

2015-2016



VMHS
ATHLETIC
PARTICIPATION
HANDBOOK

Please read entire handbook and sign all signature pages

Turn in **ALL SIX SIGNATURE** pages to the office of the Athletic Director.
Do not turn the pages in to the main office or to your coach.

Coley Candaele, Athletic Director
VISTA MURRIETA HIGH SCHOOL
28251 Clinton Keith Road
Murrieta, California 92563

Athletic Office (951) 894-5750 ext. 6781
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www.vmhs.net

Participation in Athletics is a Key to Success

At Vista Murrieta, we have high expectations for our student-athletes as they represent our school in competition and in the community. According to a recent article in the *National Federation of High School News*, there are three core benefits that make athletic participation a key to student success both now and in the future.

Athletics Support the Academic Mission of Our School

Athletics are not a diversion but rather an extension of a quality educational program. Students who participate in activity programs tend to have higher grade-point averages, better attendance records, lower dropout rates and fewer disciplinary problems.

Athletics are Inherently Educational

Athletic programs provide valuable lessons for practical situations – teamwork, sportsmanship, winning and losing, and hard work. Through participation in athletics, students learn self-discipline, build self-confidence and develop skills to handle competitive situations. These are qualities that help students to become responsible adults and productive citizens.

Athletics and Activities Foster Success in Later Life

Participation in high school sports and other co-curricular activities is often a predictor of later success in college, a career and becoming a contributing member of society.

All VMHS students are encouraged to become a member of the Bronco Athletic “Family.” Academic success and multi-sport participation is supported by every staff member. Be a part of building a great tradition with C.L.A.S.S.

GO BRONCOS!



VISTA MURRIETA HIGH SCHOOL STUDENT ATHLETIC HANDBOOK



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ATTENTION ATHLETES

CALIFORNIA INTERSCHOLASTIC FEDERATION

CIF Southern Section
Academics/Integrity/Athletics

CONDENSED ELIGIBILITY RULES

IN ORDER FOR STUDENTS TO PROTECT THEIR ATHLETIC ELIGIBILITY THEY MUST:

- Be under nineteen years of age prior to June 15
- Have reached the ninth grade
- Participate in no more than four seasons of the same sport after enrolling in the ninth grade
- Be scholastically eligible
- File an Application for Residential Eligibility if you have transferred from another school without a corresponding bona-fide change of residence by your parents/guardians, or you are a foreign student
- Since entering the ninth grade, not be in your ninth semester of attendance
- Meet citizenship requirements
- Maintain amateur standing
- Not have participated in any tryout for a professional team
- Maintain in your school files an annual physical examination certifying that you are physically fit to try out and/or participate in athletic activities

YOUR ELIGIBILITY IS SUBJECT TO SPECIAL RULES:

(Questions should be directed to your school coach and/or Athletic Director)

- Competition with an outside team during your high school season in the same sport is prohibited
- Participation on the varsity football team is prohibited until you have reached your 15th birthday (14 with a letter from your physician and parent)
- If you transfer from one school to another without a bona-fide change of residence by your parents/guardians, your eligibility is subject to special rules which may include non-participation at the varsity level.
- Students may participate in All-Star competition, between the conclusion of the Southern Section season of sport and September 1.

You are urged to check with the Athletic Director or your coach
if you have any questions regarding your eligibility.
Competing when you are not eligible could subject your team to
forfeiture.

If you are in doubt as to your eligibility status -

CHECK IT OUT!

MURRIETA VALLEY UNIFIED SCHOOL DISTRICT
“ATHLETIC CODE OF CONDUCT AND SPORTSMANSHIP”

PREAMBLE

Athletic participation can be one of the most significant formative experiences in a young person’s life. It gives a great deal of pleasure and builds friendships that can last for years. In your schools, athletics is an integral part of the education program. Athletics teaches fair play, sportsmanship, teamwork, perseverance, and appreciation for improvement, desire to succeed and excel, self-discipline, responsibility, leadership and quick thinking.

Participation in interscholastic athletics is voluntary. It is a privilege, not a right, and carries with it the responsibilities of courtesy and sportsmanship on the playing field, on campus, and in the community.

Following this athletic code will aid you in building team morale, discipline, and spirit, which make the team. Therefore, you should take it upon yourself to become the very best athlete and team member possible, for you alone have the power to achieve or fail in these goals.

It is recommended that all coaches and athletes apply the standards of this code while participating in the athletic program of the Murrieta Valley Unified School District.

I. CONDUCT

The conduct of an athlete is closely observed in many areas of life. It is important that one’s behavior be above reproach in the following areas:

A. On the Field

A high school athlete:

1. Uses legal tactics.
2. Refrains from using profanity.
3. Is courteous and hospitable to visiting teams.
4. Respects the integrity and judgment of officials and accepts their decisions.
5. Is gracious in defeat and modest in victory.
6. Controls his/her temper and maintains his/her poise.

B. In the Classroom

A high school athlete:

1. Maintains prompt and regular attendance.
2. Maintains his/her grades in accordance with CIF and school district rules.
3. Strives to become a good student and citizen.
4. Shows proper respect for faculty members and other students at all times.
5. When suspended from school will not practice or participate until suspension is over.

C. On Campus and in the Community

A high school athlete:

1. Demonstrates a high standard of conduct, as it reflects not only on oneself, but one’s team, coach and school.
2. Maintains “good citizenship” by not being involved in any criminal activity.
3. Any acts of vandalism will result in appropriate disciplinary action being taken.

D. On Athletic Trips

A high school athlete:

1. Demonstrates a high standard of conduct as representatives of the school, community, family, and coach.
2. Respects the property of others
3. Travels to and from athletic contests on district provided transportation.
4. Can only be released by coach to parent only.

II. DRESS AND GROOMING

Dress and grooming standards shall conform to Murrieta Valley Unified School District regulations. Coaches may require that hair be restrained in an appropriate head covering, protective clothing be worn, and other grooming and dress standards that are more restrictive in order to insure compliance with necessary safety precautions.

III. PHYSICAL CONDITIONING AND TRAINING RULES

MVUSD Student-Athletes will refrain from the use of tobacco (in any form), alcohol and other illegal drugs. This includes the illegal use of non-prescribed steroids and/or other performance enhancing substances. Proper diet and adequate sleep are equally important to the physical conditioning of an athlete. Athletes should maintain “good citizenship” by not being involved in any criminal activity.

IV. ENFORCEMENT DUE TO VIOLATION OF RULES

A. Non adherence to the foregoing regulations will result in disciplinary action by the coaches, athletic director, and administrators of the schools.

B. Violations of the letter or spirit of the Athletic Code will result in one or more of the following penalties when recommended by the coach and athletic director with approval by the principal:

1. Placement on probation.
2. Removal from one or more of the next scheduled contests.
3. Referral for assessment and/or treatment of any alcohol/drug violation, and/or criminal activity.
4. Removal from the team.
5. Forfeiture of letter, letterman’s jacket privileges or the award.

V. AWARDS

All recommendations for awards originate with the individual team’s coach and are approved by the athletic director. Athletes are strongly encouraged to purchase an ASB Card to take advantage of the many discounts on athletic patches and events.

VI. ELIGIBILITY REQUIREMENT

In order to participate in extra/co-curricular activities, students in grades 7 through 12 must demonstrate satisfactory educational progress in meeting the requirements for graduation. To encourage and support academic excellence, the Board requires students in grades 7 through 12 to earn a minimum 2.0 or “C” grade point average on a 4.0 scale in order to participate in extra/co-curricular activities. Students with any “F” grades must also maintain minimum progress towards graduation in order to meet eligibility requirements.

VII. CALIFORNIA INTERSCHOLASTIC FEDERATION

Vista Murrieta High School maintains membership in the California Interscholastic Federation (CIF) and requires that interscholastic athletic activities be conducted according to CIF rules, regulations and policies. Also, VMHS maintains membership in the Southwestern League and must follow all constitutional requirements set forward in the by-laws.

ATHLETIC PERIOD POLICY

The philosophy of the athletic period class is to encourage all athletes to participate in the entire athletic program. Sometimes an athlete chooses to participate in one sport only. The following policy will be in effect.

FRESHMEN, SOPHOMORES AND JUNIORS:

All members of athletic teams will participate in a prescribed program with the particular sport coach throughout the semester. If a coach drops an athlete from a sport, the athlete will receive an "F" grade for athletics. The student will receive a schedule change into regular athletic period P.E., if class is available. The final semester grade will be determined by averaging the grade earned in athletic period P.E. with the "F" from athletics. If the athlete is off the team and the school has no athletic period P.E. class, the student will remain with that coach for a grade, but not take part in the practices and games.

QUITTING A SPORT:

Only upon mutual agreement of both the coach and the athletic director may an athlete drop one sport to go out for another sport. If an athlete quits a sport to go out for another, he/she will not be allowed to work out or practice until the season of the first sport is over.

JUNIORS AND SENIORS:

If a junior or senior completes a sport season in good standing with his/her coach and decides not to participate in another sport, he/she will be allowed to make a choice between: (a) remaining in athletic period P.E. (for a grade) as a regular student or (b) he/she may drop the class and receive no credit and no grade from his/her coach (with parent permission). This policy pertains only to those juniors and seniors who DO NOT require an athletic grade for graduation. If credit is needed, the athlete MUST stay with his/her coach or in the athletic period P.E. class. If an athlete chooses to drop, he/she must fill out the "Athletic Class Drop Approval" form from the athletic office.

If he/she chooses the second option, he/she must leave campus after 5th period. If he/she doesn't honor this privilege, he/she will be put back onto an athletic period roll sheet and be required to participate and be graded as a regular P.E. student through the semester.

VISTA MURRIETA HIGH SCHOOL SPORTS

Welcome to Bronco Athletics. The Broncos have a proud athletic tradition well known in Southern California. Students are encouraged to get involved in activities, as well as athletics, and do their best in the classroom as well as the athletic arena. We recognize the value of involvement in multiple sports and recommend that students participate in 2 or 3 sports during their high school career. This is an opportunity to explore and develop your skills as an athlete. The following is a list of sports offered at Vista Murrieta High School:

FALL SPORTS SEASON

(July to Mid-November)

MENS SPORTS

FOOTBALL (V, JV, Frosh)
CROSS COUNTRY (V, JV, F/S)
WATER POLO (V, JV)

WOMENS SPORTS:

VOLLEYBALL (V, JV, Frosh)
CROSS COUNTRY (V, JV, Frosh)
TENNIS (V, JV)
GOLF (V)

WINTER SPORTS SEASON

(November to Mid-February)

MENS SPORTS:

BASKETBALL (V, JV, Frosh)
SOCCER (V, JV)
WRESTLING (V, JV, Frosh)

WOMENS SPORTS:

BASKETBALL (V, JV, Frosh)
SOCCER (V, JV)
WATER POLO (V, JV)
WOMEN'S WRESTLING(V)

YEAR ROUND

SPIRIT SQUAD: (V, JV, Frosh)

SPRING SPORTS SEASON

(Mid-February to Mid-May)

MENS SPORTS:

BASEBALL (V, JV, Frosh)
TRACK (V, JV, Frosh)
TENNIS (V, JV)
GOLF (V)

SWIMMING (V, JV)

LACROSSE (V, JV)
VOLLEYBALL (V, JV)

WOMENS SPORTS:

SOFTBALL (V, JV, Frosh)

TRACK (V, JV, Frosh)

SWIM & DIVE (V, JV)

LACROSSE (V, JV)

Vista Murrieta competes in the Southwestern League, one of the most competitive leagues in all of California. Other schools in the league are Temecula Valley, Murrieta Mesa, Great Oak, Murrieta Valley and Chaparral. FOR MORE INFORMATION, CONTACT COLEY CANDAELE, VMHS ATHLETIC DIRECTOR, AT (951) 894-5750 EXT. 6782.

VISTA MURRIETA HIGH SCHOOL
CONCUSSION INFORMATION SHEETS



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 a concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of a concussion, or if you notice the symptoms or signs of a 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:
<ul style="list-style-type: none"> • 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

VISTA MURRIETA HIGH SCHOOL
CONCUSSION INFORMATION SHEETS



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

Athletes with the signs and symptoms of a 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 from 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 therefore important that the parents and athletes understand the importance of recognizing the signs of a concussion and seek medical attention when a concussion is suspected.

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 an activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Parents should observe their child closely for several hours following a suspected concussion.

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 concussions 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 it is better to miss one game than to miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions please visit:
<http://www.cdc.gov/ConcussionInYouthSports/>

VISTA MURRIETA BRONCO ATHLETICS
Student-Athlete and Parent Handbook

Student-athletes and their parents are required to read the *Student-Athlete and Parent Handbook*. A copy of this handbook may be downloaded on the www.vmhs.net website by clicking on the “Athletics” link or a copy may be obtained from the VMHS Main Office. This handbook is a “Guide to a Championship Program” and is a source of important information concerning the Bronco Athletic Program (Refer to pages 21-26 “Information for Parents”, including the item on page 22 titled “What to do if you have a concern—Here is the Procedure”).

I have read and understand the Vista Murrieta Student-Athlete and Parent Handbook

Parent/Guardian Signature

Date

Student Signature

Date

Pursuing Victory with Honor
CODE OF CONDUCT FOR PARENTS/GUARDIANS

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

TRUSTWORTHINESS

- *Trustworthiness*—Be worthy of trust in all you do.
- *Integrity*—Live up to high ideals of ethics and sportsmanship and encourage players to pursue victory with honor. Do what’s right even when it’s unpopular or personally costly
- *Honesty*—Live honorably. Don’t lie, cheat, steal or engage in any other dishonest conduct.
- *Reliability*—Fulfill commitments. Do what you say you will do.
- *Loyalty*—Be loyal to the school and team; Put the interests of the team above your child’s personal glory.

- *Self-Control*—Exercise self-control. Don’t fight or show excessive displays of anger or frustration.
- *Healthy Lifestyle*—Promote to your child the avoidance of all illegal or unhealthy substances including alcohol, tobacco, drugs and some over-the-counter nutritional supplements, as well as unhealthy techniques to gain, lose or maintain weight.
- *Integrity of the Game*—Protect the integrity of the game. Don’t gamble or associate with gamblers.
- *Sexual Conduct*—Sexual or romantic contact of any sort between students and adults involved with interscholastic athletics is improper and strictly forbidden. Report misconduct to the proper authorities.

RESPECT

- *Respect*—Treat all people with respect at all times and require the same of your student-athletes.
- *Class*—Teach your child to live and play with class and be a good sport. He/she should be gracious in victory and accept defeat with dignity, compliment extraordinary performance and show sincere respect in pre-and post-game rituals.
- *Disrespectful Conduct*—Don’t engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- *Respect for Officials*—Treat game officials with respect. Don’t complain or argue about calls or decisions during or after an athletic event.

FAIRNESS

- *Fairness and Openness*—Live up to high standards of fair play. Be open-minded, always willing to listen and learn.

CARING

- *Caring Environment*—Consistently demonstrate concern for student-athletes as individuals and encourage them to look out for one another and think and act as a team.

CITIZENSHIP

- *Spirit of the Rules*—Honor the spirit and the letter of rules. Teach your children to avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

RESPONSIBILITY

- *Importance of Education*—Support the concept of “being a student first.” Commit your child to earning a diploma and getting the best possible education. Be honest with your child about the likelihood of getting an athletic scholarship or playing on a professional level. Reinforce the notion that many universities will not recruit student-athletes who do not have a serious commitment to their education. Be the lead contact for college and university coaches in the recruiting process.
- *Role Modeling*—Remember, participation in sports is a privilege, not a right. Parents/Guardians too should represent the school, coach and teammates with honor, on and off the court/field. Consistently exhibit good character and conduct yourself as a positive role model.

I have read and understand the requirements of this Code of Conduct and acknowledge that I may be disciplined if I violate any of its provisions.

Parent/Guardian Signature

Date

Parent/Guardian Signature

Date

RISK ACKNOWLEDGEMENT AND CONSENT TO PARTICIPATE

Athlete's Name: _____ Sports: _____

Address: _____ Home Phone: _____

Parent/Guardian living with student: _____ Cell/Work Phone: _____

Other Parent/Guardian: _____ Contact No: _____

Address (if not living with student): _____ Emergency Phone: _____

_____ Work Phone: _____

WARNING OF POSSIBLE SERIOUS INJURY— SERIOUS, CATASTROPHIC, AND PERHAPS FATAL INJURY MAY RESULT FROM ATHLETICS

By its very nature, competitive athletics, including tryouts, may put students in situations in which **SERIOUS CATASTROPHIC**, and perhaps **FATAL ACCIDENTS** may occur. Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate the risk of injury. Just as driving an automobile involves the risk of injury, 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 impairments as a result of athletic participation.

By granting permission for your child to participate in athletics and signing below, you, the parent or guardian, acknowledge that such risks exist. By choosing to participate, you, the student, acknowledge that such risks exist.

Students will be instructed in proper techniques to be used in athletic competition and in the proper utilization of all equipment or work used in practice and competition. Students must adhere to that instruction and utilization and must refrain from improper uses and techniques.

As previously stated, no amount of instruction, precaution, and supervision will totally eliminate all risks of serious, catastrophic, or even fatal injury. If any of the foregoing is not completely understood, please contact the School Principal or Athletic Director for further information.

I HAVE READ AND UNDERSTAND THE **CONCUSSION INFORMATION** PROVIDED IN THIS FORM.

ACKNOWLEDGEMENT AND ASSUMPTION OF POTENTIAL RISK

I authorize my son/daughter to participate in the district sponsored athletic activities. I understand and acknowledge that these activities, by their very nature, pose the potential risk of serious injury/illness to individuals who participate in such activities. I understand and acknowledge that some of the injuries/illnesses which may result from participating in these activities include but are not limited to the following:

- | | | | | |
|--------------------|--------------------|--------------------------|-----------------------------|--------------------------|
| 1. Sprains/strains | 3. Unconsciousness | 5. Loss of eyesight | 7. Neck and Spinal injuries | 9. Internal organ injury |
| 2. Fractured bones | 4. Paralysis | 6. Communicable diseases | 8. Brain damage | 10. Death |

I understand and acknowledge that participation in these activities is completely voluntary and as such is not required by the District for course credit or for completion of graduation requirements. I understand and acknowledge that in order to participate in these activities. I understand, acknowledge, and agree that the District, its employees, officers, agents, or volunteers shall not be liable for any injury/illness suffered by my son/daughter which is incident to and or associated with preparing for and/or participating in this activity.

I understand that I have carefully read the RISK ACKNOWLEDGMENT AND CONSENT TO PARTICIPATE form and that I understand and agree to its terms.

VOLUNTARY TRANSPORTATION ATHLETIC AGREEMENT

I understand the Murrieta Valley Unified School District IS providing transportation to and from most athletic events. However, there will be times when my son/daughter will not travel by district mode. I also understand that if traveling by personal vehicle, it is up to the discretion of the coach to determine if my son/daughter will be allowed to play in that particular game/match. The above student hereby requests permission to provide for his/her own transportation at his/her own expense. This form will be good for the entire athletic school year.

IT IS FULLY UNDERSTOOD THAT THE DISTRICT IS IN NO WAY RESPONSIBLE, NOR DOES THE DISTRICT ASSUME LIABILITY FOR ANY INJURIES OR LOSSES RESULTING FROM THE NON-DISTRICT SPONSORED TRANSPORTATION. ALTHOUGH THE DISTRICT MAY ASSIST IN COORDINATING TRANSPORTATION AND/OR RECOMMEND TRAVEL TIMES, ROUTES, OR CARAVANNING TO OR FROM THIS EVENT, I FULLY UNDERSTAND THAT SUCH RECOMMENDATIONS ARE NOT MANDATORY.

AS PARENT/LEGAL GUARDIAN, I HEREBY AUTHORIZE AND GIVE PERMISSION FOR MY CHILD TO DRIVE HIMSELF/HERSELF OR TO RIDE AS A PASSENGER IN A VEHICLE DRIVEN BY ANOTHER STUDENT OR PARENT. I ALSO UNDERSTAND THAT THE DRIVER IS NOT DRIVING AS AN AGENT OR ON BEHALF OF THE DISTRICT.

CONSENT TO PARTICIPATE

By signing below, I/we assume all risks involved with participation in athletics as outlined in all sections of this form.

Student Signature Date

Parent/Legal Guardian Signature Date

ATHLETIC HISTORY/STUDENT-PARENT PLEDGE

CIF ELIGIBILITY STATUS

Falsification of any portion of this document may result in forfeiture of individual and team eligibility and loss of record. All items MUST BE completed before application will be accepted for consideration. You must use your given name.

NAME: _____
LAST
FIRST
MIDDLE

ADDRESS: _____

2015-2016 GRADE: _____ TRANSFER STUDENT: YES _____ NO _____ DATE OF TRANSFER _____

Schools Attended	Sports/Level Played	Year
9th Grade _____	_____	_____
10th Grade _____	_____	_____
11th Grade _____	_____	_____

I reside with:

Both Parents _____ My Mother _____ My Father _____

Relative _____ Myself (age 18) _____ A Friend _____

Step-Parent: (Name) _____ Court Appointed Guardian _____ Other _____

My residence is within the school's attendance boundaries: YES _____ NO _____

If no, please explain _____

I attend Vista Murrieta High School on an Inter _____ or Intra _____ District Transfer. (Please check one)

CIF CODE OF ETHICS — Athletes

Athletics is an integral part of the school's total educational program. All school activities, curricular and extra-curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context that the following Code of Ethics is presented.

As an Athlete, I understand that it is my responsibility to:

1. Place academic achievement as a high priority.
2. Show respect for teammates, opponents, officials, and coaches.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity, and other offensive language and gestures.
7. Adhere to the established rules and standards of the game to be played.
8. Respect all equipment and use it safely and appropriately.
9. Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States, or American Medical Association.
10. Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
11. Win with character, lose with dignity.

I have read and agree to abide by all regulations in the Athletic Contract for the Murrieta Valley Unified School District and any rules set forth by individual coaches. If I have any questions or need any clarification on any part of the booklet it is my responsibility to request this information from the Athletic Director or Principal. A copy of this form must be kept on file in the Athletic Director's Office at the local high school on an annual basis.

Athlete's Signature Date

Parent/Guardian Signature Date

EMERGENCY CONSENT & INSURANCE INFORMATION

EMERGENCY CONTACT INFORMATION Student Birthdate _____ Grade _____

Athlete's Name _____ Cell/Home Phone _____

Address _____

Parent or Guardian's Name _____ Cell/Pager/Contact # () _____

Employer _____ Work Phone () _____

Other Parent/Guardian's Name _____ Cell/Pager/Contact # () _____

Employer _____ Work () _____

In the absence of parent/guardian, please call (in case of illness or accident)() _____

Emergency Contact Name _____ Relationship _____

INSURANCE AND PHYSICIAN INFORMATION

_____ My son/daughter (or ward) is covered for athletic activity under our family Health/Medical Plan that provides a minimum coverage of \$1,500 as required by Education Code Number 32220-24. This is not administered by the school district. **MVUSD is to be notified if insurance is terminated or changed.**

Insurance Company Name _____ ID/Policy/Group Number _____

_____ I have school insurance (Meyers-Stevens & Toohey & Co.) on file.

Family Physician's Name _____ Phone () _____

Serious Medical Conditions _____

Allergies (list) _____

CONSENT

_____ Yes _____ No The student named above has my permission to engage in co-curricular activities, including travel.

TRAINER CONSENT

_____ Yes _____ No I give my permission to the Athletic Trainer to administer immediate first-aid, follow-up treatment, and rehabilitation when appropriate in his/her professional judgment and/or as recommended by the consulting physician.

TREATMENT CONSENT

_____ Yes _____ No In the event of accident or emergency, I (we) give permission for the school authorities to take my (our) child to any available doctor or hospital, or request their services. I (we) grant consent to any healthcare providers to provide my (our) child with any necessary medical care as a result of any injury or illness.

*IF YOUR ANSWER IS NO, PLEASE ADVISE THE SCHOOL AS TO WHAT ACTION YOU WOULD LIKE TAKEN:

I/we hereby consent that in the event that I/we cannot be reached in an emergency, I/we hereby grant permission to physicians selected by the coaches and staff of the Murrieta Valley Unified School District to secure proper treatment including hospitalization, injections, and/or anesthesia and surgery for the person named above. Any restrictions to this are listed below:

Parent/Guardian Signature

Date

PREPARTICIPATION PHYSICAL EVALUATION

Date of Exam _____

Name _____ Sex _____ Age _____ Date of Birth _____

Grade _____ School _____ Sport(s) _____

Address _____ Phone _____

Personal Physician _____

In case of Emergency, Contact:

Name _____ Relationship _____ Phone (H) _____ (W) _____

	<u>Yes</u>	<u>No</u>		<u>Yes</u>	<u>No</u>
1. Have you had a medical illness or injury since your last check up or sports physical?	___	___	26. Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (i.e. knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)?	___	___
2. Have you ever been hospitalized overnight?	___	___	27. Have you had any problems with your eyes or vision?	___	___
3. Are you currently taking any prescription or nonprescription (over-the-counter) medications or pills, or using an inhaler?	___	___	28. Have you ever had a sprain, strain, or swelling after injury?	___	___
4. Do you have any allergies (i.e. to pollen, medicine, food, or stinging insects)?	___	___	29. Have you broken or fractured any bones or dislocated any joints?	___	___
5. Have you ever passed out during or after exercise?	___	___	30. Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints?	___	___
6. Have you ever been dizzy during or after exercise?	___	___	If yes, check appropriate box and explain below:	___	___
7. Have you ever had chest pain during or after exercise?	___	___	___ Head	___ Elbow	___ Hip
8. Do you get tired more quickly than your friends do during exercise?	___	___	___ Neck	___ Forearm	___ Thigh
9. Have you ever had racing of your heart or skipped heartbeats?	___	___	___ Back	___ Wrist	___ Knee
10. Have you had high blood pressure or high cholesterol?	___	___	___ Chest	___ Hand	___ Shin/calf
11. Have you ever been told you have a heart murmur?	___	___	___ Shoulder	___ Finger	___ Ankle
12. Has any family member or relative died of heart problems or of sudden death before age 50?	___	___	___ Upper arm	___ Foot	
13. Have you had a severe viral infection (i.e. myocarditis or mononucleosis) within the last month?	___	___			
14. Has a physician ever denied or restricted your participation in sports for any heart problems?	___	___	31. Do you want to weigh more or less than you do now?	___	___
15. Do you have any current skin problems (i.e. itching, rashes, acne, warts, fungus, or blisters)?	___	___	32. Do you feel stressed out?	___	___
16. Have you ever had a head injury or concussion?	___	___	33. Record the dates of your most recent immunizations (shots) for:		
17. Have you ever been knocked out, become unconscious, or lost your memory?	___	___	Tetanus _____	Measles _____	
18. Have you ever had a seizure?	___	___	Hepatitis B _____	Chickenpox _____	
19. Do you have frequent or severe headaches?	___	___			
20. Have you ever had numbness or tingling in your arms, hands, legs, or feet?	___	___	FEMALES ONLY		
21. Have you ever had a stinger, burner or pinched nerve?	___	___	34. When was your first menstrual period? _____		
22. Have you ever become ill from exercising in the heat?	___	___	35. When was your most recent menstrual period? _____		
23. Do you cough, wheeze or have trouble breathing during or after activity?	___	___	36. How much time do you usually have from the start of one period to the start of another? _____		
24. Do you have asthma?	___	___	37. How many periods have you had in the last year? _____		
25. Do you have seasonal allergies that require medical treatment?	___	___	38. What was the longest time between periods in the last year? _____		

Explain "Yes" answers here: _____

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of Athlete _____ Signature of parent/guardian _____ Date _____

PREPARTICIPATION PHYSICAL EVALUATION

Name _____ Date of Birth _____

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

Vision R 20/	L 20/	Corrected: Y N	Pupils Equal	Unequal	
MEDICAL	NORMAL	ABNORMAL FINDINGS			INITIALS*
Appearance					
Eyes/Ears/Nose/Throat					
Lymph Nodes					
Heart					
Pulses					
Lungs					
Abdomen					
Genitalia (males only)					
Skin					
MUSCULOSKELETAL					
Neck					
Back					
Shoulder/Arm					
Elbow/Forearm					
Wrist/Hand					
Hip/Thigh					
Knee					
Leg/Ankle//Foot					

_____ **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; DC

Physician's Stamp:

