, cheat, steal, or engage in any other dishonest/unsportsmanlike conduct. **Reliability:** fulfill commitments. Do what you say you will do. Be on time to practices and games. **Loyalty:** be loyal to your school and team. Put the team above personal glory.

PERMIT TO PARTICIPATE IN ATHLETICS – Eligibility & Participation Handbook

CIF/CCS Pursuing Victory with Honor Continued

The Six Pillars of Character Continued:

2. **Respect:** treat all people with respect all the time. Require the same of other student-athletes.
Class: live and play with class. Be a good sport. Be gracious in victory and accept defeat with dignity. Give fallen opponents help. Compliment extraordinary performance. Show sincere respect in pre/post-game rituals.
Disrespectful Conduct: don't engage in disrespectful conduct of any sort including profanity, obscene gestures, and offensive remarks of a sexual or racial nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
Respect Officials: Treat contest officials with respect. Don't complain about or argue with official calls/decisions during or after an athletic event
3. **Responsibility:**
Importance of Education: be a student first and commit to getting the best education you can. Be honest with yourself about the likelihood of getting an athletic scholarship or playing on a professional level. Remember that many universities will not recruit student-athletes who do not have a serious commitment to their education, the ability to succeed academically, or the character to represent their institution honorably.
Role-Modeling: Participation in sports is a privilege, not a right. Students are expected to represent their school, coach, and team with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model.
SUSPENSION OR TERMINATION OF THE PARTICIPATION PRIVILEGE IS WITHIN THE SOLE DISCRETION OF THE SCHOOL ADMINISTRATION.
Self-Control: exercise self-control. Don't fight or show excessive displays of anger or frustration. Have the strength to overcome the temptation to retaliate.
Healthy Lifestyle: safeguard your health. Don't use any illegal or unhealthy substances including alcohol, tobacco, and drugs. Don't engage in any unhealthy techniques to gain, lose, or maintain weight.
Integrity of the Game: protect the integrity of the game. Don't gamble. Play the game according to the rules.
4. **Fairness:** live up to high standards of fair play. Be open-minded. Always be willing to listen and learn
5. **Caring:**
Concern for others: demonstrate concern for others. Never intentionally injure any player or engage in reckless behavior that might cause injury to yourself or others.
Teammates: help promote the well-being of teammates by positive counseling and encouragement of by reporting any unhealthy or dangerous conduct to coaches.
6. **Citizenship:**
Play by the Rules: maintain a thorough knowledge of, and abide by, all applicable game and competition rules.
Spirit of Rules: honor the spirit and the letter of rules. Avoid temptations to gain competitive advantage through improper sportsmanship techniques that violate the highest traditions of sportsmanship.

“Pursuing Victory With Honor” and the “Six Pillars of Character” are service marks of the CHARACTER COUNTS! Coalition, a project of the Josephson Institute of Ethics. For more information on promoting character education and good sportsmanship, visit www.charactercounts.com.

Code of Conduct for Student-Athletes:

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the “Six Pillars of Character”). This Code applies to all student-athletes involved in interscholastic sports in California. In order to participate in high school athletics, all student-athletes must act in accord with the “Six Pillars of Character”.

Code of Conduct for Parent/Guardians:

Athletic competition of interscholastic age children should be fun and also a significant part of a sound educational program. Everyone involved in sports programs has a duty to assure that their programs impart important life skills and promote the development of good character. Essential elements of character building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring and good citizenship (the “Six Pillars of Character”). The highest potential of sports is achieved when all involved consciously Teach, Enforce, Advocate and Model (T.E.A.M.) these values and are committed to the ideal of Pursuing Victory with Honor. Parents/guardians of student-athletes can and should play an important role, and their good-faith efforts to honor the words and spirit of this Code can dramatically improve the quality of a child's sports experience.

PERMIT TO PARTICIPATE IN ATHLETICS – Eligibility & Participation Handbook
Additional Rules and Policies**Athletic Team Uniforms:**

At the end of the season, uniforms must be turned in within one week after the end of the season. This is absolutely mandatory. If it is not turned in, you will be charged for the cost of the uniform and will remain ineligible for any athletic or co-curricular participation. In addition, your grades, diploma, and transcript may be withheld (E.C. 48904 and 48904.3).

Athletic Equipment:

Athletes are responsible for the care of athletic equipment issued to them and are expected to maintain it. All equipment is to be returned at the end of each season or the student athlete who the equipment was assigned to may be expected to pay for any lost or damaged equipment or uniform. Athletes who fail to turn in their equipment upon completion of the sports season may be denied eligibility to participate in future activities. The following guidelines, if adhered to, will reduce the chances for lost or stolen equipment.

1. Do not exchange or loan any of the equipment checked out to you to another teammate. If exchange is warranted, clear it with your coach prior to making the exchange.
2. Except when you are in visual contact, keep your locker closed and LOCKED at all times. This includes when you are in the shower area. School/personal equipment and belongings should be locked up at all times.
3. Any loss of equipment should be reported immediately to the head coach. Do not wait until the end of the season to report lost equipment.
4. It is against school policy to sell or rent any equipment to individuals. Therefore, any equipment you may see out of the school environment not belonging to the individual(s) should be reported to a coach or the athletic director. By doing so, you are not only helping the athletic department, but also the individual who must pay for the stolen item.

Weight Room Usage & Procedures:

Student athletes are allowed to use the weight room during the school year and any time during the summer during open hours. Student athletes must be supervised by a school coach or staff member at all times. Any student found in the weight room without a coach will forfeit their right to use the weight room and will become ineligible for the remainder of the current season. Misuse or damage of equipment will result in ineligibility and restitution. The equipment is the property of the above named school and the athletics department and is to be properly cared for during use. Weight room expectations are:

1. A spotter will be used with all free weight equipment
2. All water bottles will be removed from the weight room after use
3. All athletes will remain supervised at all times
4. Appropriate language will be used at all times
5. All equipment will be returned to its appropriate location
6. Food will not be brought into the weight room
7. Equipment will be shared with all in the room

Student-Athlete and Parent/Guardian Responsibility:

All student-athletes and the parent/guardians of those student-athletes must read and understand all of the policies, rules, and regulations from the previous pages including “Pursuing Victory with Honor”, the code of conduct, eligibility requirements, and the additional rules and regulations on this page. All student-athletes and their parent/guardians are expected to perform according to these codes and there may be sanctions or penalties if not followed.