

ENCINAL HIGH SCHOOL ATHLETIC DEPARTMENT

PARTICIPATION PACKET

Each page must be properly and completely filled out, signed, and then returned to the ATHLETIC DIRECTOR before you are allowed to participate.

ATHLETE CANDIDATE: _____

SCHEDULE (ROOM # ONLY): 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

- _____ ATHLETIC BOOSTERS ENROLLMENT FORM
- _____ PROOF OF INSURANCE (1/2 page form)
- _____ PHYSICAL EXAMINATION & MEDICAL RELEASE
- _____ MEDICAL HISTORY QUESTIONNAIRE
- _____ ACADEMIC ELIGIBILITY
- _____ RESIDENCE FORM
- _____ TRANSFER ATHLETE FORM...SEE A.D. immediately IF APPLICABLE
- _____ INFORMED CONSENT
- _____ PERFORMANCE ENHANCING SUBSTANCES INFORMATION
- _____ ATHLETE'S CONTRACT
- _____ ATHLETE'S CODE OF CONDUCT
- _____ OFF CAMPUS RULES & REGULATIONS; PARENTS' PERMISSION
- _____ N.C.S. EJECTION POLICY

CHECK (✓) THE SPORTS THAT INTEREST YOU:

FALL		WINTER		SPRING	
<input type="checkbox"/>	CHEERLEADING	<input type="checkbox"/>	CHEERLEADING	<input type="checkbox"/>	BASEBALL
<input type="checkbox"/>	CROSS COUNTRY	<input type="checkbox"/>	BASKETBALL	<input type="checkbox"/>	SOFTBALL
<input type="checkbox"/>	FOOTBALL	<input type="checkbox"/>	SOCCER	<input type="checkbox"/>	SWIMMING
<input type="checkbox"/>	TENNIS—WOMEN	<input type="checkbox"/>		<input type="checkbox"/>	TENNIS—MEN
<input type="checkbox"/>	VOLLEYBALL—WOMEN	<input type="checkbox"/>		<input type="checkbox"/>	TRACK & FIELD
<input type="checkbox"/>	WATER POLO—CO-ED	<input type="checkbox"/>		<input type="checkbox"/>	VOLLEYBALL—MEN
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	GOLF
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	BADMINTON

ENCINAL HIGH SCHOOL ATHLETIC DEPARTMENT

PHYSICAL EXAMINATION & MEDICAL RELEASE (TO BE FILLED OUT BY PHYSICIAN)

THIS FORM MAY BE USED FOR THE STUDENT'S PHYSICAL. CIF RULES REQUIRE THAT ATHLETES HAVE A CURRENT PHYSICAL FORM ON FILE. A PHYSICAL IS VALID FOR THE ENTIRE SCHOOL YEAR. *PHYSICALS DATED PRIOR TO JULY 1ST ARE NOT VALID.* IF YOUR DOCTOR GIVES PHYSICALS EVERY TWO YEARS, A PHYSICIAN-SIGNED FORM WITH THE CURRENT DATE MUST ACCOMPANY A COPY OF THE ORIGINAL PHYSICAL FORM. MAKE YOUR PHYSICAL APPOINTMENT WELL IN ADVANCE OF THE REQUIRED DATE TO AVOID DELAYS IN PARTICIPATION.

- PHYSICIANS FORMS AND NOTES ARE ACCEPTABLE IF STAPLED TO THIS FORM.
- ALL PHYSICIAN VERIFICATION FORMS ARE ACCEPTABLE WHEN THE DATE IS CURRENT.

ATHLETE: _____

DATE OF EXAM: _____

STATE CONDITION OF:

EYES	_____	EARS	_____
NOSE	_____	THROAT	_____
LUNGS	_____	SKIN	_____
TEETH	_____	ABDOMEN	_____
HEART	_____	HERNIA	_____

DO YOU FEEL THIS STUDENT ATHLETE IS CAPABLE OF PHYSICAL ACTIVITY?

A) UNLIMITED ___

B) LIMITED ___

REMARKS:

(PHYSICIAN SIGNATURE)

ENCINAL HIGH SCHOOL ATHLETIC DEPARTMENT

STUDENT ATHLETE MEDICAL HISTORY QUESTIONNAIRE

ATHLETE: _____ DATE OF BIRTH: _____

CLASS OF: _____ SPORT/S: _____

Please answer the following by circling yes or no. PLEASE EXPLAIN IN DETAIL ALL QUESTIONS ANSWERED "YES" ON THE BOTTOM OF THE PAGE. Please give dates of injury/illness and any other important information, such as how the injury occurred, hospitalization, surgery, rehabilitation, etc. Contact the ATHLETIC DIRECTOR with any questions.

- | | | |
|---|-----|----|
| 1. Do you have any known allergies? | yes | no |
| 2. Do you suffer from asthma? | yes | no |
| 3. Do you carry an inhaler? | yes | no |
| 4. Are you currently taking any medication? | yes | no |
| 5. Have you had an injury of any type in the last 24 months? | yes | no |
| 6. Do you wear contacts or glasses? | yes | no |
| 7. Do you have diabetes? | yes | no |
| 8. Do you have epilepsy | yes | no |
| 9. Do you have or ever had mononucleosis? | yes | no |
| 10. Do you have or ever had kidney disease? | yes | no |
| 11. Have you ever had an organ removed? (kidney, spleen, etc.) | yes | no |
| 12. Do you have high blood pressure? | yes | no |
| 13. Have you ever had an EKG? | yes | no |
| 14. Has a doctor ever told you that you have a heart murmur or irregular heart beat? | yes | no |
| 15. Have you had an ankle injury that required a cast, splint, or crutches? | yes | no |
| 16. Have you ever had a knee or leg injury that required a cast, splint, or crutches? | yes | no |
| 17. Have you ever experienced chronic back pain? | yes | no |
| 18. Have you ever had a shoulder, elbow, wrist, or hand problem? | yes | no |
| 19. Have you ever had a concussion? | yes | no |
| 20. Do you have a history of severe headaches? | yes | no |
| 21. Have you ever had a head or neck injury? | yes | no |
| 22. Do you have a history of heat exhaustion, heat cramps, or heat stroke? | yes | no |

(Parent/Guardian Signature) Home Phone _____ Date _____
Work Phone _____

PLEASE NOTIFY Encinal High School immediately if anything above changes.

Notes for "YES" answers: _____

ENCINAL HIGH SCHOOL ATHLETIC DEPARTMENT

ACADEMIC ELIGIBILITY

INITIAL SCHOLASTIC ELIGIBILITY (CIF 205A)

“In order to be eligible, any student entering from the eighth grade into a CIF four-year high school, a junior high, or junior high under the provisions of NCS General Bylaw 202 (NCS Student Eligibility Bylaw 2155), must have achieved a 2.0 grade point average on a 4.0 scale in enrolled courses at the conclusion of the previous grading period. A student not meeting this requirement shall not be allowed to participate in interscholastic athletics in the subsequent grading period.”

“Summer school credits shall be counted toward making up scholastic deficiencies incurred in the grading period immediately preceding summer school.”

CONTINUING SCHOLASTIC ELIGIBILITY (CIF 205C)

“A STUDENT IS SCHOLASTICALLY ELIGIBLE IF:

- The student was passing the equivalent of at least 20 semester periods of work at the completion of the most recent regular grading period.
- The student is maintaining minimum progress toward meeting the high school graduation requirements as prescribed by the governing board (*cannot be waived*).
- The student has maintained at least a 2.0 grade point average on a 4.0 scale in all enrolled courses during the previous grading period.

REGULAR SCHOOL GRADING PERIOD

The regular school grading period is that time when all students in a school are graded. If two grades are given at the end of a grading period, scholastic eligibility shall be established according to the grade issued for credit.

PROBATIONARY PERIOD

“...a student who does not achieve a 2.0 grade point average in the previous grading period may remain eligible to participate in interscholastic athletics during a probationary period as described in NCS Student Eligibility Bylaw 2091C.

- The probationary period of one quarter in four years may be applied by Administration. The athlete is expected to achieve academic eligibility by the end of this quarter.
- A student who does not meet the above requirement during the probationary period will not be allowed to participate in interscholastic athletics in the subsequent grading period.
- Freshmen are excluded from the Probationary Period.

ENCINAL HIGH SCHOOL ATHLETIC DEPARTMENT

INFORMED CONSENT

TO ALL ATHLETES AND PARENTS:

Encinal High School has a responsibility to make you aware of the dangers of participation in any form of athletic competition. Carefully read the statement below with your student athlete, then sign and return it with the rest of the packet. Additionally, your signature indicates that you have also reviewed the EHS handbook section pertaining to athletics.

“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, and 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.”

“Understanding the above, I give my permission for my son/daughter to participate in the sports of:”

FALL

WINTER

SPRING

“I HAVE READ AND DO UNDERSTAND THIS INFORMED CONSENT FORM”

STUDENT ATHLETE SIGNS

DATE

PARENT/GUARDIAN SIGNS

DATE

The Athletic Director will answer questions you may have. 510-748-4023

ENCINAL HIGH SCHOOL ATHLETIC DEPARTMENT

PERFORMANCE ENHANCING SUBSTANCES

TO ALL ATHLETES AND PARENTS:

Encinal High School is required by CIF to make you aware of its policy regarding the use of performance enhancing substances. Please read the policy below and return this form with the sports packet.

“Encinal High School prohibits the use of any performance enhancing substances, including androgenic or anabolic steroids.

“The Athletic Department will provide inservice training for all coaching personnel and student-athletes regarding the dangers of using performance enhancing substances. Further, the athletic department will provide inservice training to coaching personnel which addresses the resources and remediation strategies available to the department assisting student-athletes, where applicable, to terminate the use of these substances.

“The school will publish this policy and require that all student-athletes and their parents/guardians acknowledge their understanding and acceptance of this policy on an annual basis.”

We have read and do understand and fully accept and support Encinal High School’s policy regarding the use of performance enhancing substances.

PARENT/GUARDIAN SIGN

DATE

ATHLETE SIGN

DATE

ENCINAL HIGH SCHOOL ATHLETIC DEPARTMENT

ATHLETE'S CONTRACT

As a Student Athlete at Encinal High School, I will:

1. Conduct myself at all times in the sportsmanlike manner described by the NCS and CIF.
2. Attend school for all periods on game and practice days. **CONSEQUENCES:** Non-participation on the day of absence.
3. Contact my coach as soon as possible by phone or in person if I MUST miss practice. **CONSEQUENCES:** Coach's discretion.
4. Not participate on any outside team while I am competing for Encinal High School (in the same sport). Certain exemptions are allowed by NCS. **CONSEQUENCES:** immediate suspension from the team for the remainder of the season. Forfeiture of games which equals the same amount of games played by you.
5. Not smoke or be in possession of tobacco at any school activity (home or away), including snuff and chewing. **CONSEQUENCES:** Immediate suspension for the team. A second offense will mean a season-long expulsion from the team.
6. Not unlawfully possess, use, sell, or otherwise furnish, or be under the influence of any controlled substance, drug, or alcohol. **CONSEQUENCE:** Immediate expulsion from the team and suspension from school.
7. Not conduct myself in a manner which reflects discredit on my school as determined by EHS administration. **CONSEQUENCE:** Team suspension or expulsion at the administration's discretion.
8. Not be truant from school. **CONSEQUENCE:** Administration and coach's discretion.
9. After having quit a sport, I will not participate in practice or games of another sport until the season of the sport I quit is over or unless agreed upon by both head coaches. **CONSEQUENCE:** Discretion of the administration.
10. Be required to earn an overall grade point average of 2.0 or higher, and be making minimum progress toward graduation in credits earned. A lower GPA may result in a probationary period, and will be applied individually (applicable in only one quarter in four years.). **CONSEQUENCE:** Ineligibility until GPA increases past 2.0 (in the next grading period).
11. Be required to maintain acceptable satisfactory citizenship in all classes during the season of my sport. **CONSEQUENCE:** No participation if standards are not met.

NOTE: Consequences are issued by the Athletic Department; however, additional administrative consequences may also apply.

I understand the contract and will abide by the rules and consequences.

ATHLETE SIGN

DATE

PARENT/GUARDIAN SIGN

DATE

ENCINAL HIGH SCHOOL ATHLETIC DEPARTMENT

CODE OF CONDUCT

Encinal High School wishes to make all parents and spectators aware of the Code of Conduct subscribed to by the CIF, the NCS, our league (ACCAL), and Encinal 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 high school athletics.

Specifically, spectators . . .

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

Encinal High School emphasizes positive support for the players and coaches from the spectators. 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 must remember that any actions detrimental to the playing of a game or contest may cause forfeiture of the contest and/or other penalties. Booming of the officials will not be tolerated. Encinal High School reserves the right to remove any person who is in violation of the expressed standards of conduct and refuse admission to future contests. Also, it is your responsibility to encourage friends and family attending the contest to abide by the EHS Code of Conduct.

Refer to the Encinal Student and Parent Handbook for additional information.

This form must be signed and returned to Encinal with the athletic packet.

I have read the above statement on the expected behavior at athletic events and agree to the Code of Conduct indicated. I further agree to advise anyone I may bring to an Encinal athletic contest of the above stated rules.

PARENT SIGN

DATE

PARENT SIGN

DATE

ATHLETE SIGN

DATE

ENCINAL HIGH SCHOOL ATHLETIC DEPARTMENT

OFF-CAMPUS RUNNING RULES & REGULATIONS PARENT PERMISSION

1. We will run on sidewalks when they are available.
2. We will obey all cross walks, traffic signs, stop lights, walk signals, etc.
3. We run on the side of the road facing traffic.
4. We run single file, especially if the road narrows or if there is a turn in the road.
5. We will not run on private lawns or through neighbor's shrubbery. We will respect the privacy of others as well as their private property.
6. There will be no horsing around while we are running.
7. We understand that we, as pedestrians, are 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".

I have read, understand, and agree to the off-campus running rules.

PARENT SIGN

DATE

PARENT SIGN

DATE

ATHLETE SIGN

DATE

ENCINAL HIGH SCHOOL ATHLETIC DEPARTMENT

N.C.S. EJECTION POLICY

TO: COACHES, PARENTS, AND STUDENT ATHLETES

Below is the N.C.S. policy regarding ejection from contests that was adopted July 1, 1995. This policy requires that *every player (on all levels—varsity, jr, frosh) and every coach* must read and sign a copy of the ejection policy. Three purposes of having the parents, students and coaches read and sign the ejection policy are to provide:

- Notice of the policy;
- An opportunity for an administrative representative to meet with each team and coach explain Encinal's expectation in the area of sportsmanship and safe play, and;
- An opportunity for the administrative representative to hear and approve each coach's action plans for ensuring that his/her athletes are properly trained in *how to avoid situations* which would represent violations of the ejection policy and how to respond should and occurrence take place.

ATHLETE & COACH EJECTION POLICY NOTIFICATION FORMAT

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, tournament, post-season).
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 a fight.
PENALTY: The player/s shall be ejected from the contest and become ineligible for the next contest (non-league, league, tournament, post-season).

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 in Encinal's Athletic Department office.

PARENT SIGN

DATE

PARENT SIGN

DATE

ATHLETE OR COACH SIGN

DATE