



# MIRA MESA HIGH SCHOOL

10510 Reagan Road • San Diego, CA • 92126

PHONE (858) 566-2262

FAX (858) 549-9541

*A California Distinguished School*

## Athletic Participation Packet for 2007-2008

Please Print Clearly

STUDENT-ATHLETE'S LAST NAME

STUDENT-ATHLETE'S FIRST NAME

MI

 MALE     FEMALE

GENDER (CIRCLE)

 9     10     11     12

GRADE FOR 2007-2008

STUDENT-ATHLETE'S BIRTHDATE

INITIAL SPORT

San Diego City Schools requires each student to complete and return forms in order to participate in athletics. This packet contains the forms necessary to allow a student to participate. The packet must be completed and returned **before** he/she will be allowed to try-out for a sport. Please make sure to read all forms, print and sign in all necessary places, and return to the Athletic Director, Mr. Marlin Christensen. Some of the same information and/or questions will be requested in several areas of the packet for legal purposes or for the use by different school employees, i.e., coaches, school nurse, and administration. A set of completed forms will be kept on file in the Athletic Director's Office and be valid for the 2007-2008 school year. Athletes who play more than one sport will only need to have one packet completed per year.

### Checklist of Forms and Signatures Needed:

<u>Form(s)</u>	<u>Signature(s) Required</u>
1. Hazing, substance abuse, and sports injury risk.	Athlete and Parent/Guardian
2. Student Participation.	Parent/Guardian
3. Transportation-Passenger Authorization.	Parent/Guardian
4. Transportation-Driver Authorization Acknowledgement.	Parent/Guardian
5. Period 6 Release.	Athlete and Parent/Guardian
6. Ethics.	Athlete and Parent/Guardian
7. Emergency Procedure Card.	Parent(s)/Guardian(s) (2)
8. Physical Form.	Parent/Guardian (4), Athlete (1), Physician (1)

Mira Mesa High School wants to provide a safe, enjoyable, and meaningful experience during your son's/daughter's participation in our athletic program. We appreciate your time and effort in completing this packet. We also urge you to make sure all the information is complete when it is returned. Any incomplete information will require the athlete to take the packet home again for completion. This may delay participation in athletics and/or result in the loss of opportunity to be on a team.

Thank You,

Mira Mesa High School

**SAN DIEGO CITY SCHOOLS ATHLETIC POLICY AGAINST HAZING**

San Diego Unified School District strives to maintain a healthy athletic program in which all students feel safe and welcome and can be proud of the school and the athletic programs they represent. SDUSD Administrative Procedure 6240C3F states in part "hazing in any form, is strictly prohibited. Violation of the law prohibiting hazing is a misdemeanor." (Education Code 32050-52)

Education Code 32050. Hazing

As used in this article, "hazing includes any method of initiation or preinitiation into a student organization or any pastime or amusement engaged in with respect to such an organization which causes, or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm, to any student or other person attending any school, community college, college, university or other educational institution in this state; but the term "hazing" does not include customary athletic events or other similar contests or competitions.

Education Code 32051. Hazing: prohibition: violation: misdemeanor

No student, or other person in attendance at any public, private, parochial, or military school, community college, college, or other educational institution, shall conspire to engage in hazing, participate in hazing, or commit any act that causes or is likely to cause bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm to any fellow student or person attending the institution. The violation of this section is a misdemeanor, punishable by a fine of not less than one hundred dollars (\$100), nor more than five thousand dollars (\$5000), or imprisonment in the county jail for not more than one year, or both.

Persons violating this policy shall be subject to site/District discipline including forfeiture of athletic eligibility.

I understand that hazing of any kind is not allowed on this campus and in the athletic program. This includes mental, verbal and physical acts. I further understand that it is my duty to report any acts of hazing that I see to a coach or administrator on campus. (Hazing Policy 5/29/99)

**San Diego City Schools Policy on Alcohol, Tobacco and other Drugs, including Performance Enhancing Substances**

SDUSD Administrative Procedure 6298 outlines general legal requirements and administrative procedures governing substance abuse policies and programs for students. It also includes consequences for alcohol, tobacco, and/or drug possession, use, sale, or provision on district school campuses. Procedure 6298 also outlines the Graduated Sanctions and Interventions for Student Substance Abuse. Specific items of Procedure 6298 that directly relate to athletic participation include:

- C. General, paragraph r (pg. 4): **Performance enhancing substances:** The possession, use, and abuse of androgenic/anabolic steroids and other performance enhancing substances by students is strictly prohibited in compliance with Education Code provisions, Health and Safety Code requirements, and CIF Rule 524. Medical exceptions are defined in Administrative Procedure 6372.

Graduated Sanctions (AP 6298, pg. 7) First Offense: **Loss of Eligibility** to participate in interscholastic activity for thirty (30) school days. Summer vacations or holiday breaks do not count towards the 30-school day loss of eligibility requirement. The second offense results in a ninety (90) school day loss of eligibility. The third offense results in loss of eligibility to participate in any interscholastic athletics for one complete calendar year from the date of the incident. The fourth offense results in a five-day suspension with recommendation for expulsion (includes tobacco offenses). Suspension of the expulsion will not be recommended at the board level. Furnishing or Selling results in the same actions as stated in the results for the Fourth Offense. These graduated sanctions are based on the grade-level span of the school (e.g., 9-12 for high school) and are cumulative for the student-athlete's high school career. Students are not permitted to start at step one each year. Example: student serves step one (30 days ineligibility) as a freshman and has a repeat offense as a senior. The senior-year offense results in a 90 day loss of eligibility.

These Graduated Sanctions and the entire Administrative Procedure 6298 can be viewed on the SDCS website.

**INFORMED CONSENT AWARENESS OF SPORTS INJURY RISK WARNING AND AGREEMENT**

By its very nature, competitive athletics can put students in situations in which **SERIOUS, CATASTROPHIC**, and perhaps **FATAL** accidents could occur.

Students and parents/guardian must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution or supervision will totally eliminate all risk of injury. Just as driving an automobile involves choice of risk, participation in athletics is inherently dangerous. The obligation of parents and students in making this choice to participate cannot be over-stated.

By granting permission to your son/daughter to participate in athletic competition, a parent or guardian acknowledges that playing or practicing in any sport can be a dangerous activity involving **MANY RISKS OF INJURY**. Both the athlete and parent must understand that the dangers and risks of playing or practicing to play include but are not limited to, death, complete or partial paralysis, brain damage, serious injury to virtually all internal organs, bones, joints, ligaments, muscles, tendons and other aspects of the skeletal system and potential impairment to other aspects of the body, general health and well being.

Because of the dangers of participating in sports, we (parent and player) recognize the importance of listening to and following all of the coach's instructions and warnings regarding playing techniques, training, equipment and other team rules, etc. both in competition and practice and agree to obey such instructions. We also recognize the importance of reading and adhering to written instructions and written warnings regarding playing techniques, training methods, rules of the sport and other team rules, etc. both in competition and practice and agree to obey such instructions.

I fully understand the regulations and instructions stated above (Athletic Policy Against Hazing, Policy on Alcohol, Tobacco, Performing Enhancing Substances, and Other Drugs, as well as, the Sports Injury Risk Warning). By signing below, I agree to uphold these District policies and understand that failure to comply could result in dismissal from participating in the athletic program at Mira Mesa HS. Further disciplinary action, as outlined in District policy and procedures, could occur as well. We certify that at every practice, at every athletic contest and on every field trip throughout the season our son/daughter will comply as directed. I have read this information, understand the information, and will allow my son/daughter to try-out for and participate on a Mira Mesa High School athletic team.

	<b>X</b>	
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Printed Student-Athlete's Name	Student-Athlete's Signature	Date
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	<b>X</b>	
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Printed Parent/Guardian Name	Parent/Guardian Signature	Date
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**PARENT AUTHORIZATION FOR STUDENT PARTICIPATION IN A ONE-DAY OR SEASONAL ACTIVITY**

I, the undersigned, authorize my son/daughter to participate in Athletics scheduled for **June 14, 2007 through June 14, 2008** at Mira Mesa High School.

I understand that California Law (Education Code 35330) provides that any person making a field trip or excursion waives all claims against the school district and the State of California for injury, accident, illness, or death occurring during or by reason of the field trip excursion. Accordingly, I hereby waive all claims which I/we might have against the school district or the State of California, their officers, agents and employees for injury, accident, illness or death occurring during or by reason of the above-described activity.

Student-Athlete's Name (Print Clearly)

Parent/Guardian Signature

Date

**ATHLETIC TRANSPORTATION-PASSENGER AUTHORIZATION**

Mira Mesa High School will take every precaution to assure the welfare and safety of each student participating in athletics. However, it is important that you understand that the school district cannot assume financial or legal liability in the case of injury or accident. Parents are offered the opportunity to buy student insurance, but this insurance does not cover transportation to and from events or field trips. Such transportation will be by chartered bus and sometimes by private cars driven by parents, students, or school employees.

By signing in the box below, I authorize my son/daughter to be transported by chartered bus or by private cars driven by parents, students, or school employees.

Parent/Guardian Signature

Date

**ATHLETIC TRANSPORTATION-DRIVER AUTHORIZATION ACKNOWLEDGEMENT**

Mira Mesa High School will require each coach to collect a signed copy of the form "INSTRUCTIONS TO DRIVERS" in order for parents or students to use their vehicles for transportation on field trips or to and from athletic events. Each coach will hand out and collect the forms at the beginning of the season of sport. Please read the following instructions to help familiarize yourself with the requirements and sign in the box below.

The following are instructions for parents and students who use their car or other vehicles to transport other students on field trips or to and from athletic events (SDUSD Procedure 4586):

1. Driver has a valid driver's license.
2. Ensure that the vehicle is safe. A safety check of the tires, brakes, lights, horn, suspension, etc. is recommended.
3. Check the adequacy of your liability insurance. You are liable in the event of illness, accident, injury or death resulting from such use of your vehicle. State law directs that "all persons making any field trip or excursion shall be deemed to have waived all claims against the district (its employees) or the State of California for injury, accident, illness or death occurring during or by reason of the field trip or excursion." (ED. Code 35330)
4. Carry no more passengers than the number for which your vehicle is designed. Each passenger shall be seated in seats installed by the vehicle's manufacturer and use a safety belt.
5. The number of passengers including the driver may not exceed eight. (DE Code 39830)
6. Travel caravan style if more than one vehicle is used.
7. Motor homes may not be used to transport students. Motor trucks and pickups may not transport more persons than can safely sit in the passenger compartment. (No more than 3 passengers in the front seat of any vehicle.) Students are expressly forbidden to ride in the cargo areas of pickups and motor trucks whether or not those areas are enclosed with camper shells or other protective covering. (ED Code 39830)
8. If students other than the driver will be transported in a student driven car a letter from the driver's parents authorizing the transport of minors by the student driver must be attached to this form.
9. Obtain a waiver of New California License Law for student driver, if signature of principal completed.

Please sign below to **acknowledge** that you have read the instructions and are aware that you and/or your son/daughter must complete the "INSTRUCTIONS TO DRIVERS" form in order to drive a private vehicle for transportation purposes.

Parent/Guardian Signature

Date

**Release Form for Athletes in Period 6 Athletics**

Athletic participation requires our student-athletes to attend practices and participate in athletic contests against other schools. Practice and game schedules vary from sport to sport. Often, practices and games are scheduled in the late afternoon or evening time. I give my permission for my son/daughter to be released after attendance has been taken period 6 and return at the specified time for a practice or game during the **2007-2008** school year. I also understand my son/daughter must be on a team that is in its season of sport and **have the coach's permission to leave and return** in accordance with the practice and/or game schedule. If he/she is not on a team in season, no early release is permitted.

Student-Athlete's Signature

Parent/Guardian Signature

Date



CIF-San Diego Section
6401 Linda Vista Road, Room 504
San Diego, CA 92111
Phone 858-292-8165
Fax 858-292-1375
www.cifsd.org

ETHICS IN SPORTS (ATHLETE-PARENT/GUARDIAN/CAREGIVER) – REVISED 7/1/07

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...
It is the intent of the section membership that poor sportsmanship, unethical behavior, and violence, in any form, will not be tolerated...
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...
It is the school principal's responsibility to enforce all CIFSDS rules and regulations and to demand high standards of conduct from coaches, athletes, and spectators...
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 as a guide to govern their behavior. 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.

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 provide only non-muscle building nutritional supplements to a students-athlete at any time for the purpose of providing additional calories and electrolytes. 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.

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

Date

## **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.

## **VIOLATIONS, MINIMUM PENALTIES, AND APPEAL PROCESS**

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

### **ACT**

1. Behavior resulting in ejection of athlete or coach from contest
2. Illegal participation in next contest by athlete ejected from previous contest.
3. Second ejection of athlete or coach from any contest during one season.
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.
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.
6. Other acts committed by individuals or teams or acts committed at end of season.

### **MINIMUM PENALTIES\***

Any coach, player, 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 (sight and sound) any sports contest, until either the commissioner's proposed penalty is accepted and served or a meeting is scheduled between the school administration, coach, player, and custodial parent(s)/guardian(s) with CIFSDS staff member(s) to discuss the ejection and a penalty is then imposed and served. 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 (sight and sound) at contests or practices until such time as the ejected person attends a Sportsmanship Meeting. There is no exception to this requirement for a missed meeting without prior approval by the commissioner. (Effective July 1, 2005, approved Board of Managers on June 7, 2005.)

Ineligibility for remainder of season for athlete. A written appeal may be made by the individual or school to the commissioner.

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.

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.

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.

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.

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.

\*Commissioner, as authorized by Green Book, may determine and implement additional penalties up to and including career suspension for individuals and following year penalties for teams.

**EMERGENCY PROCEDURE CARD**

**Please Print All Information Clearly**

STUDENT-ATHLETE'S LAST NAME [ ] STUDENT-ATHLETE'S FIRST NAME [ ] MI [ ]

PARENT/GUARDIAN NAME(S) (person(s) student-athlete legally resides with) [ ] HOME PHONE ( ) [ ]

HOME ADDRESS (student-athlete's legal residence) [ ] CITY [ ] ZIP [ ]

FAMILY PHYSICIAN [ ] PHONE ( ) [ ]

Father's Work Phone ( ) [ ] Father's Cell Phone ( ) [ ]

Mother's Work Phone ( ) [ ] Mother's Cell Phone ( ) [ ]

Emergency Contact Name [ ] Relationship [ ]

Emergency Contact Work Phone ( ) [ ] Cell Phone ( ) [ ]

TAKE CHILD TO HOSPITAL IN THE CASE OF EMERGENCY (PLEASE CIRCLE) YES NO

**INSURANCE VERIFICATION:**

Please check all boxes that apply.

- 24-hour coverage (all extra-curricular sports, excluding football) At school coverage (includes all sports, excluding football)
Extended dental coverage Football coverage only
Personal insurance: \*\*\*Name of Insurance Company

\*\*\*Policy Number Date of last Tetanus

X [ ] [ ]
Parent/Guardian Signature Date

**\*\*PLEASE LIST ANY SPECIAL MEDICAL PROBLEMS, ALLERGIES, ASTHMA, ETC., WHICH WOULD BE HELPFUL TO US:**

Explanation: [ ]

**AUTHORIZATION FOR TREATMENT OF MINOR**

(I)(WE), the undersigned, parent(s)/guardian(s) of \_\_\_\_\_, a minor, do hereby authorize the Mira Mesa High School Coaching Staff, as agent(s) for the undersigned 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 and surgeon licensed under the provisions of the Medicine Practice Act whether such diagnosis or treatment is rendered at the office of said physician or at said hospital. I also authorize evaluation and first-aid treatment of interscholastic injuries on the field, in the training room, or in the offices of registered Physical Therapists and/or Certified Athletic Trainers. It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care being required but is given to provide authority and power on the part of our aforesaid agent(s) to give specific consent to any and all such diagnosis, treatment or hospital care which the aforementioned physician in the exercise of his best judgment may deem advisable. I personally assume responsibility for any costs of such care not covered by insurance. 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 14, 2008 unless sooner revoked in writing and delivered to said agent(s).

X [ ] X [ ] [ ]
Signature of Father/Legal Guardian Signature of Mother/Legal Guardian Date

PHYSICAL EXAMINATION-(INSURANCE SECTION)

Please Print All Information Clearly

[Empty box for Student-Athlete's Last Name]

STUDENT-ATHLETE'S LAST NAME

[Empty box for Student-Athlete's First Name]

STUDENT-ATHLETE'S FIRST NAME

[Empty box for MI]

MI

MALE FEMALE

GENDER (CIRCLE)

9 10 11 12

GRADE LEVEL (CIRCLE)

[Empty box for Student-Athlete's Birthdate]

STUDENT-ATHLETE'S BIRTHDATE

[Empty box for ASB #]

ASB #

[Empty box for School of Last Attendance]

SCHOOL OF LAST ATTENDANCE

1. PARENT'S INSURANCE SECTION:

The California Education Code requires that every student have at least \$1500 medical/hospital expense insurance in order to participate in interscholastic athletics (Education Code Sections 32220-32224). My medical insurance covers the above named student for a least \$1500 and is issued by:

[Empty box for Name of Medical Insurance Company]

Name of Medical Insurance Company

[Empty box for Policy/Certificate Number]

Policy/Certificate Number (required)

I further assure that the insurance policy or policies I have will cover and remain current and in force during the time the above named student performs any function within the scope of Education Code Section 32220-32224 during the current school year. I also assure that I will notify the school should my insurance coverage change during the current school year.

Student Accident Insurance

Student Accident Insurance, made available by the San Diego City Schools, provides minimum coverage at a low premium, however coverage by policy could result in additional out of pocket expenses. Additional coverage is strongly recommended. A separate information brochure and application is available from the school. Return the completed application and premium, to the school. The completed application is required before any athletic participation can occur.

PLEASE COMPLETE THIS SECTION BY CHECKING THE APPROPRIATE BOX(ES):

- 24 Hour Coverage, Sports Only Coverage (excludes tackle football), Tackle Football Coverage (football only)

I also agree to indemnify and hold the San Diego Unified School District harmless against responsibility for insurance coverage required under the aforementioned legal sections. By signing this statement, I agree to accept responsibility for all medical costs for injuries sustained by the above-named student while participating in the school athletic program.

Note: Some insurance policies exclude tackle football. Please check your policy.

I declare under penalty of perjury that the above is true and correct:

X [Signature box]

Parent/Guardian Signature

[Printed Name box]

Printed Parent/Guardian Name

[Date box]

Date

2. PARENT PERMISSION:

I hereby give consent for the above named to compete in sports and to travel with the team to various events using transportation that qualifies under the Board of Education regulations. In case of injury I hereby give consent for my son/daughter to have first aid administered by school personnel and to be transported to a doctor or hospital for further treatment if deemed necessary. I also recognize that my son or daughter will be subject to district policies and procedures, current training rules and that failure to abide by these policies and rules may result in his/her being dropped from the athletic program. In addition, should my son/daughter participate in interscholastic sports, including football, I understand that no helmet or other protective equipment can prevent all head, neck, or other catastrophic injuries a player might receive while participating in interscholastic sports, including football.

[Date box] X [Signature box]

Date

Signature of Parent or Guardian

**PHYSICAL EXAMINATION-(ELIGIBILITY SECTION)**

**3. PARENT'S RESIDENCE STATEMENT (RESIDENTIAL/ TRANSFER ELIGIBILITY):**

Residential eligibility is required of all student-athletes. Compliance with residential eligibility rules is mandatory to avoid forfeiture of contests in which your son/daughter participates (SDUSD Procedure 4172 & CIF Rule 211-223). Indicate below the status of your residency (**check all that apply**).

- 3.1a We presently live within the boundaries of **MIRA MESA HIGH SCHOOL**'s residential attendance area.
- 3.1b We presently **DO NOT** live within the boundaries of **MIRA MESA HIGH SCHOOL**'s residential attendance area.

Name of special attendance program (e.g., seminar, choice, VEEP, NCLB)

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- 3.2a My student has been continuously enrolled at Mira Mesa High School since initially entering 9<sup>th</sup> grade.
- 3.2b My student has been legally living with the same parent(s)/guardian(s) since entering 9<sup>th</sup> grade.
- 3.2c My student is living with somebody different than when they entered the 9<sup>th</sup> grade. (If yes, contact MMHS's Ath. Dir.)
- 3.2d My student has **NOT** been continuously enrolled at Mira Mesa High School since entering 9<sup>th</sup> grade.

List all high schools attended since entering 9<sup>th</sup> grade  
List ALL sports of participation at previous school(s)  
List reason(s) for each change in school


- 3.2e If 3.2d is checked, The use of undue influence by any person or persons to secure or retain a student or to secure or retain one or both parents/guardians of a student as residents may cause the student to be ineligible for high school athletics for a period of one year and shall jeopardize the standing of the high school in the CIF. **WE CERTIFY THAT THERE HAS BEEN NO UNDUE INFLUENCE IN OUR DECISION TO ATTEND MIRA MESA HIGH SCHOOL.**

If a student changes schools and the parent(s) or legal guardian(s) do not move to the attendance area of the new school, eligibility could be restricted for one year unless qualifying for a hardship. A hardship is defined as an unforeseeable, unavoidable, or uncorrectable act, condition, or event, which causes the imposition of a severe and non-athletic burden upon the student or his/her family. The three considerations for hardship may be financial considerations, medical considerations, and/or family circumstances. Contact the athletic director before changing schools to determine whether it will affect athletic eligibility.

I declare under penalty of perjury that the above information is true, the address listed on the Emergency Procedure Card is our legal residence, and we are legally residing at that address.

	<b>X</b>
--	----------

Date

Signature of Parent or Guardian

**4. STUDENT-ATHLETE'S AGREEMENT (Signature below)**

I understand that I have to establish and maintain athletic eligibility including passing at least 4 subjects in the grading period prior to my participation with a grade point average, in scholarship and citizenship, of 2.0 or above (for complete Athletic Program Eligibility Requirements see SDUSD Administrative Procedure 4172).

I agree to abide by CIF and City Conference policies and rules including the CIF Ethics in Sports and Pursuing Victory with Honor policy.

I agree to abide by the San Diego Unified School District and City Conference Policy Against Hazing (SDUSD Administrative Procedure 6240).

I agree to abide by the San Diego Unified School District's Zero Tolerance Policy, Policy on Alcohol, Tobacco and Other Drugs (SDUSD Administrative Procedure 6298) including the Graduated Sanctions and Interventions for Student Substance Abuse.

I understand that the Athletic Department does not condone the use of alcohol, tobacco or drugs, including performance-enhancing substances.

I agree to abide by and to comply with the rules and code of conduct established by the coach.

Because of the dangers of participating in sports, I recognize the importance of listening to, and following all of the coach's instructions and warnings regarding playing techniques, training methods, rules of the sport and other team rules. I also recognize the importance of reading and adhering to written instructions and written warnings regarding playing techniques, training methods, rules of the sport, and other team rules.

<b>X</b>
----------

Student-Athlete's Signature

--

Date

**PHYSICAL EXAMINATION-(CONTACTS AND MEDICAL HISTORY SECTION)**

5.

FATHER'S WORK PHONE: (    )

FATHER'S CELL PHONE or PAGER (    )

MOTHER'S WORK PHONE: (    )

MOTHER'S CELL PHONE or PAGER (    )

FAMILY DOCTOR:

DOCTOR'S PHONE: (    )

EMERGENCY CONTACT NAME:

RELATIONSHIP:

EMERGENCY CONTACT PHONE: (    )

CELL PHONE or PAGER: (    )

**Brief Medical History:**

Please answer the following questions regarding your student-athlete:

1. Has had injuries requiring medical attention.	Yes	No
2. Has had an illness requiring hospitalization.	Yes	No
3. Is under physician's care at this time.	Yes	No
4. Has had coughing, wheezing, or trouble breathing during or after activity.	Yes	No
Has had asthma.	Yes	No
Has had seasonal allergies that require medical treatment.	Yes	No
5. Are you currently taking any prescription or non- prescription (over the counter) medications, pills, or using an inhaler?	Yes	No
Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance?	Yes	No
6. Have you ever passed out during or after exercise?	Yes	No
Have you ever been dizzy during or after exercise?	Yes	No
Have you ever had chest pain during or after exercise?	Yes	No
Do you get more tired quickly than your friends do during exercise?	Yes	No
Have you ever had racing of your heart or skipped heartbeats?	Yes	No
Have you ever been told that you have a heart murmur?	Yes	No
Has any family member or relative died of heart problems or of sudden death before age 55?	Yes	No
Have you had a severe viral infection (for example, myocarditis, or mononucleosis) within the last month?	Yes	No
Has a physician ever denied or restricted your participation in sports for any heart problems?	Yes	No

7. Have you ever had a head injury or concussion?	Yes	No
Have you ever been knocked out, become unconscious, or lost your memory?	Yes	No
Have you ever had a seizure?	Yes	No
Do you have frequent or severe headaches?	Yes	No
Have you ever had numbness or tingling in your arms, hands, legs, or feet?	Yes	No
Have you ever had a stinger, burner, or pinched nerve?	Yes	No
8. Have you ever become ill or felt light headed from exercising in the heat?	Yes	No
9. Is hearing impaired, has glasses / contact lenses.	Yes	No
10. Has fixed or removable appliances in mouth.	Yes	No
11. Is there a reason for this individual to avoid participation on a certain sport?	Yes	No

Please explain if yes response: \_\_\_\_\_

\_\_\_\_\_

12. Record the dates of your most recent immunizations (shots) for:

Tetanus \_\_\_\_\_ Measles \_\_\_\_\_

Hepatitis B \_\_\_\_\_ Chickenpox \_\_\_\_\_

In case of injury I hereby give consent for my son /daughter to have initial first aid administered by school personnel in charge and to be transported to a doctor or hospital for further treatment if necessary.

**X** \_\_\_\_\_

Parent/Guardian Signature

\_\_\_\_\_

Date

6. PHYSICAL EXAMINATION-(PHYSICIANS SECTION)

Please print clearly

Grid for Student-Athlete's Last Name

STUDENT-ATHLETE'S LAST NAME

Grid for Student-Athlete's First Name

STUDENT-ATHLETE'S FIRST NAME

MI grid

MI

This section to be completed by a physician or nurse practitioner.

Review of Medical History:

Pertinent past medical history:

Current medical disorders:

List all medications (both routine and prescription drugs)

Physical Exam:

BP HEIGHT WEIGHT VISION

NEUROLOGICAL HEAD/NECK CHEST/AIRWAY

SKIN CARDIOVASCULAR ABDOMEN

GENITALIA/HERNIAS MUSCULOSKELETAL STRENGTH

Description of abnormalities above:

Recommendations:

There are no restrictions or special considerations to participation in the high school athletic program.

The following are limitations or special considerations:

This student should be restricted from participating in high level contact sports with post-pubertal males at this time.

This student is disqualified from sports until further evaluation.

Physician or Nurse Practitioner statement/signature:

I, the undersigned, am licensed to elicit and interpret the medical history, pharmaceutical history, and clinical findings of a complete health assessment for participation in an athletic program. I have completed this assessment and recorded all pertinent findings above.

X

Physician, DO or Nurse Practitioner Signature

Date of Exam (June 1, 2007 or later for 2007-08 school year)

Printed Name

License Number

Address