

ATHLETE'S NAME: _____

GRADE: _____

Please Print



MCMS 2020-2021 ATHLETIC RELEASE PACKET

Before any student will be released to participate in any MCMS sport they must first complete the following:

- 1) Academic release of eligibility
- 2) Athletic fee paid

An Athletic Release Packet must be completed for each sport played for the 2020-2021 school year. The athletic fee is:

1 st sport	\$65.00
2 nd sport	\$50.00
3 rd sport	\$35.00

NOTE: Failure to complete the entire packet will make the student ineligible to participate in any sport including any practice(s).

Thank you for your cooperation,

MCMS Athletic Department

Sport: Volleyball Basketball Track & Field

Athletic Office Use Only

Athletic Fee Paid:

Ck # _____ Cash Amt: \$ _____ Date: _____ Initial _____

Academic Eligibility: Date: _____ Released by: _____

ATHLETE'S NAME: _____ GRADE: _____
Please Print

MCMS 2020-2021 ATHLETIC RELEASE PACKET

PARENT AND ATHLETE ETHICS AND COMMITMENT

- ◆ The MC parent/athlete agrees to “Pursue Victory with Honor” by adhering to the rules of competition and sportsmanship, and to display the Six Pillars of Character (trustworthiness, respect, responsibility, fairness, caring and citizenship) on and off the playing field.
- ◆ The MC parent/athlete agrees to establish a positive relationship with all opposing fans, players and officials.
- ◆ The MC parent/athlete agrees to respect the integrity and judgment of all sports officials.
- ◆ The MC parent/athlete agrees to abide by the coaches decisions and team rules. If unable to do so, the parent/athlete is to speak with the coach instead of other players, students or parents.
- ◆ The MC parent/athlete agrees to advise the coach if there is some reason the athlete cannot practice. This is to be done prior to the start of practice.
- ◆ The MC parent/athlete agrees to support all athletes and to work hard to maintain the unity among players and parents.
- ◆ The MC parent/athlete agrees to be on time to all practices, games, team meetings, parent meetings and buses.
- ◆ The MC athlete agrees to develop and pursue a relationship with Jesus Christ.
- ◆ The MC parent/athlete agrees to attend all regularly scheduled award ceremonies for his/her sport season.
- ◆ The MC parent/athlete agrees to support MC and to work hard to maintain unity of the athletic department and school.
- ◆ The MC parent/athlete agrees that no parent, family member, or friend is allowed on the sideline, bench, dugout or locker room during an athletic contest.
- ◆ The MC parent/athlete realizes that failure to abide by this agreement could result in the following action: a) lack of playing time; b) suspension for part of the season and c) removal from the team.

Signature of Parent/Guardian

Athlete Signature

Date

**MODESTO CHRISTIAN MIDDLE SCHOOL
ATHLETIC EMERGENCY INFORMATION**
All Sports offered during the 2020-2021 School Year

ATHLETE'S NAME: _____ **GRADE:** _____
Please Print

DOB: ___/___/___ Address: _____ City: _____ Zip: _____

Home Phone #: _____ Student's Cell #: _____ Parent/Guardian cell #: _____

Parent/Guardian Name(s): _____ Work #: _____

Parent's Email Address: _____

Emergency Contact: _____ Tel# _____ Relationship _____

Insurance Carrier: _____ Policy #: _____

Hospital Preference: _____ Chronic Ailments: _____

I (We) the undersigned parent(s)/guardian(s) of _____ a minor, do hereby authorize Modesto Christian Middle School Athletics, as agents for the undersigned to consent to any X-rays deemed advisable by, and is to be rendered under the general or special supervision of any physician and/or surgeon licensed under the provision of Medicine Practice Act of the medical staff of any hospital, whether such diagnosis or treatment is rendered at the office of said physician or at said hospital.

It is understood that the authorization is given in advance of any specific diagnosis, treatment or hospital care being required but given to provide authority and power on the part of our aforesaid agents to give specific consent to any and all such diagnosis, treatment or hospital care which the aforementioned physician, in the exercise of his/her best judgment, may deem advisable.

This authorization is given pursuant to the provisions of *Section 25.8 of the Civil Code of California*.

This authorization shall remain effective until June 30, 2021, unless sooner revoked in writing and delivered to said agents.

LIABILITY RELEASE

BOTH THE APPLICANT STUDENT & PARENT/GUARDIAN MUST READ CAREFULLY & INITIAL

It is my understanding that participation in any sport can be dangerous and involves MANY RISKS OF INJURY. Dangers and risks include, but are not limited to, serious neck and spinal injuries, paralysis, brain damage, injury to all internal organs, bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system, and impairment to general health and well-being, to engaging in business, social and recreational activity and in general to enjoyment of life.

Because of the dangers of participating in the above marked sport(*), I recognize the importance of following coaches' instructions regarding playing techniques, training and other team rules, etc., and agree to obey such instructions.

With participation in the above marked sport (*) I understand that I assume all of the risks associated with the sport and agree to hold harmless Modesto Christian School, its employees, agents, representatives, coaches and volunteers from any and all liability.

Insurance: MCS provides excess medical insurance for any member athlete participating in MCS sanctioned practice or event. If the athlete has other medical coverage, theirs will be applied first, followed by MCS insurance. If the athlete has no other coverage, the MCS policy becomes primary subject to terms and conditions of the policy.

I, _____ (parent/guardian) of _____ (student) have read the above warning and release and understand its terms. I understand that all sports can involve MANY RISKS OF INJURY, including, but not limited to those risks outlined above. In order to participate I agree to hold harmless Modesto Christian School and its employees, agents, representative, coaches, and volunteers from any and all liability, actions, causes of actions, debts, claims or demands of every kind and nature which may arise by, or in connection with, participation of my child in any activities related to the Modesto Christian School. The terms hereof shall serve as a release from my heirs, estate, executor, administrator, assignees, and for all members of my family.

Signature of Parent/Guardian

Athlete signature

Date

STUDENT'S NAME: _____

GRADE: _____

Please Print

2020-2021 MODESTO CHRISTIAN MIDDLE SCHOOL

STUDENT TRANSPORTATION PERMISSION FORM

We, the undersigned, understand and agree that Modesto Christian School desires to provide a safe and enjoyable time for all students. However, we understand and agree that accidents can still happen. We understand that there are risks/dangers involved with participation in any off-campus trip and its associated activities. In consideration of our children being allowed to participate in the events, we assume responsibility for reasonable risks associated with the travel and activities.

Without reservation, we agree to hold harmless Modesto Christian School, Modesto Christian School, Inc., its affiliated organizations, employees, agents, and representatives, including volunteer and other drivers, from any and all claims arising from their children's participation.

We understand that our assumption of risk does not apply to claims of intentional (criminal) misconduct or gross negligence by the school, its employees, or volunteers. If such circumstances are proved in a court of law, we agree that the school can assume no financial liability beyond its actual liability insurance policy in force.

We understand that before driving, all volunteer drivers must provide copies of a **valid state driver's license, vehicle registration, and declaration of vehicle insurance with minimum liability coverage of \$100,000/\$300,000**. We understand that driver's vehicle insurance is the primary coverage.

We give permission for the following: (please initial the appropriate items)

_____ For my child to be a passenger in a student driven vehicle driven by: _____

_____ For my child to travel by public or chartered transportation.

_____ For my child to ride with a school approved parent or employee driver to any MCHS athletic event.

_____ For my child to travel by MCMS vehicle.

_____ I will provide a passenger vehicle with the proper seat-belts and that I cannot carry more than nine persons, including the driver.

_____ I have provided a copy of my driver's license, proof of vehicle registration, and insurance declaration.

We, as parent/legal guardian of _____, understand and agree to the conditions and terms as described above.

Signature Parent/Guardian

Date

I, _____, as an MC student understand and agree to the conditions and terms as described above.

Print student's name

Signature of student

Date

STUDENT'S NAME: _____

2020-2021 MODESTO CHRISTIAN MIDDLE SCHOOL

For coach use only

MCMS AND COACH'S RECORD OF STUDENT TRANSPORTATION

Parent signature

**Person signing student out
(if not a parent, a note from the
parent is required)**

**Parent
note
attached**

Date

Activity

Place

1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				

2020-2021 MODESTO CHRISTIAN MIDDLE SCHOOL

Athletic Department Policies

In order for your student(s) to participate in any athletic event at Modesto Christian Middle School there are a few policies you and your athlete must be aware of. Please review the following policies and sign below stating you've read and agree to abide by the policies.

Discipline Policy:

Students in violation of the MCMS Discipline Policy regarding Drug, Alcohol and Tobacco will be suspended for two weeks from extracurricular activities in addition to any suspension days served. The two week suspension includes all extracurricular activities such as clubs, Science Olympiad, fine art productions, formals, senior trips, athletic games, school day events and field trips. During the two week suspension, students are allowed to participate in practice but cannot take part in games, scrimmages, club activities, trips and school events. Refer to MCMS Discipline Policy in the MCMS Student Handbook.

Eligibility Policy:

- A.) Before an athlete can participate in a sport, he/she must be cleared by the athletic department. The following items must be completed in order for the athlete to be cleared
1. Pay all athletic fees to the school office.
 2. An athletic release packet completed with all necessary signatures.
- B.) Student-athletes must have at least a 2.00 G.P.A. and no F's at each grading period to be eligible.
- C.) There is a period of two weeks from the date an athlete first joins a team in which he/she may drop and receive a refund of athletic fees. No refunds will be issued after a two week period.
- D.) Students athletes must attend a minimum of four full periods during a school day in order to participate in athletic games. ***If a student does not attend four full periods during a school day and participates in a game, then he/she will be suspended from the next game.*** Exceptions are made only for those student athletes who are appropriately excused (i.e. doctor or dentist appointment, driving test, funeral attendance).

Athletic Department Policy Agreement

We, _____ as parent/guardian
of student _____ agree to the policies as described above.

Signature Parent/Guardian

Date

I, _____, as an MCS student, understand and agree to the policies as
described above.

Signature of Student

Date

MODESTO CHRISTIAN MIDDLE SCHOOL

Concussion Information Sheet

Read the following Concussion Information Sheet. Sign and Return with Athletic Packet to the school office.

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 cannot 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 athlete reports any symptoms of concussion, or if you notice the symptoms or signs on concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

Headaches	Amnesia
“Pressure in head”	“Don’t feel right”
Nausea or vomiting	Fatigue or low energy
Neck pain	Sadness
Balance problems or dizziness	Nervousness or anxiety
Blurred, double, or fuzzy vision	Irritability
Sensitivity to light or noise	More emotional
Feeling sluggish or slowed down	Confusion
Feeling foggy or groggy	Concentration or memory problems
Drowsiness (forgetting game plays)	
Change in sleep patterns	Repeating the same question/comments

Signs observed by teammates, parents, and coaches include:

Appears dazed	Vacant facial expression
Confused about assignment	Forgets plays
Is unsure of game, score, or opponent	
Moves clumsily or displays lack of coordination	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

Adapted from the CDC and the 3rd International Conference on Concussion in Sport Document. Created June 2010.

What can happen if my child keeps on playing with a concussion or returns too 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 great 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. **In order to return to practice or a game the athlete must provide a written clearance from his/her health care provider.** You should also inform your athlete's coach if you think that your athlete may have a concussion. Remember it's 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/>

MODESTO CHRISTIAN MIDDLE SCHOOL

Concussion Information Sheet

Read the above following Concussion Information Sheet. Sign and Return with Athletic Packet to the school office.

Student Athlete Name Printed

Student Athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date