

Alameda High School
AHS Athletic Department
Athletic Participation Packet
bthomas@alameda.k12.ca.us
2010 – 2011 School Year



Dear Parents & Guardians:

Welcome to Hornet Athletics! Whether this is your first year with Alameda High, or you are an experienced veteran, this season of sports is going to be an exciting one. We are very lucky to have such capable coaches here at AHS to help all of our students succeed. Our athletic teams this past school year have not only played well but some have gone on to participate at North Coast and State levels.

Attached you will find our Athletic Packet that each student must have completed and on file with the Athletic Office before they are allowed to participate in or try out for a particular sport. A current physical is necessary as well and is good for the remainder of the school year. Every student is required to have medical insurance. If you do not have insurance, there is an application form that you can get from the main office. A copy of your completed form and check needs to be handed in with the completed packet (please mail the original directly to the insurance company).

The Athletic Packet consists of forms that are mandated by California Interscholastic Federation (CIF), North Coast Section (NCS), and the Athletic Department. It is mandatory that all items are completed in order to participate. There are three days set aside for you to turn in your packet, August 11th, 12th and 13th, from 1:00 PM - 4:00 PM in the Main Office or the Banking Office. All students planning on participating in athletics this school year must turn in their packet, including, Medical Release, Physical Form, Residence Form and Signature page on one of these three days. Please keep the Handbook portions and this cover letter for your reference.

At Alameda High School, we believe that athletics are an integral part of our educational mission. Throughout this entire school year 50% of our students will be joining one of our sports teams. It is part of the philosophy of the Athletic department that each student athlete will have an opportunity to create memories that will last a life time by participating in athletics. The Booster Club, an organization of alums, friends of AHS and parents & guardians of student athletes, whose main role is to support Hornet Athletics, has taken a giant step in making sure that current and future Hornets will have these opportunities.

The cost of the athletic program is substantial. Coaches' stipends, uniforms, equipment, supplies, officials and transportation are just some of the expenses incurred each year. The Alameda High School Boosters attempts to fund the shortfall. They donate thousands of dollars yearly (over \$30,000.00 last year) to support the infrastructure of AHS Athletics. The only way that the Booster Board is able to make this possible is with the support from all families of student athletes. Please support our Athletic Boosters – you are always welcome to the monthly meetings! Visit our athletic website, Hornetboosters.org, for meeting dates and times, sports information, forms and much more.

If you have any questions please email the Athletic Office at bthomas@alameda.k12.ca.us

Thank you and Best Regards,

Brad Thomas
Athletic Director

Please fill out using **Black or Blue Pen**

AHS Athletic Medical Release

Athlete's Legal Name: _____ Birthdate: _____
Last First

Athlete's Cell # _____ Student ID # _____

Gender: M F Age: _____ Circle One: Frosh. Soph. Jr. Sr.

Circle sports you would like to participate in.

Please - only **1 sport per season**. If you change your mind at a later time, simply advise the Athletic Director's office.

Fall and Winter: Cheer Squad

Fall Sports: Cross Country W Volleyball W Golf Football W Tennis
W Water Polo M Water Polo

Winter Sports: W Basketball M Basketball W Soccer M Soccer

Spring Sports: Track & Field M Volleyball M Golf Baseball W Swimming/Diving
Badminton M Swimming/Diving M Tennis Softball

In the event that I (parent/guardian) cannot be reached, I hereby authorize the administrator, or coach in charge, as agent to the student, to consent to any x-ray examination, anesthetic, medical or surgical diagnosis or treatment and hospital care which is deemed advisable by and is to be rendered under the general or special supervision of any physician or surgeon licensed under the provision of the Medical Practice Act., whether such diagnosis or treatment be rendered at the office or at the hospital.

Every student participating in interscholastic athletics must be covered by medical insurance. Please indicate the insurance carrier that insures your son/daughter, the policy number, and the name of your family physician and attach a copy of your medical card. **If you do not have insurance you must purchase an insurance policy. Applications are available in the school main office. After completing the application and before mailing it in make a copy of the completed application and the form of payment and attach copies to this Athletic Release for verification.**

INSURANCE CARRIER: _____ POLICY #: _____

NAME OF PHYSICIAN: _____ PHONE #: _____

Known Allergies: _____

Is the student currently taking any medication? _____ If so, please list: _____

Is the student allergic to any medication? _____ If so, please list: _____

Has the student had any major operations or serious injuries? _____ If so, please list: _____

NAME OF PERSON TO BE CONTACTED IF PARENTS/GUARDIANS ARE NOT AVAILABLE

Name: _____ Home Phone: _____ Work Phone: _____

Parent Name (Print): _____

ADDRESS: _____

Street City State Zip Code

Home Phone: _____ Cell Phone: _____ Work Phone: _____

Parent(s) Email: _____

SIGNATURE OF PARENT/GUARDIAN: _____ DATE: _____



Please fill out using **Black or Blue Pen**

AHS PHYSICAL EXAMINATION FORM

**Has to be completed AFTER July 1st Of Current Year
Must be Completed by a Physician**

Name: _____ Date of exam: _____

STATE CONDITION OF:

EYES: _____ EARS: _____ NOSE: _____

THROAT: _____ LUNGS: _____ SKIN: _____

SPINE: _____ ABDOMEN: _____ HEART: _____

HERNIA: _____ FEET: _____ KNEES _____

This student-athlete's level of physical activity is:

A) UNLIMITED _____ B) RESTRICTED _____

Remarks: _____

Signature of Family Physician	Date	Signature of Parent/Guardian	Date
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****Please stamp or Attach Card**** Insurance Carrier _____
Policy # _____

Printed Name of Primary Physician _____

If you do not have insurance, you must purchase an insurance policy from Alameda High School. Please see the Main office for an application.

This form may be used for your student's physical. CIF rules require that athletes have a physical form on file that is current. A physical is good for the entire school year. Physicals dated prior to July 1st *will not* be accepted. Parents should make appointments early so that this requirement can be met.

****Doctor's forms and/or notes are also acceptable if stapled to this form.**

****All doctor verification forms are acceptable as long as they have a current date of July 1st or thereafter.**

Please fill out using **Black or Blue Pen**

AHS SIGNATURE FORM

Form #1 Informed Consent:

Understanding the information, I give my permission for my student athlete to participate in Alameda High School sport(s).

Parent/Guardian Initial _____ Student Initial _____

Form #2 Performance Enhancing Substances

By initialing, both the participating student-athlete and the parents, legal guardian/caregiver hereby agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the American Medical Association) to treat a medical condition. We also recognize that that under CIF Bylaw 200.D., there could be penalties for false or fraudulent information. We also understand that the Alameda High School policy regarding the use of illegal drugs will be enforced for any violations of these rules.

Parent/Guardian Initial _____ Student Initial _____

Form #3 Athlete's Contract

I have read and understand the guidelines and consequences of the Athlete's Contract.

Parent/Guardian Initial _____ Student Initial _____

Form #4 Ejection Policy

I have read and understand the rules and regulations of the Athlete/Coach Ejection Policy.

Parent/Guardian Initial _____ Student Initial _____

Form #5 Transportation Policy

I have read the policy and understand that I may only provide transportation to or from a contest for my own child unless I have a Verification of Insurance form on file in the Athletic Director's Office. I am aware that I need to notify the coach, at the game site, that I am taking responsibility of my child.

Parent/Guardian Initial _____ Student Initial _____

Form #6 Spectators Code of Conduct

I have read the statement on the expected behavior at athletic events and agree to abide by the Code of Conduct indicated. I further agree to advise anyone I may bring to a Alameda High School athletic contest of the stated rules.

Parent/Guardian Initial _____ Student Initial _____

Form #7 Off Campus Running

We fully understand the information regarding off campus running workouts and have gone over this information with our son/daughter.

Parent/Guardian Initial _____ Student Initial _____

**WE HAVE READ, UNDERSTAND AND AGREE TO COMPLY WITH THE INFORMATION
PRESENTED IN THE ATHLETIC PACKET FOR ALAMEDA HIGH SCHOOL**

Parent/Guardian Name: Print _____

Parent/Guardian Name: Signature _____ Date _____

Student Name: Print _____

Student Name: Signature _____ Date _____

Alameda High School

HANDBOOK

Parents please keep the next 4 pages for your reference.

Form #1

Informed Consent

TO ALL ATHLETES AND PARENTS:

Alameda High school has a responsibility to make you aware of the dangers of participation in any form of athletic competition. I am asking that you carefully read over the statement below with your son or daughter, sign and return it to school. In addition your signature indicates that you have also reviewed the school handbook section pertaining to athletics. A sport handbook may also be issued at a later date by your son/daughter's coach.

I am aware of the potential dangers of participation in interscholastic athletics – both in practice and competition. I realize that there is a risk of being injured in all sports, no matter how many precautions are taken. I further realize that this risk of injury may be severe, including varieties of contusions, scrapes, cuts, sprains, fractures, brain injuries, concussions, **PARALYSIS, OR EVEN DEATH**. I also realize that my son/daughter needs to follow all of the guidelines given by the coaching staff regarding training rules, safety rules, proper use of equipment, legal and safe playing techniques, and any and all other safety procedures. I understand that even if all of the above is done, my son/daughter may still incur injury through participation in athletics.

Initial Line #1 on Signature Page

Form #2

Policy Concerning the Prohibition of Performance Enhancing Substances

As a condition of membership in the California Interscholastic Federation (CIF), the Governing Board of the Alameda Unified School District has adopted Board Policy 5131.63 prohibiting the use and abuse of androgenic/anabolic steroids. CIF Bylaw 524 requires that all participating students and their parents/guardians sign this agreement.

By signing, we agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician, as recognized by the American Medical Association, 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, suspension, or expulsion.

Initial Line #2 on Signature Page

Alameda High School

Form #3

Athlete's Contract

As a student athlete at Alameda High School, I give my word that I will adhere to the following behavior standards:

1. I will conduct myself at all times in a sportsmanlike manner as described by the North Coast Section and the California Interscholastic Federation.
2. I will attend all classes to which I am assigned on that school day or risk not participating in the team event that day.
3. I will contact my coach as soon as possible if I must miss practice. **Consequence:** Coach's discretion.
4. I will not participate in any outside athletic program while participating for AHS in the same sport for that season.
Note: Certain sports are excluded from this rule. Contact the AHS Athletic Director for any necessary clarification.
Consequence: Immediate suspension from the team for the remainder of the season and team forfeiture of all games you participated in may otherwise result.
5. I will not smoke or be in possession of tobacco (including snuff & chewing tobacco) at any school activity, at or away from school. **Consequence:** Five-day team suspension and/or disciplinary action as outlined in the Student Handbook.
6. I will not unlawfully possess, use, sell or otherwise furnish, or be under the influence of any controlled substance, alcoholic beverage, or intoxicant of any kind. **Consequence:** Immediate suspension from team for five days followed by a meeting with head coach, principal (or designee) and parents. Athletes will also be punished by rules in the Student Handbook. Second infraction will result in loss of team participation for the remainder of that athletic season. Third infraction will result in loss of participation in AHS interscholastic athletic activity for remainder of the school year.
7. I will not have unexcused tardies or absences for any reason. **Consequence:** Administration and coach's discretion.
8. I will not do or say anything directly or indirectly that would be negative in nature to the school, AHS athletic department, or team of participation. **Consequence:** Weight of the infraction will determine the severity of the punishment. Decision will be made at coach's discretion in conjunction with school administration.
9. After having quit a sport during the season, I will not play in any other sport until that season in which I quit is over. **Consequence:** Suspension from the second sport for the remainder of the season.
10. I will maintain an overall minimum grade point average of 2.0 and be making progress toward graduation based on credits earned. I may use probation only once in my four years of high school. **Consequence:** Suspension from competition for the remainder of the grading period and until minimum standards are met.
11. I will maintain acceptable and satisfactory citizenship in all classes during the season of any sport that I participate in. **Consequence:** Any AHS administrator or coach may deny participation in any athletic activity until a satisfactory grade/behavior check is received.

Note: Consequences are under direct guidelines of Alameda High School Student Handbook, Alameda Contra Costa Athletic League, North Coast Section Guidelines and California Interscholastic Federation Bylaws.

Initial on line #3 on the Signature Page

Alameda High School

Form #4

ATHLETE/COACH EJECTION POLICY NOTIFICATION FORM **(North Coast Section Ejection Policy)**

The following rules and minimum penalties are applicable to players as adopted by the NCS Board of Managers on April 21, 1995. This policy has been in effect since the 1995-1996 school year (and will include non-league, league, invitational tournaments/events, post-season; league, section or state playoffs, etc.).

1. Ejection of a player from a contest for unsportsmanlike or dangerous conduct.
Penalty: The player shall be ineligible for the next contest (non-league, league, invitational tournament, post-season {league, section or state} playoff, etc.).
2. Illegal participation in the next contest by a player ejected in a previous contest.
Penalty: The contest shall be forfeited and the ineligible player shall be ineligible for the next contest.
3. Second ejection of a player for unsportsmanlike or dangerous conduct from a contest during one season.
Penalty: The player shall be ineligible for the remainder of the season.
4. When one or more players leave the bench to begin or participate in an altercation.
Penalty: The player(s) shall be ejected from the contest in question and become ineligible for the next contest (non-league, league, invitational tournament, post season {league, section or state} playoff, etc.).
5. Coaches are responsible for determining the cause of ejection for any of their players and are responsible for enforcement of the Ejection Policy. Confusion over the cause for a player's ejection shall not be the basis for allowing a student who has been ejected under an applicable rule to avoid the sanctions required by the Ejection Policy (either prohibition from participation or forfeiture) should a student who is in violation of the Ejection Policy play in a subsequent contest (BOM 10/24/97)

I have read and understand the rules and regulations of the Ejection Policy. Athletes may not participate in any contest until this document is filed with the school.

Initial on line #4 on the Signature Page

Form #5

Parent Transportation Form

I/We release Alameda High School, the Alameda High School Athletic Department, and the Alameda High School coaching staff of all responsibility when I transport my son or daughter home from away contests. I/We agree that I/we will not provide transportation for any other student/athlete unless a Verification of Insurance form (see requirements below) is on file in the athletic director's office. I/We agree to notify the Head Coach, at the game site, that we are taking responsibility of our son/daughter's transportation. This agreement is for the current school year.

***Parents that help transport athletes other than their own must have a Verification of Insurance form on file in the Athletic Director's Office.**

Minimum Insurance Requirements:

Bodily Injury Liability	Medical Payments.....\$10,000
Each Individual.....\$100,000	Uninsured Motorist Coverage:
Total Each Accident.....\$300,000	Each Individual\$100,000
Property Damage Liability.....\$25,000	Total Each Accident.....\$300,000

**Every effort will be made to provide transportation for the students to the game sites, but parents will be asked to help transport teams throughout the season.

Initial on line #5 on the Signature Page

Alameda High School

Form #6

Spectators Code of Conduct

Alameda High School wishes to make all parents and spectators aware of the Code of Conduct subscribed to by the California Interscholastic Federation, our local league, and Alameda High School. Spectators are expected to conduct themselves in a manner which shall bring credit to themselves, their schools, communities, athletes, coaches and families. They shall refrain from all conduct, which tends to degrade, bait, intimidate, or otherwise, discredit their opponents, officials or interscholastic athletics.

Specifically, spectators:

1. Shall maintain a high degree of sportsmanship before, during, and after athletic contests.
2. Shall remain in the designated seating areas while the contest is in progress.
3. Shall refrain from entering the court or playing field.
4. Shall refrain from confronting an official, coach, school official, or player before, during, or after an athletic contest.
5. Shall be responsible to directives from administrative or site supervisors.

In addition, Alameda High School would like to emphasize positive support for the players and coaches from the spectators in the stands. Positive, encouraging remarks to the players go a long way in helping the morale of the teams and the self-esteem of the athletes.

Spectators need to remember that any actions detrimental to the playing of a game or contest may cause forfeiture of the contest and/or other penalties. Booing of the officials will not be condoned. Alameda High School does reserve the right to remove any person who is in violation of the expressed standard of conduct and refuse admission to future contests. Also if you have friends or family members attend, please see that they abide by our code of conduct.

Please refer to the Student and Parent Handbook of Alameda High School for additional information.

Initial on line #6 on the Signature Page

Form #7

Off Campus Running

1. Whenever sidewalks are available, I will use them.
2. I will obey all cross walks, traffic signs, stop lights & walk signals, etc.
3. I will run on the side of the road facing traffic.
4. I will run single file, especially if the road narrows or if there is a turn in the road.
5. I will not run on private lawns or through neighbor's shrubbery. I will respect the privacy of others as well as their private property.
6. There will be no horsing around that may lead to problems.
7. I understand that as a pedestrian I am required to obey the rules of the road for pedestrian safety, as documented by the State of California in their handbook "Rules of the Road".

Initial on line #7 on the Signature Page