

WINDSOR HIGH SCHOOL

2013-2014 ATHLETIC PARTICIPATION CHECKLIST

- PHYSICAL (REQUIRED **YEARLY** BY THE STATE OF CALIFORNIA / **DOCTOR OR NURSE PRACTITIONER ONLY**)
- EMERGENCY INFORMATION (2)
- PARENT/STUDENT SIGNATURES (PLEASE CHECK ALL PAGES)
- ATHLETIC DONATION
- ACADEMIC/CREDIT ELIGIBILITY (DETERMINED BY THE REGISTRAR OR ATHLETIC DIRECTOR)
- EJECTION POLICY NOTIFICATION FORM
- STEROIDS POLICY FORM
- CONCUSSION FORM
- PROSPECTIVE COLLEGE ATHLETES

NOTICE TO STUDENTS REGARDING ELIGIBILITY TO PARTICIPATE IN INTERSCHOLASTIC ATHLETICS:

Transferring from one school to another school may affect your athletic eligibility under North Coast Section and/or State CIF rules. It is your responsibility to see your school principal for a copy of the rules. _____ Please check if you have attended any other high school than Windsor in the past 12 months. If so, you must see the Athletic Director for clearance.

Athletic Donations: A school's athletic program is a valuable activity that contributes to a student's overall educational experience. There are costs attributed to athletics that cannot be totally sustained through the school funds. These costs may include, but are not limited to:

- Game Officials fees
- Awards
- CIF, NCS, and NBL dues
- Town of Windsor field fees
- Student Transportation
- District Reimbursements

At Windsor High School, the annual cost to sustain our athletic program is substantial.

Parents can help defray the costs in two important ways: A minimal donation of \$80 or a more generous donation to the school's Athletic program. Please be assured that the donation is not a condition of participation in the athletic program at Windsor High School.

Amount donated \$ _____ Check # _____

Parent Signature if donation is cash: _____

Sport: _____

Student Name: _____ Grade: _____

***Note: Only one set of athletic forms will be required for the entire school year. However, STUDENTS MUST CHECK IN WITH THE ATHLETIC DIRECTOR PRIOR TO TRYOUTS / PRACTICE IN EACH SPORT FOR: Additional fee payments, determination of academic eligibility, updating of emergency information and verification of yearly physical.**

WINDSOR HIGH SCHOOL CODE OF CONDUCT & ATHLETE PARTICIPATION CONTRACT

Code of Conduct

Athletes are expected to contribute to school pride and spirit by representing themselves, the team and Windsor High School in a positive manner at all times by following these guidelines:

- Show respect for administration, faculty, coaches, and other students/athletes (including opponents and visitors) at all times;
- Show respect for the integrity and judgment of game officials at all times;
- Show respect for all private, public and personal property at all times;
- Live up to the sportsmanship standards established by school administration and the coaching staff;
- Refrain from making any kind of derogatory remarks to opponents or visitors before, during, and after the game, especially comments that are ethnic, racial, or sexual in nature;
- Win with humility; lose with grace. Do both with dignity.

Participation on an interscholastic team is a privilege that can be revoked at any time for improper conduct by an athlete whether at a school or in the community. Athletic participation is considered a school-related activity; as such, all school rules, regulations and consequences, including this Code of Conduct, are expected and enforced.

Scholastic Eligibility

According to the North Coast Section (NCS), an athlete must meet the following scholastic qualifications in order to be eligible to participate in athletics:

- Have a minimum 2.0 GPA during the previous grading period before the sport begins (including 8th grade) and each consecutive one after that (NCS 2090.1);
- Have completed 20 semester periods of work during the previous grading period (except the last semester of the eighth grade) (NCS 2090.2);
- Be currently enrolled in and passing at least 20 semester periods of work (four 95-minute blocks at WHS) (NCS 2091); and
- Be maintaining at least minimum progress toward graduation requirements.

IF A STUDENT ATHLETE DOES NOT HAVE AND MAINTAIN A 2.0 GPA, SHE/HE WILL NOT BE ALLOWED TO COMPETE. If an athlete falls below the required 2.0 GPA minimum, he or she may, **ONE TIME** in their four (4) years at Windsor High School, request an Athletic Eligibility Waiver. These forms are available from the Athletic Director or the main office and must be completed and approved **before** the athlete can compete. The contract requires a one-page, typewritten plan of action from the student as well as signatures from the student, parent, coach, athletic director, and principal. Once approved, the athlete will be provided with a copy of the Athletic Eligibility Waiver to present to the coach before competing.

To support athletes in maintaining the academic eligibility standards, we offer several resources and training to coaches, parents, and students. Please refer to the Parent Information section for more information.

Attendance

Students must attend at least two academic blocks the day of a game to be eligible to participate in interscholastic competition.

Transportation

Students must use the school's transportation to and from all activities when provided. Exceptions to this rule must be cleared **IN WRITING** with the appropriate district forms available from the main office, the Athletic Director and/or coaches. While using school transportation, athletes are expected to respect the supervision and authority of both coaches and driver(s) of the vehicle.

Awards

It is the tradition at Windsor High School that coaches hold an end-of-the-season banquet to distribute awards and celebrate the season. Athletes are honored with a certificate of participation, a pin, and, if applicable, a Block W letter. To earn a Block W letter, an athlete must have participated on a Varsity level team for at least 75% of the season. Awards are distributed to athletes who have completed all check-out procedures (i.e., paid fees, returned equipment).

My signature verifies that all relevant athletic policies of Windsor High School have been explained to me. I understand and accept the above criteria and the Code of Conduct as prerequisites to being allowed to participate on an athletic team. If I am unclear about any policies, it is my responsibility to contact my coach or athletic director.

Parent Signature Date

Athlete Signature Date

WHS ATHLETIC DEPARTMENT

Jeff Hardie, Athletic Director - (707) 837-7767 x2219
athleticdirectorwhs@gmail.com

To Whom It May Concern:

I _____, am aware that _____ will be
(Parent's Name) (Player's Name)
participating in Windsor High School athletics.

Please complete the Medical Insurance Verification and the Parents Consent form and have the Health Statement completed by your physician. Remember, this annual form **MUST** be completed and properly signed before your son/daughter can participate.

_____ Date _____ Parent or Guardian's Signature

Student's Name _____ Parent or Guardian _____

Student's Address _____

Name of Activity Athletics

Means of Transportation School Bus or Vans, or Private Car

Leaving: Date/Time/Place See Schedule Returning: Date/Time/Place See Schedule

Health Statement

Student's Name _____
Last First Middle Initial

I hereby certify that the above-named student is physically fit to engage in sports.

Physician's Signature Title Date State License No.

Has the student had any injury or physical condition that should be watched? _____

If yes, please list: _____

Medical Insurance Verification

Medical Insurance coverage is required. Supplementary Medical Insurance may be purchased at the school by students.

Company Name Policy Number

ATHLETIC PARTICIPATION WARNING TO STUDENTS AND PARENTS

By its very nature, competitive athletics may put students in situations where serious catastrophic and perhaps fatal accidents may occur.

Many forms of athletic competition result in violent physical contact among players, which may result in accidents, strenuous physical exertion, and numerous other exposures to injury.

Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks, or they choose not to participate. No amount of instruction, precaution, or supervision will totally eliminate all risk of injury. Just as driving an automobile involves choice of risk, athletic participation by high school students also may be inherently dangerous. The obligation of parents and students in making this choice to participate cannot be overstated. There have been accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairment as a result of athletic competition.

By granting permission for your student to participate in athletic competition, you the parent or guardian, acknowledge that such risk exists.

By choosing to participate, you, the student, acknowledge that such risks exist.

If any of the foregoing is not completely understood, please contact Windsor High School for further information.

This verifies that the undersigned have carefully read and understand the above warning to students and parents.

Parent/Guardian signature

Date

Student signature

Date

ATHLETE/COACH EJECTION POLICY NOTIFICATION FORM

The following rules and minimum penalties are applicable to players and coach as adopted by the NSC Board of Managers on April 21, 1995 in accordance with national federation rules. This policy will include non-league invitational tournaments, post-season, league, section or state playoff, etc.

1. Ejection of a player from a contest for unsportsmanlike dangerous conduct.
Penalty: the player shall be ineligible for the next contest (non-league, league, invitational/tournament/event post-season (league, section or state) playoff, etc.).
2. Illegal participation in the next contest by a player ejected in a previous contest.
Penalty: the contest shall be forfeited and the ineligible player shall ineligible for the next contest.
3. Second ejection of a player for unsportsmanlike or dangerous conduct from a contest during one season. **Penalty:** the player shall be ineligible for the remainder of the season.
4. When one or more players leave the bench (or dugout, etc.) to participate in an altercation. **Penalty:** the player(s) shall be ejected from the contest-in-question and become ineligible for the next contest (non-league, league, invitation tournament, post-season (league, section or state) playoff, etc.).

I have read and understand the rules and regulations of the ejection policy. Athletes may not participate in any contest until this document is filed with the school.

Student's Signature

Date

Parent's Signature

Date

STEROID POLICY

As a condition of membership in the CIF, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents, legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Bylaw 24).

By signing below, both the participating student athlete and the parents, legal guardian/caregiver hereby agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. We also recognize that under CIF Bylaw 200.D., there could be penalties for false or fraudulent information. We also understand that the Windsor Unified School District policy regarding the use of illegal drugs will be enforced for any violations of these rules.

Signature of Athlete _____ Date _____

Signature of Parent/Caregiver _____ Date _____

VERIFICATION OF INSURANCE FOR ATHLETIC PARTICIPATION

I certify that the named student is covered by insurance.

The name of the insurance company is _____ I hereby give authorization for my son/daughter to participate in athletics, including traveling with the coach to athletic events.

Signature of Parent/Caregiver _____ Date _____

VERIFICATION OF LEGAL RESIDENCE

I certify that the address listed here is the correct legal residence of the above student.

Street Address

City, State, Zip

Signature of Parent/Caregiver _____ Date _____

WINDSOR HIGH SCHOOL ATHLETIC PARTICIPATION EMERGENCY INSTRUCTIONS

Student Name _____
Last name
First name
Middle initial

Address _____

City _____ Zip Code _____ Phone _____

In case of illness or accident to the student named above, the school is authorized to proceed as indicated below. Number each item 1, 2, 3, 4 in order of desired action.

_____ Contact Mother _____ Phone _____
(Name)

_____ Contact Father _____ Phone _____
(Name)

_____ Contact Doctor _____ Phone _____
(Name)

_____ Contact Relative _____ Phone _____
or Neighbor
(Name)

I request that my child receive first aid services whenever such services are deemed necessary. I authorize that my child be attended by a licensed physician and/or taken to the nearest hospital in event that his/her condition deems it necessary. I will accept judgment of the person in charge. This permit is effective until I give a written notice of cancellation.

Please list any significant health problems that might be significant to a physician evaluating your child in case of an emergency. _____

 Signature of Parent/Caregiver Date

 Athletic Director Date

Medical Insurance Verification

Medical Insurance coverage is required. Supplementary Medical Insurance may be purchased at the school by students.

Company Name
Policy Number

Concussion Information Sheet

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:

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slow down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- 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 to 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:

“A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and for the remainder of the day.”

and

“A student-athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child’s coach if you think that your child may have a concussion.

Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

PROSPECTIVE COLLEGE ATHLETES

Grade 9:

Verify with the high school guidance counselor and the online course listing to make sure you are on track .

Grade 10:

Verify with your high school guidance counselor and the online course listing to make sure you are on track.

Grade 11:

1. Register with the eligibility center.
2. Make sure you are still on course to meet core course requirements (verify you have the correct number of core courses and that the core courses are on your school's 48-H with the eligibility center).
3. After your junior year, have your high school guidance counselor send a copy of your transcript. If you have attended any other high school, make sure the transcript is sent to the eligibility center from each high school.
4. When taking the ACT or SAT, request test scores to be sent to the eligibility center (code is "9999").
5. Begin your amateurism questionnaire.

Grade 12:

1. When taking the ACT or SAT, request test scores to be sent to the eligibility center (code is "9999").
2. Complete the amateurism questionnaire and sign the final authorization signature online on or after April 1, if you are expecting to enroll in college in the Fall Semester. If you are expecting to enroll in the Spring Semester, sign the final authorization signature on or after October 1 of the year prior to the enrollment.
3. Have your high school guidance counselor send a final transcript with proof of graduation to the eligibility center.