

# ANALY HIGH SCHOOL

## 2011-2012 ATHLETIC PARTICIPATION REQUIREMENTS

THE FOLLOWING INFORMATION **MUST** BE COMPLETED AND TURNED IN TO THE ATHLETIC DIRECTOR AT REGISTRATION OR THE HEALTH TECH DURING THE SCHOOL DAY, **BEFORE** CLEARANCE TO TRYOUT OR PRACTICE WILL BE GIVEN. THIS PACKET **MUST** BE HANDED TO THE ATHLETIC DIRECTOR OR HEALTH TECH **IN PERSON**.

**\*\*THESE FORMS NEED ONLY TO BE COMPLETED ONCE IN A SCHOOL YEAR\*\***  
(Athletes needing clearance for a second or third subsequent sport need only to bring the Athletic Contribution check to the Health Tech office during the school day.)

### ATHLETIC PARTICIPATION PACKET CHECK LIST

- PARENT/STUDENT READ AND SIGN GENERAL REGULATIONS. (Page 3)
- PROVIDE INSURANCE INFORMATION. (Page 3)
- PHYSICAL (REQUIRED **YEARLY** BY THE STATE OF CALIFORNIA DOCTOR OR NURSE PRACTITIONER ONLY. (Page 4-5)
- PARENT/STUDENT READ AND SIGN EJECTION POLICY/WARNING. (Page 6)
- EMERGENCY INFORMATION (Last 2 pages of packet. **DON'T FORGET TO SIGN FORMS**)

Due to severe cutbacks in WSCUHSD and California State funding for athletics, it is necessary to request a \$100 contribution per sport. **Contributions will be refunded to students who are cut from a team.** Please pick up your refund within 15 days of the final cut. After 15 days of final cut, refunds will not be approved. **NO EXCEPTIONS.**

- ATHLETIC CONTRIBUTION (\$ 100.00 PER SPORT) PLEASE MAKE CHECKS PAYABLE TO AHS ATHLETICS AND ATTACH TO THIS PACKET

**STUDENTS WILL NOT BE ALLOWED TO PARTICIPATE IN TRYOUTS OR PRACTICE UNLESS ALL OF THE ABOVE ITEMS ARE COMPLETED AND A CLEARANCE FORM IS ISSUED TO THEM MARKED "CLEARED FOR ATHLETIC PARTICIPATION."**

# 2011-2012 ATHLETIC PARTICIPATION REQUIREMENTS

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

**Only one set of athletic forms will be required for the entire school year  
Students must check in the Health Technician's office prior to tryouts in each sport.**

**\*Please answer the question at the bottom of this page before continuing**

***\*\*\*Please do not write in the following section\*\*\****

<b><u>Sport</u></b>	Date	Method of Payment	Physical Clearance	Academic Clearance	Probationary Qtr. Waiver	Transfer Eligib.
Cross Country B G						
Football						
Tennis B G						
Soccer B G						
Volleyball						
Wrestling						
Basketball B G						
Badminton						
Baseball						
Golf B G						
Softball						
Swimming B G						
Track B G						

**\*\*Have you attended any High School other than Analy in the past 12 months? Yes or No (circle one) if yes, you must see your Athletic Director for clearance.**

## NOTICE OF ATHLETIC TRANSFER RULES

Transferring from one school to another school may affect a student's athletic eligibility under NCS or CIF rules. It is your responsibility to see the school principal for a copy of the eligibility rules. Students who transfer as a result of disciplinary action are subject to the conditions of Bylaw 210 and may be ineligible for one calendar year from enrollment in your new school. Go to [www.cifncs.org](http://www.cifncs.org) for further information. Click on "Eligibility Bylaw Forms", then click on "Parent Handbook I – Transfer Eligibility."

### Summary of general C.I.F., N.C.S., S.C.L., and A.H.S. Regulations

#### **I. Scholastic Eligibility**

1. Each 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> grade student who earned less than **25 units** of work during the preceding semester, or had a GPA of less than 2.00 during the previous grading period shall be ineligible.
2. Each 12<sup>th</sup> grade student, who earned less than **20 units** of work or had a GPA of less than 2.00 during the previous grading period, shall be ineligible.
3. Academically ineligible students in grades 10-12 may use a one-time probationary quarter waiver which would make the student eligible until the next grading period. Probationary quarter forms may only be used for the 2.00 standard NOT FOR THE 25/20 UNIT REQUIREMENTS. Forms are available from the Athletic Director.
4. Summer school grades or units may be added to spring units to meet either the 25/20-unit requirement or the overall 2.00 GPA. (See Administrative Regulations)

#### **II. Citizenship and Behavior**

1. Any student placed on a probationary discipline contract is ineligible to participate in any extra-curricular activity.
2. Any violation of specific team/activity rules will be dealt with by the coach/advisor.
3. Any violation of school rules, or violation of civil or penal codes, may be dealt with by school officials. If a student violates any of the above rules, the following punishments will normally be instituted and s/he may be removed from participation in accordance with the guidelines below:
  - A. If the violation occurs on campus or at a school-sponsored or related event (at any time), the individual will be under the jurisdiction of the school authority with penalties in accordance with the school-board policy.
  - B. Conduct unbecoming a student-athlete and/or behavior, which reflects negatively on the school and/or the activity/sport at any time, whether on or off campus, can result in removal from that activity/sport or prevention from future participation in the program for up to 45 days. Determination will be made by the school administration in consultation with coaches and the Athletic Director. (Prior to the decision, the parents and participant will be provided an opportunity to present their position.)

#### **III. Recreation and/or Outside Teams**

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 the student's high school season of sport. Example: Girls' Softball and Bobby Sox, Church Team, Baseball and Little League etc. (Fall soccer is excluded from this rule)

#### **IV. Transportation**

1. California Education Code 35330 absolves schools from liability for student injury when students are participating in trips or excursions not required as part of the regular school instructional program. (California Education Code 35330, "All persons taking the field trip or excursion shall be deemed to have waived all claims against the district or the state of California for injury, accident, illness, or death occurring during or by reason of the field trip or excursion.")

2. All students must use the school's transportation to and from all activities when provided. Exceptions to this rule must be cleared in writing through the school administration prior to the event or the activity. Coaches may permit the participant to ride home with his/her parent or guardian.

3. Although the coach is responsible for the conduct of the group while on trips, the driver of the vehicle is the paramount authority on a school bus and all students must respect that authority.

4. With the recommendation of the Head Coach and approval of the Principal or designee, an athletic team may meet at a contest, practice session or other team event rather than travel in transportation arranged by the school. The "meet at the event" transportation option shall only be utilized for contests, practice sessions or other team events within a 40-mile driving distance of the school.

When an athletic team uses the "meet at the event" transportation option, the parent or guardian of the student participating with the team shall assume all resulting liability, and neither the West Sonoma County Union High School District nor any school in the District shall assume any liability resulting from that transportation.

The following shall apply when an athletic team uses the "meet at the event" transportation option:

- (1) Team members and their parents or guardians must arrange and provide their own "meet at the event" transportation to and from the event.
- (2) Coaches and school staff shall have no role in arranging "meet at the event" transportation, including ride shares, car pools, etc.
- (3) School phones, email or other communication systems shall not be used to arrange "meet at the event" transportation.
- (4) Coaches and school staff shall not transport students in their vehicles when using the "meet at the event" transportation option.
- (5) Drivers and passengers are expected to obey all driving laws and practice safe driving habits at all times while providing "meet at the event" transportation for students.

#### **V. Outstanding Bills**

Student-Athletes are financially responsible for all textbooks, equipment, or uniforms issued by the school. Student-athletes must pay all bills for lost or stolen materials prior to participation in any sport.

#### **VI. Awards/Student Body Cards**

Student-athletes must complete the entire season, abide by minimum team participation standards, and purchase a STUDENT BODY CARD to receive an Analy High School block or award.

#### **VII. Activity Attendance Policy**

On the day of or the Friday preceding a Saturday athletic contest or practice, student-athletes must be present for the majority of their scheduled school hours. Exceptions may be made if the student is specifically cleared IN ADVANCE OF THE ABSENCE by the Principal, VP or Director of Athletics.

**VIII. Steroids**

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 524).

By signing this form, 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 Analy High School/WSCUHS District policy regarding the use of illegal drugs will be enforced for any violations of these rules.

**This verifies that the undersigned have carefully read and understand the rules stated above and agree to abide with the spirit of this agreement as stated or implied. My child has permission to travel on transportation arranged by the school, including a bus or district-approved driver. I understand that parents or guardians are responsible for providing transportation when the team if the “meet at the event” transportation option.**

\_\_\_\_\_

**Parent / Guardian Signature**

\_\_\_\_\_

**Date**

\_\_\_\_\_

**Student Signature**

\_\_\_\_\_

**Date**

**VERIFICATION OF INSURANCE FOR ATHLETIC PARTICIPATION**

By signing below, I/We certify that the named student is covered by insurance and give authorization to the student to participate in athletics at Analy High School.

I/We have either purchased the extra insurance for football coverage offered through the school, or I am satisfied with the coverage that my insurance provides.

**INSURANCE CARRIER** \_\_\_\_\_

**POLICY #** \_\_\_\_\_

\_\_\_\_\_

**Parent/guardian signature**

\_\_\_\_\_

**Date**



# Preparticipation Physical Evaluation

## PHYSICAL EXAMINATION

Name \_\_\_\_\_ Date of birth \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ % Body fat (optional) \_\_\_\_\_ Pulse \_\_\_\_\_ BP \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_ (\_\_\_\_\_/\_\_\_\_\_, \_\_\_\_/\_\_\_\_)

Vision R 20/ \_\_\_\_\_ L 20/ \_\_\_\_\_ Corrected: Y N Pupils: Equal \_\_\_\_\_ Unequal \_\_\_\_\_

	NORMAL	ABNORMAL FINDINGS	INITIALS*
<b>MEDICAL</b>			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			
<b>MUSCULOSKELETAL</b>			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand			
Hip (thigh)			
Knee			
Leg/ankle			
Foot			

\*Station-based examination only

## CLEARANCE

Cleared

Cleared after completing evaluation/rehabilitation for: \_\_\_\_\_

Not cleared for: \_\_\_\_\_ Reason: \_\_\_\_\_

Recommendations: \_\_\_\_\_

Name of physician (print/type) \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Signature of physician \_\_\_\_\_, MD, Do, PAC, RNP, or DC

**ATHLETE/COACH  
EJECTION POLICY NOTIFICATION**

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 will include non-league invitational tournaments, post-season, league, section or state playoff, etc.

1. Ejection of a player from a contest for unsportmanlike 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 unsportmanlike 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.

Coaches are responsible for determining the cause of ejection for any of their players and are responsible for enforcement of the Ejection Policy. Confusion over the cause for a player's ejection shall not be the basis for allowing a student who has been ejected under an applicable rule to avoid the sanctions required by the Ejection Policy.

**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 Athlete's Signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Parent's Signature**

\_\_\_\_\_  
**Date**

**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 chose 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 is 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 signing this form and 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 Analy High School for further information.

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

\_\_\_\_\_  
**Parent/Guardian signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Student signature**

\_\_\_\_\_  
**Date**

**ANALY HIGH SCHOOL  
ATHLETIC PARTICIPATION EMERGENCY INSTRUCTIONS**

Student Name \_\_\_\_\_  
*last name* *first name* *Date of Birth*

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)

Email: \_\_\_\_\_

\_\_\_\_\_ Contact Father \_\_\_\_\_ Phone \_\_\_\_\_  
(Name)

Email: \_\_\_\_\_

\_\_\_\_\_ 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 the event that his/her condition deems it necessary. I will accept the judgment of the person in charge. This permit is effective until a written notice of cancellation is given by me.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

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

\_\_\_\_\_

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**ANALY HIGH SCHOOL  
ATHLETIC PARTICIPATION EMERGENCY INSTRUCTIONS**

Student Name \_\_\_\_\_  
*last name* *first name* *Date of Birth*

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)

Email: \_\_\_\_\_

\_\_\_\_\_ Contact Father \_\_\_\_\_ Phone \_\_\_\_\_  
(Name)

Email: \_\_\_\_\_

\_\_\_\_\_ 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 the event that his/her condition deems it necessary. I will accept the judgment of the person in charge. This permit is effective until a written notice of cancellation is given by me.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

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

\_\_\_\_\_