



Technology Middle & Lawrence E. Jones Athletic Department

Athlete Eligibility Packet 2019-2020



Students cannot practice or try out until Sports Physical & completed Sports Packets are turned in to the main office.

** TMS 2019-20 SPORTS STARTING DATES**							
Sport	Packets Due	Tryouts / Practice	Season Ends	Sport	Packets Due	Tryouts / Practice	Season Ends
Cross Country	8/13/19	8/19/19	10/16/19	Wrestling (conditioning)	1/17/20	1/13/20	
7 th / 8 th Girls Basketball	8/13/19	8/19/19	10/24/19	Wrestling (practice)		1/21/20	3/7/20
Flag Football	8/13/19	8/19/19	10/11/19	Track (conditioning)	2/21/20	2/11/20	
Soccer (co-ed)	8/13/19	8/13/19	10/24/19			2/24/20	4/30/20
7 th / 8 th Boys Basketball	10/25/19	10/28/19	1/16/20	Girls Flag Football (conditioning)	3/23/20	3/9/20	
Girls Volleyball	10/25/19	10/28/19	1/16/20	(Practice)		3/31/20	5/15/20

Name of Student _____ Stu. ID# _____ Sport _____

Grade: 6th () 7th () 8th () Gender: M () F () Returning student: yes / no New/Transfer Student: yes / no

All items must be completed by student/ parents BEFORE the first day of try-outs/practice:

- Personal information
- Sports donation used to cover officials, uniforms, and equipment (donation - checks made out to MSABC)
 - Review Parent/Student Fundraising and Donation Requests
- Parent/guardian information
- Evidence of physical exam (completed after June 1st of this year) or signed and stamped by doctor's office
- Medical insurance verification (including policy number)
- Parent/guardian permission to participate/medical consent
- Sportsmanship Pledge
- Acknowledgement of athletic requirements (grades)
- Social Media & Citizenship Pledge
- Athlete after Practice Pick-Up Policy
- Concussion Information sheets
- **PARENT MEETINGS with COACHES Pre-Season Athletic Meeting - Schedule of Meetings:** Main Gym
 - Cross Country, 7/8th Girls Basketball/Co-Ed Soccer/Boys Flag Football– August 28th @ 5:00
 - 7/8th Boys Basketball, Girls Volleyball-Date Nov. 6th @ 5:00 – Main Gym
 - Wrestling- Jan.30th @ 5:30 MU
 - Track– March 4 @4:30 – Main Gym
 - Girls Flag Football – April 1st @ 5:00

Parents & Students please initial:** I understand that my student must have a 2.0 GPA or above on the most recent trimester report card and maintain a 2.0 to participate in team activities. Report card grades are checked prior to first game. *Students that do not participate in PE may not participate in sports team activities that day.**

Parent's Initial: _____

Student's Initial: _____



Get Involved in Your Student Athlete's Team And help support Our Middle School Athletic Booster Club (MSABC)

The Middle School Athletic Boosters Club (MSABC) is a non-profit organization formed in 2003 to support and sustain middle school athletic programs in the Cotati-Rohnert Park Unified School District.

Middle school athletics provide an important opportunity for our students to develop their physical, social, and emotional skills. The commitment, self-discipline, teamwork and emotional maturities developed while participating in athletics are all important skills our students learn.

Due to declining enrollment and budget crisis, our district no longer provided funding for our middle school athletic program including lunchtime intramurals and after-school interscholastic competition. MSABC funded ALL costs associated with these programs including referee fees, equipment, uniforms, transportation, etc. except coaching stipends which the District pays. ***We rely solely upon donations and fundraisers to sustain the program.***

Each team participates in our school's fundraising effort to support our sports program.

How Can Parents Help?

- \$10-\$100 per player suggested donation (check made out to MSABC) to support your student athlete's team pay for equipment, uniforms, officials, league participation fee and transportation to games and tournaments.
 - o Any amount helps
- Volunteer to be a Team Parent: talk to the team's coach for more information
- Become a Parent Driver: call the main office to get more info about the process. 707-792-4800
- Donate items for your team to sell at their snack bar
 - o Gatorade, Water, Capri Suns, Individual Chips/Snacks, Rice Krispies Treats, Full size candy bars
- Donate Your Time: Run the snack bar, help with the Fundraising, help at practice
- Attend Dine and Donate events when restaurants donate profits back to our Sports teams
- Attend the monthly MSABC meeting to get involved directly with MSABC

How Do Students Get Involved?

- Turn in your player donation for MSABC
- Participate in your team's fundraiser: Barbeque, Team Banners, Dance, Fun Run, Color Run
- Work the snack bar or other fundraising events: your coach will have more details
- Remind your family about Dine & Donate Events and eat dinner out to support your Team!



Parent/Guardian Information (please print clearly):



Name: _____

Name: _____

Cell Phone: _____

Cell Phone: _____

Work/Home Phone: _____

Work/Home Phone: _____

Email: _____

Email: _____

Home Address of Student: _____

Health information or personal information that you would like the coach to know (ie: student uses inhaler, student cannot make practice on Tuesdays, etc.) _____

Signature of Parent / Guardian

Date

EVIDENCE OF PHYSICAL EXAMINATION (Separate form signed by doctor may be attached)

Patient Name: _____ Physician's Name: _____

I have examined the above-named student and completed the pre-participation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in interscholastic sports. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents.

Physician's Signature

Date

Doctor's Office: Please stamp here.

Are there any health concerns that should be monitored?

If physical is not attached, this form must be signed & dated by the Doctor AND stamped by the Doctor's Office

Medical Insurance Verification (\$1,500 minimum required - supplemental insurance may be purchased. See TMS Office Staff for information on Student Health Insurance Plans)

Insurance Company: _____

Policy #: _____

I will purchase supplementary medical insurance if I am not covered _____ (Initial)



Parent / Guardian Consent: Medical Treatment/Permission to Participate



My child, _____, has my permission to participate in interscholastic athletics. I request that my child receive first aid services whenever such services are deemed necessary. I authorize that my child be attended by a licensed physical and/or be taken to the nearest hospital in the event that such treatment is deemed necessary. I will accept the judgement of the person in charge of the activity. I further acknowledge that I have read and understood the warning to students and parents section concerning the risks involved with participation in interscholastic athletics. I give my permission for my student to receive first aid services whenever necessary. This consent is valid through June 2019.

Parent / Guardian Signature & Date

Student-Athlete Signature & Date



Sportsmanship Pledge



Regarding Interscholastic Athletic Competition:

The role of a parent in the education of a student is vital. The support shown in the home is often manifested in the ability of the student to accept the opportunities presented at school and in life. You have a major influence on your student's attitude about academics and athletics. The leadership role you take will help influence your child, and our community, for years to come. In the end sport is only a game, where we allow others the opportunity to challenge us to improve our skills and motivate us to excel.

Parents and Guardians Commit To:

1. Realize that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of an athletic contest.
2. Encourage students to perform their best, just as you would urge them to excel with their class work.
3. Be supportive of the coach. The team is the coach's responsibility, not the parents'.
4. Be positive role models at athletic contests. Demonstrate and model appropriate conduct and respect of opponents, their fans and the referees.
5. Respect the judgment of the officials and refrain from openly criticizing any call the officials make.
6. Learn, understand, and respect the rules of the game AND the officials who administer them and their decisions.
7. Respect the task our coaches face as teachers and support them as they strive to educate our youth.
8. Be aware that if a parent conference is desired with the coach, it is highly *inappropriate* to speak with the coach regarding this *at the conclusion of an athletic event*. Please wait 24 hours to contact.

Athletes Commit To:

1. Treat teammates, opponents, officials, and coaches with respect.
2. Win with pride and lose without excuses; maintain good sportsmanship... no matter what.
3. Maintain the minimum **GPA of 2.0**. Students with F's may be unable to compete at Teacher/Coach/Admin discretion.
4. No cell phones and media devices during practice or contests.
5. If you serve a detention, you cannot participate that day. It may also impact your eligibility to compete that week.
6. If you are suspended from school, you will not compete that week. If suspended more than twice during the season, you may be removed from the team.
7. Poor sportsmanship, citizenship or disrespect towards teammates, opponents or coaches is not expected and athletes may have consequences, including being dismissed from the team.
8. Adhere to all school and team rules and expectations.
9. Not using tobacco, alcohol, or illegal substances on or off campus.
10. Communicating about injuries OR if they will be absent from practice.
11. Being a role model on campus within all classes in regards to behavior and school wide expectations.

Signatures of Parent and Athlete Concerning Sportsmanship

I have read the above TMS sportsmanship pledge and will uphold the practices of good sportsmanship as outlined by the California Interscholastic Federation, the North Coast Section and Technology Middle School.

Student Name (first and last) _____ Grade _____

Signature of Student Athlete

Date

Signature of Parent / Guardian

Date



Student-Athlete Social Media & Citizenship Agreement



Social media can be a useful tool to communicate with teammates, fans, friends, coaches and more. Social media can also be dangerous, if you are not careful. Every picture, link, quote, tweet, status or post that you or your friends put online is forever part of your digital footprint. You never know when that will come back to hurt or help your reputation during the athlete recruiting process, a new job, or other important areas of your life.

Recognizing the above:

- I take responsibility for my online profile, including my posts and any photos, videos or other recordings posted by others in which I appear.
- I will not degrade my opponents before, during or after games in person or online.
- I will only say and post positive things about my teammates, coaches, opponents and officials.
- I will consider "Is this the me I want you to see?" before I say or post anything online.
- I will ignore any negative comments about me and will not retaliate online or in person.
- If I see a teammate post something potentially negative online, I will have a conversation with that teammate. If I do not feel comfortable doing so, I will talk to the team captain or a coach.
- Bullying and cyberbullying as defined in the student handbook and Ed Code (see below) will not be tolerated
- I am aware that I represent my sport(s), school, team, family and community at all times and will do so in a positive manner with my actions in person and online.

BULLYING/CYBER BULLYING Board Policy 5131 (a, b, c)

- Bullying/harassment of other students or staff, including intimidation, so-called "cyber bullying," hazing or initiation activity, ridicule, extortion, or any other verbal, written, or physical conduct that causes or threatens to cause bodily harm or emotional suffering is strictly forbidden.
- Cyberbullying includes the posting of harassing messages, direct threats, social cruelty, or other harmful text or images on the Internet, social networking sites, or other digital technologies, as well as breaking into another person's account and assuming that person's identity in order to damage that person's reputation or friendships.

Student Name _____
(first and last name)

Grade

Signature of Student Athlete

Date

Signature of Parent / Guardian

Date



Athlete After Practice Pickup Policy 2018-2019



All athletes are to be picked up within 15 minutes after the scheduled end of practice or games.

Coaches will respect your families' schedule by providing game and practice schedules at the beginning of the season. Please honor your student athlete's coach by arranging to pick up your child within 15 minutes.

Please indicate below how your student athlete will be getting home after practice and contests by **initialing in the box** that applies and then sign the form at the bottom.

My student athlete is allowed to walk or bike home on their own after practice and games.

initial

My student athlete will be picked up by a responsible adult within 15 minutes of the end of the scheduled practice/games. This includes family members, trusted adults, or carpool.

initial

If athletes are not picked up, the following steps will take place at the coach's discretion.

1st time - Warning about timely athlete pick up

2nd time - Athlete will sit out a game or match

3rd time - Possible removal from the team

Signature of Parent / Guardian

Date

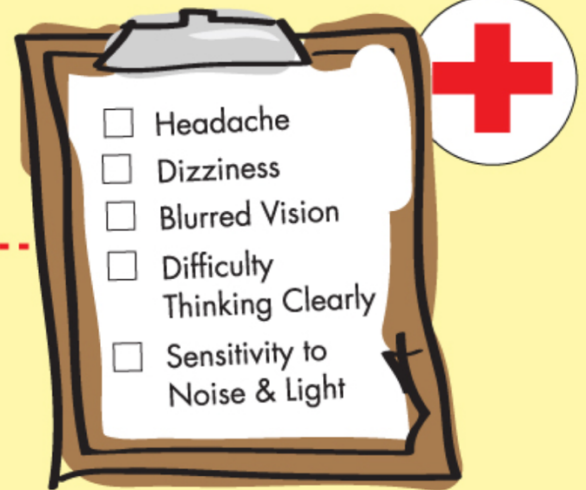


Concussions Can Occur In All Sports and at Home

LEARN CONCUSSION SIGNS AND SYMPTOMS

SEE FULL LIST OF SYMPTOMS @

www.cdc.gov/Concussion



What is It? A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, jolt to the head or by a blow to another part of the body with the force transmitted to the head. They can be 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.** You can't see a concussion and concussions can occur without loss of consciousness. Signs and symptoms of a concussion can take minutes, hours or days to fully appear. If your child reports any symptoms of concussion or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

What are the Symptoms?: Your athlete might complain of: headaches, 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, amnesia, "don't feel right", fatigue or low energy, sadness, nervousness or anxiety, irritability, more emotion, confusion, concentration or memory programs (forgetting game plays) or repeating the same question/comment.

What are the signs others notice?: Appears dazed, vacant facial expression, confused about assignment, forgets plays, is unsure of game, score, or opponent, moves clumsily or changes, can't recall events prior to hit, can't recall events after hit, seizures or convulsions, any change in typical behavior or personality or loss of consciousness.

Don't Ignore It: Athletes must report symptoms and injuries to their parents and coaches. Ignoring the injury and continuing to play leaves your athlete especially vulnerable to greater injury. Athletes with the signs and symptoms of concussion should be removed from play immediately!

What if my child plays with a concussion or returns too soon? For a period of time after a concussion occurs, there is an increased risk of permanent damage particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries, and concussions are no different. As a result, education administrators, coaches, parents and students are the key for student-athlete safety.



Concussion Information Sheet, page 2



If you think your child has suffered a concussion: Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance from a doctor. Close observation of the athlete should continue for several hours. The new CIF Bylaw 313 now requires implementation of long and well established return to play concussion guidelines that have been recommended for several years.

1. "A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at the time and for the remainder of the day."
2. A student-athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider."

You should inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. **When in doubt, the athlete SITS OUT!**

**For current and up-to-date information on concussions you can go to:
<http://www.ced.gov/ConcussionInYouthSports>**

Student Athlete Name (Printed)

Student Athlete Signature

Date

Parent or Legal Guardian Name (Printed)

Parent or Legal Guardian Signature

Date

Adapted from the CDC and the 3rd International Conference on Concussion in Sport Document created 5/20/2010