

**2011 ~ 2012**



**MVHS**  
**ATHLETIC**  
**PARTICIPATION**  
**HANDBOOK**

**\*\* Please turn in all pages to the Athletic Office\*\***

**READ AND SIGN ALL SIGNATURE PAGES**



MURRIETA VALLEY UNIFIED SCHOOL DISTRICT

Board of Education

Kristine Thomasian • Robin Crist •  
Kenneth Dickson • Paul Diffley • Margi Wray

Superintendent

Dr. Stan Scheer

For more information, visit our website at  
[www.murrieta.k12.ca.us](http://www.murrieta.k12.ca.us) and click on the “Athletics” Link

MURRIETA VALLEY HIGH SCHOOL

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# MURRIETA VALLEY HIGH SCHOOL STUDENT ATHLETIC HANDBOOK



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# **ATTENTION \*\* ATHLETES**

## **CALIFORNIA INTERSCHOLASTIC FEDERATION**

**CIF Southern Section**  
**Academics/Integrity/Athletics**

### **CONDENSED ELIGIBILITY RULES**

#### **STUDENTS, TO PROTECT YOUR ATHLETIC ELIGIBILITY YOU 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
- Meeting 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 conclusion of the Southern Section season of sport and September 1.

You are urged to check with the Athletic Director or 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!**

# 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.

## FRESHMAN, SOPHOMORES AND JUNIORS:

Only student athletes on J.V. and Varsity rosters will enroll in an Athletic P.E. period for their sport. If an athlete drops a sport by the coach, he/she 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 coaches and 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 competes 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-a sample of which is below (obtain the 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.

## SAMPLE "ATHLETIC CLASS DROP" APPROVAL FORM

\_\_\_\_\_ has completed his/her season of sport and according to the school policy, has decided to drop athletic period without credit or a grade. This goes into effect as of \_\_\_\_\_, after the signatures below have been obtained.

TO THE STUDENT: For approval of this form, the following signatures must be obtained: I also understand, that if approved, I must leave the school grounds after 5th period each day.

Parent \_\_\_\_\_  
Coach \_\_\_\_\_  
Athletic Director \_\_\_\_\_  
Counselor \_\_\_\_\_

## **MURRIETA VALLEY HIGH SCHOOL NIGHTHAWK COACHES AND SPORTS**

Soon you will become a Murrieta Valley "Nighthawk" The Nighthawks have a proud athletic tradition that will is well known in Southern California. We invite you to be a part of the Nighthawk Tradition. Incoming 9th graders are encouraged to get involved in activities and do their best in the classroom. We recommend that a 9th grade student athlete participate in 2 or 3 sports during their high school career. This is a great opportunity to be involved in as many sports as possible to find out about your skills as an athlete. The following is a list of sports offered at Murrieta Valley 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, JV)

### 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)

YEAR ROUND

SPIRIT SQUAD: (V, JV, Frosh)

### SPRING SPORTS SEASON

(February to Mid-May)

#### MENS SPORTS:

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

#### WOMENS SPORTS:

SOFTBALL (V, JV, Frosh)  
TRACK (V, JV, Frosh)

SWIMMING (V, JV)

Murrieta Valley competes in the Southwestern League, one of the most competitive leagues in all of California. Other schools in the league are Temecula Valley, Temescal Canyon, Great Oak, Murrieta Valley and Chaparral. FOR MORE INFORMATION, CONTACT DARIN MOTT ATHLETIC DIRECTOR AT (951) 696-1408 X 5256.

## **MURRIETA VALLEY NIGHTHAWK ATHLETICS QUESTIONS & ANSWERS**

### **What do I need to be able to play sports at Murrieta Valley High School?**

1. Live with your parents or a legal guardian.
2. Have parent permission to play.
3. Have a physical completed by a medical doctor. The physical is good for one school calendar year. Physicals will be given in the spring on a date to be announced.
4. Have insurance that covers you for sports. Athletic insurance is available in the Athletics Office.
5. Be academically eligible.
6. Have completed "MVHS Athletic Participation Handbook."

### **What is meant by the term "academic eligibility"?**

All students involved in co-curricular activities must pass AT LEAST 4 classes and earn AT LEAST a 2.0 G.P.A. (C average). A student who falls below the 2.0 level will be ineligible for participation until the next grading period. If you achieve a 2.0 or above you will become eligible.

### **If my son/daughter drops below a 2.0 G.P.A., after any 6 week grading period, what happens to him/her?**

By CIF rules, an athlete that is below a 2.0 GPA. cannot participate in any game or scrimmage against another school. He/she may practice until the GPA is raised above the 2.0 level at the NEXT grading period. In some sports, the athlete is dropped from the team and placed in another P.E. class, and in others, the athlete will remain on the team for practice. This is a decision made by the Head Coach.

### **Will I have to try-out to play on a team?**

The following sports will require a try-out: Boys & Girls Tennis, Basketball, Soccer, Golf, Water Polo, and Swimming, as well as for Volleyball, Softball, Baseball and Cheer. The specific coach will determine placement based on tryouts. Not all students on a team are guaranteed playing time. Before try-outs, you must complete and have a parent sign the "Try-out Pledge Letter." All sports tryouts are held during the school year.

### **How many sports can I play each season?**

One per season, which there are three seasons per year. It is an honor to be a three-sport athlete. You are free to choose the sport you wish to play. We encourage you to try different sports.

### **Do freshmen play only on the freshmen team?**

In most sports, yes, but, if an athlete is good enough, he/she can play at a higher level.

### **How do I earn a Varsity letter?**

Each sport has its own criteria for earning a Varsity letter. An athlete must complete their season in good standing to earn a letter.

### **Does an athlete have to participate in a summer program?**

No, but those athletes that do take part will develop their skills, become familiar with the campus and will learn the team expectations.

### **What happens if my child gets hurt while participating in athletics? Is there a certified trainer on staff?**

Yes, we have a certified/teacher trainer on staff. He is available after school for practices and games. He is available for prevention, treatment and rehabilitation of athletic injuries. We recommend the athlete notify their coach and see the trainer as soon as possible following an injury to receive proper care and parental notification. For any serious type injury, the parents should seek immediate medical attention. All athletes will be referred to the trainer by his/her coach.

### **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.murrieta.k12.ca.us](http://www.murrieta.k12.ca.us) website by clicking on the "athletics" link or a copy may be obtained from the MVHS Main Office. This handbook is a "Guide to a Championship Program" and is a source of important information concerning the Nighthawk Athletic Program.

# EMERGENCY CONSENT & INSURANCE INFORMATION

## EMERGENCY CONTACT INFORMATION

Athlete's Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Address \_\_\_\_\_

Parent or Guardian's Name \_\_\_\_\_ Address (if different) \_\_\_\_\_

Employer \_\_\_\_\_ Work Phone ( ) \_\_\_\_\_ Ext \_\_\_\_\_

Home Phone( ) \_\_\_\_\_ Cell/Pager \_\_\_\_\_

Other Parent/Guardian's Name \_\_\_\_\_ Address (If different) \_\_\_\_\_

Employer \_\_\_\_\_ Work Phone ( ) \_\_\_\_\_ Home Phone( ) \_\_\_\_\_

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

Name \_\_\_\_\_ Phone( ) \_\_\_\_\_

\*\*\*\*\*

## 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 \_\_\_\_\_ Policy Number \_\_\_\_\_ 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

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

\_\_\_\_\_  
Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

# RISK ACKNOWLEDGEMENT AND CONSENT TO PARTICIPATE

Athlete's Name: \_\_\_\_\_ Sports: \_\_\_\_\_

Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Parent/Guardian living with student: \_\_\_\_\_ 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 can not 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 risk exists. 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.

## 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 below 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 Name (print)

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date



# ATHLETIC HISTORY/STUDENT-PARENT PLEDGE

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: \_\_\_\_\_

GRADE: \_\_\_\_\_

Schools Attended	Sport(s)/Level Played	Year
9th Grade _____	_____	_____
10th Grade _____	_____	_____
11th Grade _____	_____	_____

I reside with:

Both Parents _____	My Mother _____	My Father _____
Relative _____	Myself (age 18) _____	A Friend _____
Other _____	Court Appointed Guardian _____	

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

If no, please explain \_\_\_\_\_

I attend Murrieta Valley High School on an Inter \_\_\_\_\_ or Intra \_\_\_\_\_ District Transfer. (Please check one)

## CIF ATHLETES CODE OF ETHICS

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

## CIF PARENTS CODE OF ETHICS

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, Responsibility, Fairness, Caring, and Good Citizenship (The “Six Pillars of Character” sm). 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.

### **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.

### **RESPECT**

- ◆ *Respect*—Treat all people with respect at all times and require the same of your student-athlete.
- ◆ *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.

### **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.
- ◆ *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 of 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.

### **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.

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

\*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 service marks of the Character Counts! Coalition, a project of the Josephson Institute of Ethics. Reproduced with Permission by the CIF.

**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 the 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/Athlete’s 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. In order to receive an athletic award, the athlete must purchase an “ASB Card”.

**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 the 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**

Murrieta Valley 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, MVHS maintains membership in the Southwestern League and must follow all constitutional requirements set forward in the by-laws.

I have read and understand the Code of Conduct. I understand that any future inappropriate behavior will result in further disciplinary action.

\_\_\_\_\_  
Student 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) \_\_\_\_\_

**Explain "Yes answers below. Circle questions you don't know  
The answers to.**

	<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?	___	___	10. Do you use any special protective or corrective Equipment or devices that aren't usually used for Your sport or position (for example, knee brace, Special neck roll, foot orthotics, retainer on your Teeth, hearing aid)?	___	___
2. Have you ever been hospitalized overnight?	___	___	11. 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?	___	___	12. Have you ever had a sprain, strain, or swelling After injury?	___	___
4. Do you have any allergies (for example, to Pollen, medicine, food, or stinging insects)?	___	___	Have you broken or fractured any bones or dislocated Any joints?	___	___
5. Have you ever passed out during or after exercise? Have you ever been dizzy during or after exercise? Have you ever had chest pain during or after exercise? Do you get tired more quickly than your friends do during exercise?	___	___	Have you had any other problems with pain or Swelling in muscles, tendons, bones, or joints? If yes check appropriate box and explain below.		
Have you ever had racing of your or skipped heartbeats?	___	___	___ Head	___ Elbow	___ Hip
Have you had high blood pressure or high cholesterol? Have you ever been told you have a heart murmur? Has any family member or relative died of heart problems or of sudden death before age 50? Have you had a severe viral infection (for example myocarditis or mononucleosis) within the last month? Has a physician ever denied or restricted your participation in sports for any heart problems?	___	___	___ Neck	___ Forearm	___ Thigh
6. Do you have any current skin problems (for example itching, rashes, acne, warts, fungus, or blisters)?	___	___	___ Back	___ Wrist	___ Knee
7. Have you ever had a head injury or concussion? Have you ever been knocked out, become unconscious, or lost your memory? Have you ever had a seizure? Do you have frequent or severe headaches? Have you ever had numbness or tingling in your arms, hands, legs, or feet? Have you ever had a stinger, burner or pinched nerve?	___	___	___ Chest	___ Hand	___ Shin/calf
8. Have you ever become ill from exercising in the heat?	___	___	___ Shoulder	___ Finger	___ Ankle
9. Do you cough, wheeze or have trouble breathing during or after activity? Do you have asthma? Do you have seasonal allergies that require medical treatment?	___	___	___ Upper arm	___ Foot	
			13. Do you want to weigh more or less than you do Now?	___	___
			14. Do you feel stressed out?	___	___
			15. Record the dates of your most recent immunizations (shots) for:		
			Tetanus _____	Measles _____	
			Hepatitis B _____	Chickenpox _____	
			<b>FEMALES ONLY</b>		
			16. When was your first Menstrual period?	___	___
			When was your most recent menstrual period?	___	___
			How much time do you usually have from the start of one period to the start of another? _____		
			How many periods have you had in the last year? _____		
			What was the longest time between periods in the last year? _____		
			<b>Explain "Yes" answers here:</b> _____		
			_____		
			_____		
			_____		
			_____		

**I hereby stat 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 \_\_\_\_\_

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**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 or DO