



Student Name:	
Grade:	
Sport:	

You may only try out for one sport per person. Once you are named to a team roster, you may not try out for another sport during that same season.

Athletes' Participation Packet

2013-2014

- This entire packet must be completed and given to your coach on the first day of tryouts. If you do not have it complete, you will not be allowed to try out until it is complete.
- This packet requires many signatures, including yours and your parents.
- The ***last*** signature to be obtained is from Dr. Blade. After she signs it, you are to take it to your coach on the first day of tryouts.
- Do not leave this packet to the last day or two; you will not have it done before the first day of tryouts if you procrastinate.
- Make an extra copy of your physical for your records.

Due to Dr. Blade for her signature by:

Fall Sports:	Monday, August 5, 2013 by 12:45 PM
Winter Sports:	Tuesday, November 12, 2013 by 12:45 PM
Spring Sports:	Tuesday, February 18, 2014 by 12:45 PM

Please review this packet carefully. As previously mentioned, this packet requires many signatures, and for your convenience, we have highlighted all of the areas in which a signature is required.



Name _____ Grade _____

CIF Athlete Eligibility Form

I am trying out for the following team
(1 per season of sport):

FALL TEAMS (circle one):	Cross Country	Golf	Tennis	Volleyball
WINTER TEAMS (circle one):	Basketball	Soccer		
SPRING TEAMS (circle one):	Gymnastics	Track & Field	Swim & Diving	Softball

1. GRADE POINT AVERAGE: 2.0 or higher and not on Academic Probation; no F's and no more than 1 D for last grading period.	LAST GRADING PERIOD GPA	SIGNATURE Ms. Wiedower, Mrs. Prantil or Mrs. Lomeli
2. ATTENDANCE	SIGNATURE Mrs. Meador, Ms. Wiedower, Mrs. Prantil or Mrs. Lomeli	
3. CITIZENSHIP: No more than two comments (#16, 17, 25, 45, 49, and 67) in the current grading period.	SIGNATURE Mrs. Prantil or Mrs. Lomeli	
4. CURRENT PHYSICAL FORM ON FILE	DATE OF PHYSICAL	SIGNATURE Mrs. Prantil or Mrs. Lomeli

NOTE: Physical MUST be less than a year old from the first day of try-outs for the sport for which you wish to try-out.

5. **DISCIPLINE BOARD:** No major infractions and less than two minor infraction "appearances" before the Board. ****YOU MAY NOT BE ON DISCIPLINARY PROBATION AND TRY OUT FOR A TEAM ****

Mrs. Lazar or Discipline Board Representative

6.	Student's Signature	Date
7.	Parent's Signature	Date
8.	Dr. Blade, Director of Athletics (<u>LAST SIGNATURE OBTAINED</u>)	Date

****This form and packet must be completed and given to your coach on the first day of try-outs.***

YOU WILL NOT BE ALLOWED TO TRY-OUT IF YOUR COACH DOES NOT HAVE THIS FORM AND THE ENTIRE PACKET.



PAYMENT AND EXPECTATIONS

After an athlete has been named to a team, she is expected to pay two fees:

- \$240 is for a participation fee. This check is cashed.
- The second check is for \$150 and it is a uniform, equipment, etc., deposit fee. It is not cashed and it is returned to the parent/guardian at the conclusion of the season if all gear is turned in on time.

These two checks are due on the evening of the Parent meeting.

Those meetings will be held on:

- Wednesday, August 21, 2013 (Fall Sports)
- Monday, November 25, 2013 (Winter Sports)
- Monday, March 3, 2014 (Spring Sports)

@ 6:30PM in the Theater.

This parent meeting is mandatory for all parents whose daughter has been named to an OLP CIF sports team.

Once an athlete is rostered to a team, the parents/guardians are encouraged to read the *Parent/Coaches/Athletes Handbook*, which is available through Edline.

These fees are NOT due on the day of tryouts. Fees are ONLY paid after the student has been rostered to a team.



PLEASE READ

The following physical examination form is to be on file in the Front Office prior to tryouts.

The physical **must** be less than one year old at the time of tryouts.

The physical must be in effect for the entire season.

A current physical is required by state law.



Name _____ Expiration Date _____

All freshmen and transfer students MUST have a ****current** physical on file no later than the FIRST day of school. If student does not have a completed physical form on file she WILL NOT BE ALLOWED to participate in any co-curricular activities or her Physical Education class (State Code 3381). Non participation in Physical Education class may affect her grade.

**** Current physical dated no earlier than:**

FALL: Monday, August 5, 2013

WINTER: Tuesday, November 12, 2013

SPRING: Tuesday, February 18, 2014

**** PHYSICAL MUST BE VALID TO THE END OF THE SEASON**

PHYSICAL FORM

NAME:		SPORT(S):	
BIRTH DATE:		AGE:	GRADE:
HEIGHT:		WEIGHT:	
BLOOD PRESSURE:		PULSE:	RESPIRATIONS:
VISION R	VISION L	CURRENTLY USING CORRECTIVE LENSES: <input type="checkbox"/> YES <input type="checkbox"/> NO	

BINOCULARITY	NORMAL _____	ABNORMAL _____
DENTAL EVALUATION	NORMAL _____	ABNORMAL _____
CARDIOVASCULATORY	NORMAL _____	ABNORMAL _____
RESPIRATORY	NORMAL _____	ABNORMAL _____
HEAD/NECK/LYMPHATICS	NORMAL _____	ABNORMAL _____
EARS/NOSE/THROAT	NORMAL _____	ABNORMAL _____
GASTROINTESTINAL	NORMAL _____	ABNORMAL _____
GENITAL-URINARY	NORMAL _____	ABNORMAL _____
MUSCOLO-SKELETAL	NORMAL _____	ABNORMAL _____
NEUROLOGICAL	NORMAL _____	ABNORMAL _____
PUPIS	EQUAL _____	UNEQUAL _____

I certify that the foregoing information has been reviewed and the above-named individual has been given a physical examination covering the above information. The above-named individual is:

<input type="checkbox"/>	withheld from participation (explain)	
<input type="checkbox"/>	limited participation (explain)	
<input type="checkbox"/>	cleared for unlimited participation	

MEDICATION STATEMENT

It is deemed medically necessary for this student to carry medication/inhaler on her person.

Name of medication 1:	Dosage:
Name of medication 2:	Dosage:
Condition(s) needing medication:	
Is student under physician care at this time?	If yes, for what?
PHYSICIAN'S SIGNATURE	DATE
PRINTED NAME AND BUSINESS PHONE NUMBER	LICENSE NUMBER

Have you ever had or have you now any of the following:

* YES	NO	CONDITION	* YES	NO	CONDITION
		ADD/ADHD			Irregular menstrual cycle
		Allergies (drug, food, etc)			Joint dislocations
		Asthma			Kidney stone or bloody urine
		Broken bones			Kidney or bladder infection
		Diabetes			Ligament injuries
		Dizziness or fainting spells			Missing organs
		Epilepsy or seizures			Mononucleosis
		False teeth or bridges			Muscle cramps
		Family history of heart disease			Other injuries
		Head injury or concussion			Painful menstrual periods
		Headaches			Rheumatic fever
		Hearing/Speech disorder			Seizures
		Heart murmur/abnormal heart beat			Sports injuries
		Heat illness, treated or hospitalized			Stomach trouble or ulcer
		Hepatitis/yellow jaundice			Sudden death in family before 55
		High blood pressure			Surgeries
		History family diabetes			Unconsciousness or blackouts
					Wears contact lenses/glasses

* If necessary, please attach any explanation regarding a "yes" in any of the above categories. Please submit copy of immunization record, including last booster & 2nd MMR (unless of file).

Please list any other past or present diseases, disorders or injuries requiring a physician's treatment and/or medical attention include approximate dates: _____

To the best of my knowledge, the medical history provided herein is correct and complete. I know of no reason, not recorded herein, to restrict activity. In case of injury, I hereby give my consent for my daughter to have initial treatment by a hospital physician, team physician or whatever treatment is deemed necessary. This permission includes emergency surgery and admission to the hospital in addition to drugs.

I hereby give permission for my daughter to carry and self-administer the medication/inhaler _____

Name of Medication

She is deemed responsible for its use and is aware it may not be used by others. I assume responsibility for its use, releasing AOLP from any legal responsibility.

--

PARENT/GUARDIAN SIGNATURE

HOME PHONE:	BUSINESS PHONE:
CELL/FATHER:	CELL/ MOTHER:
FAMILY PHYSICIAN:	PHONE:

**THIS COMPLETED FORM IS VALID FOR CIF ATHLETICS ONLY IF DATED
LESS THAN ONE YEAR FROM FIRST DAY OF TRY-OUTS.**

(State law requires that every new student have a current physical form in the school files by the first day of school (SC code 3381)).



Parent/Athlete/Coach Communication Guide

Our Philosophy:

- Athletic achievement requires sincere commitment from all athletes, parents, coaches, and administrators. For all of us to be successful, effective communication must occur.
- The school athletic department and administration believe strongly in being accessible to parents and supportive of the coaching staff.
- We are continually attempting to improve communication with students and parents. For our programs to be truly successful, it is necessary that everyone understand the focus and direction of the program.

Your expectations:

- A. It is reasonable to expect your daughter's coach to inform you:
1. When and where practices and contests are held.
 2. About his/her coaching philosophy.
 3. About the expectations he/she has for all athletes on the squad as well as your daughter.
 4. What is required to be a part of the team, i.e., fees, special equipment, off-season conditioning, lettering requirements.
 5. If your child is injured during participation in a practice or contest.
 6. Whenever any disciplinary action results in your daughter being denied participation in a practice or contest.
- B. Typical concerns of parents that are **appropriate** to discuss with a coach are:
1. Any unhealthy mental or physical strain you detect in your daughter at home (especially when it affects her academic performance).
 2. How you can contribute to your daughter's skill improvement and development.
 3. Any dramatic changes you detect in your daughter's behavior.

Our Expectations:

- A. It is **inappropriate** to discuss with a coach:
 - 1. Playing time
 - 2. Team strategy or play calling.
 - 3. Other student athletes.
- B. Coaches often need parents to tell them about:
 - 1. Any specific health concerns about your daughter expressed directly and informally to the head coach at a mutually convenient time.
 - 2. Notification of any schedule conflicts well in advance.
 - 3. Your commitment to the program, and how you plan to make a contribution to the program's success. For example, one way is to be sure your daughter is at the practice each day on time and to ensure that your daughter gets enough rest and nutrition at home.
 - 4. Strategies that have worked for you to assist your daughter in being successful.
- C. If you have a concern to discuss with a coach, what procedure should you follow?
 - 1. Make an appointment with the coach. Never approach the coach after a game.
 - 2. Please do not attempt to confront a coach before, during, or following a contest or practice. These can be busy and emotional times for both the parent and the coach and this period does not promote objective analysis of the situation.
- D. What should you do if the meeting with the coach does not result in a mutually satisfactory resolution to the problem?
 - 1. Call and set up an appointment with the Athletic Director to discuss the situation.
 - 2. At this meeting, the appropriate next step will be determined.

PLEASE SIGN BELOW

Please sign below to confirm that you have read, understood, and agreed to the code of conduct standards set by OLP. This form must be returned and kept on file with the Department of Athletics before your daughter's first athletic contest.

Athlete's Signature

Date

Athlete's Printed Name

Sport

Parent/Guardian's Signature

Date

Parent/Guardian's Printed Name



ATHLETE'S AGREEMENT

I understand and agree to the following:

- a) I must have at least a 2.0 G.P.A. in the grading period prior to my participation. I may not have any F's or more than one D.
- b) My citizenship must be satisfactory. Two (2) citizenship comments (# 16, 17, 25, 45, 49 and 67) from the previous grading period will result in automatic ineligibility.
- c) I may not be on academic or disciplinary probation.
- d) The OLP Athletic Department does not tolerate the use of alcohol, tobacco, steroids or drugs. Use and/or possession will result in my being banned from all athletic participation. All connections with their usage is to be avoided.
- e) The Varsity, Junior Varsity and 9th Grade letter awarded is a symbol of my contribution in the field of athletics at the Academy and remains the property of the school until my graduation; the wearing of the letter carries certain responsibilities. This privilege may be withdrawn at any time by the school authorities.
- f) As a representative of the Academy of Our Lady of Peace, my deportment and sportsmanship reflect the school philosophy. Behavior contrary to the school philosophy may result in my being banned from all athletic participation.
- g) To attend all practices and games and be on time.
- h) To accept responsibilities of team membership: cooperation; shared responsibilities; positive interaction; mutual respect for my coaches, teammates, opponents, and officials.
- i) I may not be tested, evaluated or attend a tryout of any professional team without approval of the Principal.
- j) Serious, catastrophic injury may result from any athletic participation. A handicapping injury or death may occur even under optimum conditions (equipment, coaching techniques, and playing surfaces).



- k) I understand fully the regulations stated above and realize that failure to comply could result in my dismissal from participation in the Academy's athletic program.
- l) I agree to abide all CIF Conference Policies and Rules, including the CIF Ethics in Sports and Victory with Honor Program.
- m) To be an intense competitor at all times.
- n) I understand that hazing of any sort is illegal. Hazing may include mental, verbal and physical acts. I agree to never enter into any act of hazing.
- o) I understand that I am to return all gear issued to me. I realize that I will be charged for any lost uniform item or lost equipment.

I agree to participate under the above-stated conditions and understand the risk of serious injury to myself as a result of athletic participation. I understand that participating in OLP Athletics is a privilege.

Date

Athlete's Printed Name

Athlete's Signature

Date

Parent/Guardian's Printed Name

Parent/Guardian's Signature



Participation Fee

To: Parents and Athletes

From: Melinda Blade, Ed.D., Athletic Director

Rationale

The payment of a participation fee is necessary for the Athletic Department to continue to offer this activity as part of the athletic program. This fee must be paid (or an arrangement for payment) by the first day of participation by the parent/athlete.

Guarantee

The payment of this fee **does not** guarantee the athlete will participate in every scheduled competition. Athletes who quit or are dismissed from the team for disciplinary reasons **will not** have the Participation Fee refunded.

Fee

The fee for this activity is \$240. The participation fee for the 3rd sport in one year is \$100. Please make all checks payable to Academy of Our Lady of Peace.

Pledge

We fully understand that the Participation Fee allows my daughter to participate as a member of an OLP team. We pledge to fulfill our obligation and responsibilities associated with this Participation Fee as stated in the rationale above.

Parent/ Guardian's Signature

Date

I understand and acknowledge the above statements.

Student's Signature

Date

Student's Printed Name

Date



CIF-San Diego Section
 6401 Linda Vista Road, Room 504
 San Diego, CA 92111
 Phone 858-292-8165
 Fax 858-292-1375
 www.cifsd.org

ETHICS IN SPORTS (ATHLETE-PARENT/GUARDIAN/CAREGIVER) – 2013-2014
 (Revised 03/9)

I. POLICY STATEMENT

- It is the mission of the California Interscholastic Federation, San Diego Section (CIFSDS) to promote high standards of sportsmanlike and ethical behavior in and around athletic contests played under its sanction and, in life, in general. Citizenship, Integrity, and Fairness are embodied in that mission. CIF and CIFSDS contests must be safe, courteous, fair, controlled, and orderly for the benefit of all athletes, coaches, officials, and spectators, and behavior by all involved at all times should manifest the highest standards of conduct.
- It is the intent of the section membership that poor sportsmanship, unethical behavior, and violence, in any form, will not be tolerated in athletic contests or practices. In order to enforce this policy, the membership, through its Board of Managers, has established rules and regulations.
- Coaches assume the responsibility to teach and demand high standards of conduct of their athletes both on the field of play and in everyday life, in season and out of season.
- It is the school principal's responsibility to enforce all CIFSDS rules and regulations and to demand high standards of conduct from coaches, athletes, parents/guardians, and spectators. The principal shall demand strict adherence to all the CIF State and CIFSDS rules, regulations, and procedures.
- **Participation in interscholastic athletics and section playoffs is a privilege.**
- The CIFSDS Board of Managers requires that the following Code of Ethics be issued to and signed by each student-athlete, parent, coach, and officials' association. Penalties for failure to submit a signed Code of Ethics are:

1. Athlete	Ineligibility for participation in CIF-San Diego Section athletics
2. Coach	Restricted from coaching in CIF-San Diego Section contests
3. Officials Association	Not approved to officiate in the CIF-San Diego Section
4. Parent	Prohibition/Removal from attendance at CIF or CIFSDS event
- **Failure to abide by the standards of behavior as agreed will result in a penalty up to and including disqualification to participate.**

II. CODE OF ETHICS FOR STUDENT-ATHLETE, PARENT/GUARDIAN/CAREGIVER, COACH, CONTEST OFFICIAL

- A. Comply with the six pillars and 16 Principles of the Pursuing Victory with Honor program (on reverse side).
- B. Be courteous at all times with school officials, opponents, game officials, and spectators.
- C. Exercise self-control.
- D. Know all rules of the contest, of CIF State, and the CIFSDS and agree to follow the rules.
- E. Show respect for self, players, officials, coaches, and spectators.
- F. Refrain from the use of foul and/or abusive language at all times.
- G. Respect the integrity and judgment of game officials.
- H. An athletic director, sports coach, school official or employee or booster club/sport group member may not provide any muscle-building nutritional supplements to student-athletes at any time. A school may only accept an advertisement, sponsor, or donation from a supplement manufacturer that offers only non-muscle building nutritional supplements. A school may not accept an advertisement sponsorship or donation from a distributor of a dietary supplement whose name appears on the label. Permissible non-muscle building nutritional supplements are identified according to the following classes: Carbohydrate/electrolyte drinks; energy bars, carbohydrate boosters, and vitamins and minerals. (Revised - Federated Council May 2007.)
- I. **Win with character; lose with dignity.**

Accept consequences of conduct deemed inappropriate or in violation of rules.

I have read, understand, and accept the Policy Statement, Code of Ethics, The Pillars and Principles of Pursuing Victory with Honor, and the Violations, Minimum Penalties, and Appeal Process (on attached page) of the CIF-San Diego Section **ETHICS IN SPORTS** Policy. I agree to abide by this policy while participating and/or being a spectator at CIFSDS athletic events regardless of contest site or jurisdiction.

Signature – Athlete	Printed Name	Date
Signature – Parent/Guardian/Caregiver	Printed Name	Date

PURSUING VICTORY WITH HONOR

SIX PILLARS OF CHARACTER

TRUSTWORTHINESS

RESPECT

RESPONSIBILITY

FAIRNESS

CARING

GOOD CITIZENSHIP

SIXTEEN 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.”
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 pressure 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 student 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 and CPR. 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 programs must actively prohibit the use of alcohol, tobacco, drugs, and performance-enhancing substances, as well as 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 interference or influence of commercial interests. In addition, sports programs must be prudent, avoiding undue financial dependency on particular companies or sponsors.
16. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimension 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.

VIOLATIONS, MINIMUM PENALTIES, AND APPEAL PROCESS

(Applicable to players and coaches from time of departure for contest until time of return.)

ACT

1. Behavior resulting in ejection of athlete or coach from contest

MINIMUM PENALTIES*

EJECTION POLICY:

Any coach, team attendant, or spectator ejected by a contest official from any contest for any reason, at any level, is suspended indefinitely from participation, practice, or attending (site and sound) any sports contest, until the first of the following occurs: the ejected person serves the tentative penalty recommended by the commissioner; or a meeting is held among the school administration, coach, player, and custodial parent(s)/guardian(s) with CIFSDS staff member(s) to discuss and impose an appropriate penalty which is served before participation resumes.

Any player ejected by a contest official from any contest for any reason is suspended from participation in the next contest(s) until the tentative penalty recommended by the commissioner is served; or a meeting is held among the school administration, coach, player, and custodial parent(s)/guardian(s) with CIFSDS staff member(s) to discuss and impose an appropriate penalty which is served before participation resumes. **Players are permitted to practice with the team and attend contests, but not in game uniform, during the period of suspension. (Approved June 3, 2008, Board of Managers).** Meetings will be scheduled at a time to be announced. There is no appeal of the Commissioner's decision. Telephonic and electronic meetings are not permitted.

Additionally, any person ejected (coach, player, spectator) is required to attend a CIFSDS Ethics In Sports Sportsmanship Meeting, which will be held at a time to be announced. Failure to attend the sportsmanship meeting will result in immediate suspension of athletic eligibility or attendance (site and sound) at contests or practices until such time as the ejected person attends a Sportsmanship Meeting. (Approved June 7, 2005, Board of Managers).

2. Illegal participation in next contest by athlete ejected from previous contest.

Ineligibility for remainder of season for athlete. A written appeal may be made by the individual or school to the commissioner.

A coach, who permits participation by a player ejected from a previous contest, knowingly violates a CIF or San Diego Section rule, and penalty may include a sanction to the school, coach, or suspension of membership.

3. Second ejection of athlete or coach from any contest during one season.

Ineligibility of athlete for remainder of season or suspension of coach for remainder of season. A written appeal may be made by the school principal within two school days to the commissioner for reduction of penalty. Official to make report by the next school day to the commissioner.

4. When an athlete leaves the bench area or fielding position to begin a confrontation or leaves the bench area or fielding position to join an altercation.

Ejection from the contest for those designated by the official, ineligibility for the next contest, probation for remainder of season. Those players involved are later identified, ineligible for next contest and probation for remainder of season. A written appeal may be made by the individual(s) or school to the commissioner. Official to make report by the next school day to the commissioner.

A similar infraction of this act by the same athlete(s) during the same season will result in termination of the season for the athlete(s) concerned. A written appeal may be made by the school principal to the Commissioner.

5. When more than two athletes leave the bench area or fielding position to begin a confrontation or leave the bench area or fielding position to join an altercation.

Contest will be stopped by officials and coaches. Ejection from the contest for those athlete(s) designated by the officials. The team(s) that left the bench area must forfeit the contest, record a loss, and the team(s) and player(s) placed on probation for the remainder of the season. A written appeal may be made by the school(s) principal to the commissioner. A second infraction will result in cessation of the season for the team(s) and/or athlete(s). A written appeal may be made by the school(s) principal to the commissioner. Official to make report by the next school day to the commissioner.

If the act occurs in the CIF-San Diego Finals, and both teams are charged with a forfeit, there will be no champion. A written appeal may be made by school(s) principal to the commissioner. Official to make report by the next school day to commissioner.

6. Other acts committed by individuals or teams or acts committed at end of season.

Commissioner, as authorized by Green Book, to determine and implement penalties up to and including career suspension for individuals and following year penalties for teams.

7. Use of an ineligible player in a contest.

If a team uses an ineligible player in a contest(s), the contest(s) shall be forfeited. The number of forfeited contest(s) exceeds the maximum permitted in accordance with the CIFSDS Forfeit Policy (see Green Book) the team shall be excluded from CIFSDS playoffs.

If an ineligible individual is permitted to participate in an individual sport, that individual is excluded from playoffs, and the school is subject to penalties for a willful violation of a rule.

*Commissioner, as authorized by Green Book, may determine and implement additional penalties up to and including career suspension for individuals and following year penalties for teams.



Academy of Our Lady of Peace

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:

- | | |
|--|---|
| <ul style="list-style-type: none"> • 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 slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns | <ul style="list-style-type: none"> • 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



Academy of Our Lady of Peace Concussion Information Sheet

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



PARENT'S PERMISSION FORM FOR STUDENT'S ATHLETIC PARTICIPATION IN CIF SPORTS

We, the undersigned parents/guardians of _____
(Print name of student, her grade and sport)

ask that our daughter be allowed to participate in CIF SPORTS.

I/We agree to release, indemnify and hold harmless the Academy of Our Lady of Peace, its teachers, chaperons, counselors and coaches from any liability including negligence of the Academy of our Lady of Peace and claims for loss, damage, injury, accident, or irregularity or delay in connection with the CIF SPORTS.

For and in consideration of permitting the above named child to participate in the activity described above, the undersigned hereby voluntarily releases, discharges, waives and relinquishes any and all actions or causes of action for personal injury, bodily injury, property damage or wrongful death occurring to the above named child arising in any way whatsoever as a result of engaging in said activity or any activities incidental thereto wherever or however the same may occur and for whatever period said activities may continue.

The UNDERSIGNED HEREBY ACKNOWLEDGES THAT HE/SHE KNOWINGLY AND VOLUNTARILY ASSUMES ALL RISKS OF BODILY INJURY TO HIS/HER CHILD, as states, and expressly acknowledges his/her intention, by executing this instrument, to exempt and relieve the Academy of Our Lady of Peace, its officers, agents, and employees, from any liability for personal injury, bodily injury, property damage or wrongful death that may arise out of or in any way be connected with the above-described activity. I have read the foregoing and have voluntarily signed this agreement. I am aware of the potential risks involved in this activity and I am fully aware of the legal consequences of signing this instrument.

The undersigned has/have consented to the above named student's participation in CIF SPORTS by executing the ATHLETIC EMERGENCY CARD (attached).

I understand and acknowledge the above statements. I hereby give consent for the above names to participate in CIF SPORTS and I give permission for medical treatment.

Parent/Guardian Signature

Parent/Guardian Printed Name

Date

Date

STUDENT'S NAME _____ AGE _____

GRADE (as of Fall 2013): _____ BIRTH DATE: _____/_____/_____

(OVER)

ATHLETIC EMERGENCY CARD

(I) (We), the undersigned, parent(s), and/or legal guardian of:

STUDENT'S NAME _____ AGE _____ DATE OF BIRTH _____

a minor, do hereby authorize the Academy of our Lady of Peace Coaching Staff, as agents for the undersigned to consent to any x-ray examination, anesthetic, medical or surgical diagnosis or treatment and hospital care which is deemed advisable by, and is to be rendered under the general or special supervision of any physician and surgeon licensed under the provisions of the Medicine Practice Act, whether such diagnosis or treatment is rendered at the office of said physician or at said hospital. I also authorize evaluation and first aid treatment of interscholastic injuries on the field.

It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care being required but is given to provide authority and power on the part of our aforesaid agent(s) to give specific consent to any and all such diagnosis, treatment or hospital care which the above mentioned physician in the exercise of his/her best judgment may deem advisable. This authorization is given pursuant to the provisions of Section 25.B of the Civil Code of California.

This authorization shall remain effective until completion of the OLP CIF SPORTS PROGRAM or unless sooner revoked in writing delivered to said agent(s).

FATHER:	CELL PHONE: ()	DAY PHONE: ()
MOTHER:	CELL PHONE: ()	DAY PHONE: ()
LEGAL GUARDIAN:	CELL PHONE: ()	DAY PHONE: ()

EMERGENCY/CONTACT:

NAME:	CELL PHONE: ()
DAY PHONE:	RELATIONSHIP:

List any known health considerations, allergies, etc.: _____

List of current medications being taken: _____

FAMILY PHYSICIAN:	PHONE NUMBER:
HOSPITAL PREFERENCE:	

PARENT'S INSURANCE SECTION: (Required by Education Code, Section 32220-3224)

My medical coverage policy for at least \$1,500 and is issued by:

Name of Insurance Company	Policy/Certificate Number

I/WE further assure that the insurance policy or policies remain current and are in force during the time the above named student performs any function during the OLP CIF SPORTS PROGRAM, 2013-2014. I will notify the school should my insurance coverage change during the season of sport.

I/WE also agree to indemnify and hold the Academy of Our Lady of Peace harmless against responsibility for insurance coverage required under the aforementioned legal sections. By signing this statement, I agree to accept responsibility for all medical costs for injuries sustained by the above-named student while participating in the OLP CIF SPORTS PROGRAM.

Parent/ Guardian Printed Name	Parent/ Guardian Signature

(OVER)



WEIGHT ROOM USAGE

I agree to release, indemnify and hold harmless the Academy of Our Lady of Peace, Board of Directors and the Sisters of St. Joseph, from any liability and claims of whatever nature of loss, damage, injury, or accident arising from recreational use of weight equipment at OLP during the CIF SPORTS, 2013-2014.

I DECLARE UNDER PENALTY OF PERJURY THAT ALL OF THE ABOVE INFORMATION IS TRUE AND CORRECT:

Date

Parent / Guardian Signature

Address (street)

Parent / Guardian Printed Name

Address (City, State, Zip)

Telephone (Work)

Telephone (Home)

Telephone (Cell)