

CANYON CREST ACADEMY ATHLETIC PACKET

In order to be eligible to participate on a sports team, you must first have the following items turned into the Athletic Director's office. All forms must be filled out completely and turned in prior to the beginning of the sports season. Failure to complete any of these forms will make you ineligible for a CCA Athletic Clearance Card.

This packet should only be completed ONCE for each school year. Check the website for specific sport signup dates and information.

- | | |
|--|--|
| <input type="checkbox"/> Emergency Release Form | <input type="checkbox"/> Handbook / Code of Conduct / Hazing Form |
| <input type="checkbox"/> Participation Form | <input type="checkbox"/> CCA Transportation Waiver Form |
| <input type="checkbox"/> CCA Sports Physical Form (2-sided) | <input type="checkbox"/> SDUHSD Release of Liability |
| <input type="checkbox"/> Proof of Medical Insurance Coverage (<u>copy of insurance card</u>) | <input type="checkbox"/> Steroid Use Policy |
| <input type="checkbox"/> CIF Code of Ethics | <input type="checkbox"/> Pre-Enrollment Contact Form (if applicable) |
| <input type="checkbox"/> GPA (<u>copy of most recent report card</u>) | |

Emergency Release Form: This form is the ONLY form you need to fill out every time you try out for a team.

Participation Form: This 2-sided form must be accurately filled out and must have BOTH athlete and parent signatures.

CCA Sports Physical Form: This form must be SIGNED/DATED by the physician in order to be accepted. The school provided form must be used by your physician; no other form will be accepted.

Proof of Medical Insurance: You must provide a Xerox copy of your medical insurance coverage (card).

CIF Code of Ethics: The athlete and parent must sign this form. It should be turned in with the athletic packet.

Handbook / Code of Conduct / Hazing Form: The athlete and parent must sign this form.

Athletic Transportation: Athletic transportation is provided by the district. The athletic transportation contribution for the 2011-2012 school year is \$100. Please do not turn in check with packet. All checks will be collected at the team meeting once the student athlete has made a team. ***Checks should be made payable to: SDUHSD***

SDUHSD Release of Liability Form: The athlete and parent must sign this form.

Steroid Use Policy: The athlete and parent must sign this form.

Pre-Enrollment Contact – Declaration Form: Any and all pre-enrollment contact of any kind with a student athlete during their seventh and eighth grade year must be disclosed by the student, parent(s), legal guardian(s), and or caregiver(s).

Grade Point Average: CCA requires all students to turn in a Xerox copy of his/her up-to-date GPA when starting a new sport(s) season. **GPA:** You must have a 2.0 GPA in order to be eligible for a team. All student(s) must include a copy of their last report card in this packet.

Clearance Cards: Once all the above requirements are met, the student-athlete will be able to pick up their clearance card in the Athletic Office located in the Administration Building.

Physicals: A physical is required before participation in sports is permitted. A physical from your personal physician must be obtained after June 1st as per CIF. This physical will cover the following academic year.

Equipment: Students who make the team will be issued equipment. If the equipment is lost, stolen or not returned at the end of the season, a fee will be charged for repairs to, or replacement of, the equipment. Failure to return or pay for lost, stolen or repairs to equipment will affect the student's eligibility in other sports and graduation.

Mandatory Player / Parent Meetings

All San Dieguito Union High School District student-athletes and their parents/guardians are required by the district to attend the preseason orientation meeting. The student athlete will not be able to participate in their first contest until the student athlete and one parent/guardian has attended the meeting. The meetings for Canyon Crest Academy will be held during each team's sport specific meeting.

Athletic Eligibility Form

Canyon Crest Academy

FALL SPORTS (Sept.-Nov.) WINTER SPORTS (Nov.-Feb.) SPRING SPORTS (March-May)

Cross Country
Girls Field Hockey
Girls Golf
Girls Tennis
Girls Volleyball
Boys Waterpolo

Girls Basketball
Boys Basketball
Girls Soccer
Boys Soccer
Girls Waterpolo
Wrestling

Baseball
Boys Golf
Boys Lacrosse
Girls Lacrosse
Girls Softball
Swimming
Boys Tennis
Track
Boys Volleyball

Athletic Eligibility Info for Entering Ninth Grade Students

1. You must have at least a 2.0 grade point average from your last semester in order to be eligible to tryout. Please attach a copy of your end of the year June report card to your packet. You must include a copy of your summer school report card if it helps raise your GPA to 2.0.
2. If you make a team that requires you leave from a class early, "Early Releases" are emailed to CCA staff and faculty the morning of a early release game. Please let your teacher know as you enter that class that you would like to leave early so they can plan ahead.
3. You must have medical insurance coverage and be able to prove it. The school has paper work available for the Myers-Stevens Insurance Co. for those of you who are not insured or would like extra insurance. The forms are available in the Athletics Office.
4. You must have a physical from your doctor in order to tryout. Physicals are good for ONE calendar year and must cover you through your entire sports season. Please think ahead when making your doctor appointments. **If you do not have a current physical you will not be allowed to tryout. There are no exceptions.**

ATHLETE'S AGREEMENT

I understand that:

- A. I must be passing at least four (4) subjects and carry at least a 2.0 GPA in order to participate in any athletic program.
- B. I must attend at least two (2) periods of classes on the school day in which I have practice or contests.
- C. I must read, sign and turn in the CCA Athletic Emergency Release Form for every sport I try out for.
- D. I must turn in a current physical. I am aware that physicals are good for one calendar year.
- E. I must turn in a Xerox copy of my insurance card proving that I have medical insurance.
- F. The use or possession of alcohol, tobacco (chewing or smoking), or drugs during practice or the playing season will result in my being banned from athletic participation.
- G. I am aware that serious catastrophic injury can result from any athletic participation. A handicapping injury or death can occur even under optimum conditions (equipment, coaching techniques, playing surfaces).
- H. The Varsity letter is a symbol of CCA athletics 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 school administration.
- I. As a representative of CCA, my conduct and sportsmanship will always reflect the school philosophy. Behavior contrary to the school philosophy will result in my being banned from athletic participation.
- J. I am financially responsible for any gear issued to me. I realize that I will be billed for any item I am issued but do not return at the end of the season. I understand that by neglecting to return or pay for any items, I am putting my participation in the graduation ceremony in jeopardy.

I will take care of the following items with my coach once I have made the team:

- K. I must read, sign and turn in the SDUHSD extra-curricular Code of Conduct.
- L. I must read, sign and turn in the two page CIF Ethics in Sports.
- M. I must read, sign and turn in the Transportation Waiver Form.

Athlete's Signature: _____ Date: _____

PARENT'S AGREEMENT

We, the parents/or legal guardian have read the athlete's agreement and understand item "J". We also understand and agree that my child is subject to all CCA and SDUHSD as well as all athletic, CIF, and extra-curricular Code of Conduct rules. We also understand and agree that we are financially responsible for any items lost, stolen or damaged by my child.

Parent/Guardian Signature: _____ Date _____

Preparticipation Physical Evaluation

PHYSICAL EXAMINATION

Name _____ Date of birth _____

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

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

	NORMAL	ABNORMAL FINDINGS	INITIALS*
MEDICAL			
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			

* 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

Preparticipation Physical Evaluation

HISTORY

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.

- | | Yes | No |
|--|--------------------------|--------------------------|
| 1. Have you had a medical illness or injury since your last check up or sports physical?
Do you have an ongoing or chronic illness? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Have you ever been hospitalized overnight?
Have you ever had surgery? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Are you currently taking any prescription or nonprescription (over-the-counter) medications or pills or using an inhaler?
Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?
Have you ever had a rash or hives develop during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 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 ever had racing of your heart or skipped heartbeats?
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? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 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? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Have you ever become ill from exercising in the heat? | <input type="checkbox"/> | <input type="checkbox"/> |
| 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? | <input type="checkbox"/> | <input type="checkbox"/> |

- | | Yes | No |
|---|--------------------------|--------------------------|
| 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)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Have you had any problems with your eyes or vision?
Do you wear glasses, contacts, or protective eyewear? | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Have you ever had a sprain, strain, or swelling after injury?
Have you broken or fractured any bones or dislocated any joints?
Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints?
<i>If yes, check appropriate box and explain below.</i> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Head <input type="checkbox"/> Elbow <input type="checkbox"/> Hip
<input type="checkbox"/> Neck <input type="checkbox"/> Forearm <input type="checkbox"/> Thigh
<input type="checkbox"/> Back <input type="checkbox"/> Wrist <input type="checkbox"/> Knee
<input type="checkbox"/> Chest <input type="checkbox"/> Hand <input type="checkbox"/> Shin/calf
<input type="checkbox"/> Shoulder <input type="checkbox"/> Finger <input type="checkbox"/> Ankle
<input type="checkbox"/> Upper arm <input type="checkbox"/> Foot | | |
| 13. Do you want to weigh more or less than you do now?
Do you lose weight regularly to meet weight requirements for your sport? | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Do you feel stressed out? | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Record the dates of your most recent immunizations (shots) for:
Tetanus _____ Measles _____
Hepatitis B _____ Chickenpox _____ | | |

FEMALES ONLY

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? _____

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 _____

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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) – 2011-12
(Revised 3/09)

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
2. Illegal participation in next contest by athlete ejected from previous contest.
3. Second ejection of athlete or coach from any contest during one season.
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.
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.
6. Other acts committed by individuals or teams or acts committed at end of season.
7. Use of an ineligible player in a 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).

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.

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.

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.

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.

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.

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.

San Dieguito Union High School District
Use of Private Automobile for School Activity Form

Driver Information

Parent/Adult/Volunteer Student/Under 18 Student/Over 18

Driver Name: _____ Birth Date: _____
 Driver License #: _____ Expiration Date: _____ State: _____
 Provisional License? Yes No Driver will transport other students? Yes No
 Teacher must verify provisional license status of any driver under 18

Vehicle Information

Vehicle Make: _____ Vehicle Model: _____
 Vehicle License #: _____ Model Year: _____
 Registered Owner: _____ Number of Seatbelts: _____

Insurance Information

Insurance Company: _____
 Policy Number: _____ Expiration Date: _____

Policy Limits:	\$	Minimum Limits
Bodily Injury-Per Person/Accident:	_____	\$100,000 / \$300,000
Property Damage:	\$ _____	\$100,000
Medical Payments -Per Person:	\$ _____	\$2,000

Purpose

Activity: _____ Date(s): _____

Driver Agreement

I, the undersigned, certify that all information provided herein is correct. I understand that I must have a valid driver's license and automobile liability insurance coverage in force at all times while using my vehicle on District business or transporting students and agree to advise the District, in writing, of any changes in the above information. I further certify that my vehicle is mechanically safe. I understand that if I drive my personal automobile while on school business and I am involved in an accident, by law my own insurance coverage will be primary and not contributory to any insurance the District may carry. In accordance with Education Code §35330, I hereby RELEASE, DISCHARGE and HOLD HARMLESS the San Dieguito Union High School District, the Board of Trustees, its officers, employees and agents from all liability, including injury, death, or other damages, occurring during or while traveling to or from the above named activity which I may suffer or cause another person to suffer arising out of, or in connection with, or resulting from my participation in the above named activity.

Driver Signature

Date

Parent/Guardian Permission

I, the undersigned, hereby grant my permission for my child, _____, a minor, to drive the above stated vehicle and to transport other students, if so indicated, to and from the above stated activity. I have read understand, and agree to the foregoing Driver Agreement and certify that all information provided herein is correct. In accordance with Education Code §35330, I hereby RELEASE, DISCHARGE and HOLD HARMLESS the San Dieguito Union High School District, the Board of Trustees, its officers, employees and agents from all liability, including injury, death, or other damages, occurring during or while traveling to or from the above named activity which my child may suffer or cause another person to suffer arising out of, or in connection with, or resulting from my child's participation in the above named activity.

Parent/Guardian Signature

Date

San Dieguito Union High School District
2011-2012 School Year

RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT FOR
INTERSCHOLASTIC ATHLETIC ACTIVITIES PARTICIPATION

This is a release of liability and assumption of risk agreement. Read it carefully and sign below. Completion of this release is a prerequisite to participation in any interscholastic athletic activity. This release essentially says the student named below is going to participate in an athletic activity which involves inherent risks to participants. If he/she is hurt, injured, or even dies, you (i.e., the student, parents and heirs) will not make a claim against or sue the San Dieguito Union High School District, its Board of Trustees, officers, employees, volunteers, and agents, or expect them to be responsible or pay for any damages.

NOW, THEREFORE LET IT BE KNOWN:

We, the undersigned, understand and acknowledge that _____(NAME OF STUDENT) has voluntarily chosen to participate in a school-sponsored athletic activity. We know and fully understand that any athletic activity or competitive sport, including, but not limited to, baseball, basketball, cross country, field hockey, football, golf, gymnastics, lacrosse, soccer, softball, swimming, tennis, track & field, volleyball, water polo, or wrestling, involves numerous risks, dangers, and hazards, both known and unknown, where serious accidents can occur, participants can sustain physical injuries, damage to their property, and even die. Regardless of whether the athletic activity involves physical contact or not, all athletic activities and sports have inherent risks of injury which are inseparable from the activity and cannot be entirely eliminated regardless of the care taken by players, coaches, trainers, or other staff. We acknowledge and willingly assume all risks and hazards of potential injury and death in this athletic activity, whether in practice, games, meets, or any other type of competition, including any transportation to or from any such event.

_____’s (NAME OF STUDENT) participation in this activity is purely voluntary and it is being done at his/her own risk

In consideration for San Dieguito Union High School District allowing the above-named student to participate in this athletic activity, we voluntarily agree to release, waive, discharge, and hold harmless San Dieguito Union High School District, its Board of Trustees, officers, employees, volunteers, and agents from any and all claims of liability arising out of their negligence, or any other act or omission which causes the student illness, injury, death and damages of a any nature in any way connected with the student’s participation in this activity. We also expressly agree to release and discharge San Dieguito Union High School District, its Board of Trustees, officers, employees, volunteers, and agents from any act or omission of negligence in rendering or failing to render any type of emergency or medical services.

As parent or legal guardian of the student/participant under 18 years of age, I have read and voluntarily agree that my son/daughter may participate in this athletic activity, and I sign this release on his/her behalf. In signing this document, I fully recognize and understand that if my son/daughter is hurt, dies, or his/her property is damaged, I am giving up the student’s right and the rights of the parents and heirs to make a claim or file a lawsuit against San Dieguito Union High School District, its Board of Trustees, officers, employees, volunteers, and agents.

California Law provides as follows: “All persons making the field trip or excursion shall be deemed to have waived all claims against the district or the State of California for injury, accident, illness, or death, occurring during or by reason of the field trip or excursion. All adults taking out-of-state field trips or excursions and all parents or guardians of pupils taking out-of-state field trips or excursions, shall sign a statement waiving such claims.” (Education Code Section 35330)

WE, THE UNDERSIGNED, HAVE READ THIS DOCUMENT. WE UNDERSTAND THAT IT IS A RELEASE OF ALL CLAIMS. WE FURTHER UNDERSTAND THAT WE ARE ASSUMING ALL RISKS INHERENT IN THIS ATHLETIC ACTIVITY. WE VOLUNTARILY SIGN OUR NAME AS EVIDENCE OF OUR ACCEPTANCE OF THE ABOVE PROVISIONS, PARTICIPATION IN THE ACTIVITY AND ANY FIELD TRIP OR EXCURSION ASSOCIATED WITH IT.

Student/Participant Signature _____
Date

Parent/Guardian Signature (if Student/Participant is under 18) _____
Date

STEROIDS

Note: As added by SB 37 (Ch. 673, Statutes of 2005), Education Code 49033 requires the California Interscholastic Federation to adopt a bylaw, effective July 1, 2006, requiring any student participating in athletics and his/her parent/guardian to sign an agreement that the student will not use steroids and dietary supplements banned by the U.S. Anti-Doping Agency and the substance synephrine, unless the student has a written prescription from a licensed health care practitioner to treat a medical condition. The following agreement is based on a sample developed by the California Interscholastic Federation.

**AGREEMENT FOR STUDENT ATHLETE AND PARENT/GUARDIAN
REGARDING USE OF STEROIDS**

(print name of student athlete)

Directions: As a condition of membership in the California Interscholastic Federation (CIF) and in accordance with Education Code 49030, the Governing Board of the San Dieguito Union High School District has adopted Board Policy 5131.63 prohibiting the use and abuse of androgenic/anabolic steroids as specified below. CIF Bylaw 524 requires that all participating students and their parents/guardians sign this agreement.

By signing below, we agree that the student shall not use androgenic/anabolic steroids or any dietary supplement banned by the U.S. Anti-Doping Agency as well as the substance synephrine, without a written prescription from a licensed health care practitioner to treat a medical condition.

We recognize that under CIF Bylaw 200.D the student may be subject to penalties, including ineligibility for any CIF competition, if the student or his/her parent/guardian provides false or fraudulent information to the CIF.

We understand that the student's violation of the district's policy regarding steroids may result in discipline against him/her including, but not limited to, restriction from athletics or suspension or expulsion from school

Signature of student athlete Date

Signature of parent/guardian Date
(7/05) 3/06

**Canyon Crest Academy
Pre-Enrollment Contact - Declaration Form
CIF – Rule 510**

Any and all pre-enrollment contact of any kind with a student athlete during their seventh and eighth grade year must be disclosed by the student, parent(s), legal guardian(s), and or caregiver(s)

- Pre enrollment contacts must be disclosed to include dates and times contact was made
- Private lessons must be disclosed if they are with one of the athletic coaching staff members or athlete on the current or former team
- Coaches may not attend outside athletic events before the student athlete is officially enrolled in the school
- Persons associated with the school include but are not limited to current or former coaches, current or former athletes, parents of current or former student athletes, booster club members, alumni, spouses or relatives of coaches, teachers and other employees of the SDUHSD district.
- No communication is allowed to prospective student athletes until they become officially enrolled
- All transfer students need to consult with the athletic director once they become officially enrolled within the SDUHSD district school

Player's Name: _____

Parent's Name: _____

Address: _____

City, State, Zip Code: _____

Phone #: _____ **Phone#:** _____

Email Address: _____

School Attended 7th / 8th Grade: _____

Sport(s) you are trying out for: _____
(Fall) (Winter) (Spring)

Explanation of contact – sport, type of contact (camp, clinic, private lesson), date, time

Parent Signature: _____ **Date:** _____

**YOU MUST PROVIDE A FRONT AND
BACK COPY OF YOUR MEDICAL
INSURANCE CARD AND GPA TO
COMPLETE THIS PACKET.**

THANK YOU

CCA ATHLETICS

SAN DIEGUITO UNION HIGH SCHOOL DISTRICT

ATHLETIC TRANSPORTATION GUIDELINES

In order to promote safety and encourage player and team camaraderie, all student athletes are strongly encouraged to ride District-provided transportation to and from competition sites. In addition to ensuring safety, traveling together builds team unity and promotes communication among all teammates. We find that many times, your child's best friends are those on the team, and traveling together reinforces that friendship. And we know that extracurricular activities and team participation anchor our children and can contribute to healthy social lives and academic performance.

Providing school-provided transportation is costly. And, put in the context of budget uncertainties, the challenges are even more daunting. As many of you know, the District has cut costs in all areas. We have decreased coaching positions by 48 District-wide since 2009. We have lost the athletic director positions at the two Academies with an Assistant Principal at those sites assuming those responsibilities. We no longer fund music artists in resident. We have fewer counselors, teachers and administrators. Athletic transportation costs are paid out of the District's operating budget; and this incurred a \$300,000 deficit last year as a result of covering these costs.

We want to continue to provide this valuable service. We ask you to make a contribution at the suggested level of \$100 (\$200 per year suggested for multi-season student athletes) to ensure the provision of safe and reliable transportation. Contributions are voluntary and are not a requirement for participation. Your child's well-being and safety to and from sports competition events are worth so much more than that nominal \$100 amount. We hope you will join other parents in contributing to our athletic transportation fund.

Thank you for your consideration.

The S.D.U.H.S.D. is a tax-exempt organization and your charitable donation qualifies as a tax deduction should you care to take it. Your canceled check will serve as your receipt.

School Name: _____ Date: _____

Student Name: _____ Grade: _____

Sport(s): _____

Student Signature

Parent Signature