



ATHLETIC PARTICIPATION PACKET FOR WINTER 2017-2018

In order to participate in athletics at High Tech High Chula Vista it is required that each student complete and return the following forms with proper signatures.

1. Commitment Form (Parent and Student Signature)
2. Athletic Director Acknowledgement (Copy of Grades in PowerSchool required)
3. Medical Release (Parent and Medical Doctor Signature)
4. Ethics in Sports (Parent and Student Signature)
5. Student Waiver Form (Parent and Student Signature)
6. Concussion Information Sheet (Parent and Student Signature)

The above forms and medical clearance (physical) must be completed and returned before any student will be eligible to participate in CRASH Athletics.

Completed medical clearances will be kept on file in the Athletic Director's office and will be valid for the entire 2017-2018 school year.

High Tech High schools strive to provide a safe, enjoyable and meaningful experience through participation in our athletic program. HTHCV's goal is to teach our scholar-athletes time management and sportsmanship that our students will build on throughout their lives. We appreciate your time and effort in completing the forms and turning in the documentation by the deadline date.

Thank you,

HTHCV CRASH Athletics

Alan Botterman
Athletic Director/Site Coordinator
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HIGH TECH CHULA VISTA CRASH ATHLETICS

Athletic Participation and Commitment Form 2017-2018

The High Tech High Chula Vista CRASH Athletics Program offers HTHCV students the opportunity to play in California Interscholastic Federation—San Diego Section sports. Our program is collaboration between the HTHCV school administration, students and parents. Our unique system depends on the commitment of students and parents to adhere to the following standards and conditions.

Participation in the High Tech High Chula Vista CRASH Athletics Program is a privilege for those that agree and can fulfill the following eligibility standards:

- Students must maintain a GPA of 2.5, and maintain participation in required school projects and Internships.
- Complete the following forms required by CIF and HTHCV:
 1. CIF- Ethics in Sports Form
 2. CIF- Medical history and Physical Examination Form
 3. Athletic participation and commitment agreement
 4. Student Waiver Form
 5. Concussion Information Sheet

“According to California law, no student is required to pay fees to participate in after school activities-sports. Public charter schools do not receive any money to fund sports. Our sports programs operate and exist because of our volunteer coaches and the donations we receive from parents who are willing and able to pay.”

Participation in the High Tech High Chula Vista CRASH Athletics Program is a choice for those who agree to the player and parent conditions of all HTHCV sports teams:

- The roster of each team is filled by those who completely meet all the eligibility standards by the sport season due date.
- The number of players that can be effectively managed on the team roster will be determined by the Coach and the Athletic Director.
- There is no guarantee that any student on the team roster will play in any games, contests, or matches during the season.
- Each student athlete is responsible for his/her own transportation to and from games and practices.
- Uniforms are the property of the school and are to be returned at season end.
- Must meet coaches requirements for practice, games and communication

We the undersigned agree to adhere to the eligibility standards and understand and accept the player and parent conditions required to participate in HTHCV sports.

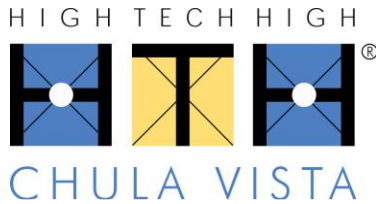
SPORT: _____ **DONATION:** _____

Parent/Guardian Signature

Date

Student Signature

Date



HIGH TECH CHULA VISTA CRASH ATHLETICS

REQUEST FOR STUDENT PARTICIPATION IN

SCHOOL-SPONSORED ATHLETIC ACTIVITIES AND WAIVER AND RELEASE OF LIABILITY 2017-2018

Activity Information

I, the undersigned, request that my {child/ward}:

_____ be permitted to participate in _____
(Print student's name) (Sport)

Calendar sport season: FALL WINTER SPRING

Student Information

Complete Address: _____

Best phone number to reach parents/guardians _____

Alternate #1 _____ Alternate #2 _____

I will obey all school rules and policies at all time while participating in the above-described activity(ies).
I understand that any violation of these rules may result in my being withdrawn from the program.

(Student Signature)

Medical information

In the event of illness or injury, I do hereby consent to whatever emergency medical treatment may be deemed necessary for my child/ward. I further understand and agree that any medical treatment will be provided at my expense (or that of my insurer) and that neither the School nor its affiliates will be responsible or liable for costs and fees related to such medical treatment.

Medical Insurance Carrier Policy Number Telephone Number

Disclosure of any medical condition and/or medication that should be known to coaching staff or emergency medical provider(s) in the event of accident or injury:

___ My child/ward has the following medical conditions and/or is currently taking the following medication(s) about which the school coach and/or emergency medical provider should be aware:

___ My child/ward has no medical conditions and takes no medications about which the school and emergency staff should be informed.



HIGH TECH CHULA VISTA CRASH ATHLETICS

Waiver and Release

I/we acknowledge that, as a condition of my child/ward participating in the above-described activity, I/we hereby hold harmless, and waive and release, High Tech High (the "School"), the School's affiliate organizations and corporations, the school district, the State of California, and the respective officers, agents, employees and contractors of each of them ("Releasees"), from and against any and all actions, claims, demands, liabilities or expenses that I/we now have or may hereafter have relating to any injury, accident, illness, death, and/or any loss or damage to personal property occurring during, or resulting from my/our child/ward's participation in the above-described activity, including, but not limited to, claims arising out of any negligence of Releasees, and each of them.

I/WE ACKNOWLEDGE THAT I/WE HAVE CAREFULLY READ THIS REQUEST FOR STUDENT PARTICIPATION IN SCHOOL-SPONSORED ATHLETIC ACTIVITIES AND FULLY UNDERSTAND ITS TERMS. I/WE ARE AWARE THAT THIS DOCUMENT INCLUDES A WAIVER AND A RELEASE OF LIABILITY. I/WE AGREE TO THE TERMS AND CONDITIONS AS STATED ABOVE AND AGREE TO PERMIT MY CHILD/WARD TO PARTICIPATE IN THE ABOVE-DESCRIBED ACTIVITY.

_____ Date _____
Parent/Guardian Signature

Parent/Guardian Name (Printed)

Student Signature

Student Name (Printed)



HIGH TECH HIGH CHULA VISTA ATHLETICS

Concussion Information Sheet 2017-2018

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take 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.

Symptoms may include one or more of the following:	
<ul style="list-style-type: none"> • Headaches • “Pressure in head” • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns 	<ul style="list-style-type: none"> • Amnesia • “Don’t feel right” • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment

Signs observed by teammates, parents and coaches include:	
<ul style="list-style-type: none"> • Appears dazed • Vacant facial expression • Confused about assignment • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily or displays incoordination • Answers questions slowly • Slurred speech • Shows behavior or personality changes • Can’t recall events prior to hit • Can’t recall events after hit • Seizures or convulsions • Any change in typical behavior or personality • Loses consciousness 	

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

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers 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 athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

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. 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:

“A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and for the remainder of the day.”

and

“A student-athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child's coach if you think that your child may have a concussion Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date



HIGH TECH HIGH CHULA VISTA CRASH ATHLETICS

Athletic Director Acknowledgement for Student Participation in School Sports

Student Name: _____ School: _____ Grade: _____ **

HTHCV Sports for the 2017-2018 Season (circle one for each season):

FALL
Archery
Cross Country
Flag Football
Girls' Tennis

WINTER
Archery
Boys' & Girls' Basketball
Boys' & Girls' Soccer
Boys' & Girls' Wrestling
Rowing

SPRING
Archery
Baseball
Boys' Tennis
Boys' Volleyball
Rowing
Softball
Swimming
Track & Field

FOR OFFICE USE ONLY:

Athletic Director Signature: _____

Date: _____

GRADE CHECK _____ GPA _____

****Please attach a printed copy of your grades from PowerSchool.**



ETHICS IN SPORTS (ATHLETE-PARENT/GUARDIAN/CAREGIVER) – 2016-17

(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 Date2

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.³

VIOLATIONS, MINIMUM PENALTIES, AND APPEAL PROCESS

(Applicable to players and coaches from time of departure for contest until time of return.) **MINIMUM PENALTIES*** **ACT**

1. Behavior resulting in ejection of athlete or coach from contest

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.
2. Illegal participation in next contest by athlete ejected from previous contest.

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.
3. Second ejection of athlete or coach from any contest during one season.

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.
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.

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.
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.

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.
6. Other acts committed by individuals or teams or acts committed at end of season.

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.
7. Use of an ineligible player in a contest.

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.