

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 a 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 at 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:

- He/She has been declared a legal truant (absent from school without a valid excuse or tardy in excess of thirty (30) minutes).
- He/She has 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).
- 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.
- He/She has 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. attend all regularly scheduled practices and games. Students may be excused for an approved absence or approved unexcused absence as defined by the Attendance Policy of the District. It is expected that pupils will attend practice and game 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 or game session after being in school will be defined as an unexcused absence. **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 the 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 to 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 academics. 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.

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

## PARENTS RULES & RESPONSIBILITIES

1. **Parents will not talk to a coach about playing time, any coach's decisions, another player. Parents will not coach any players during games or complain to or harass any referees. 1<sup>st</sup> offense = warning to parent and possible loss of 1 game playing time for student, 2<sup>nd</sup> offense = parent banned from being a spectator and/or removal of student from the team.**

a. Students may ask coaches how he/she can earn more playing time or reasons for not making a team.

2. Make sure your student has appropriate and timely transportation for all practices and contests.

3. Guide your child through the highs & lows of competition, and remember that **it's a game.**

4. *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.

## TRANSPORTATION OF STUDENTS TO EVENTS

1. 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 ALL LOCATIONS after each game or practice. Coaches will not arrange any transportation for players.

2. Students that do not show up to games due to transportation may be removed from the team.

3. Coaches will not leave the event location until all students have transportation from events. Any student still at the event 30 minutes after the conclusion of the contest will be suspended from the next contest, at the discretion of the coach.

## 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.** Administration may be consulted after speaking with the coaching staff.

4. All decisions by the athletic director/administration are final.

## HAZING/INITIATION RITUALS

Any athlete engaging, or having any part, in hazing or committing any act that injures, degrades, or disgraces any other person will be dismissed from the team and be ineligible for the remainder of the school year.

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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:

**Check all sports that you plan to participate in this school year.**

Jog-a-thon - ( ) All sports athletes participate

Fall - ( ) Girls' Volleyball ( ) Soccer- Coed ( ) Cross Country Running - Coed

Winter - ( ) Boys' and Girls' Basketball ( ) Wrestling - Coed

Spring - ( ) Boys' Volleyball ( ) 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  
Concussions                              Death

I understand and acknowledge that participation in these activities is completely voluntary and, as such, is 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, or during transportation to or from events.

I understand that transportation **WILL NOT BE PROVIDED for ANY EVENT.**

I acknowledge that there may be an admission cost (\$) for adults and children to any and all athletic events.

**CONCUSSION Information**

If a coach suspects that a player has sustained a concussion, the player will be removed immediately from any contest. A medical professional visit may be required before the player is allowed to participate again.

Symptoms of a concussion may include, but are not limited to: unequal pupil size, headaches, nausea, dizziness or balance problems, fatigue or feeling tired, not sleeping well, sensitivity to light and/or noise, mood changes, difficulty with memory and/or concentration.

Symptoms of a concussion may not appear until hours or days after the injury. If you suspect a concussion, please seek medical attention.

**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 \_\_\_\_\_

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 \_\_\_\_\_ School Insurance (available to buy)  
Coverage: (check one) \_\_\_\_\_ 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 REQUIREMENT**

In order for any student to participate in athletics, the student must have a physical examination from a doctor.

California Education Code section 49451 states that a parent may waive this requirement for an exam.

**Please complete ONE OF TWO choices in this box:**

Include a copy of a physical examination clearance for sports from a doctor dated within the last 6 months

**OR**

Read & Sign the waiver below this box stating you are not getting an exam for your child

**PHYSICAL EXAMINATION REQUIREMENT WAIVER**

I hereby request to exempt my child,

\_\_\_\_\_, from the physical examination requirement so that he/she may participate in after school sports at Salida Middle School, in accordance with 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 \_\_\_\_\_

We must have either option completed prior to your child's participation in any after school activity.

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