

W. C. OVERFELT HIGH SCHOOL REQUIRED ATHLETIC PAPERWORK

NOTICE TO PARENTS AND STUDENTS: To participate (this includes practicing and/or competing) in High School after-school sports, students and parents/guardians must complete and return the following paperwork:

- **ATHLETIC PHYSICAL EXAMINATION (pg. 9):** Each school year, students going out for sports must pass a physical examination. Although parents may wish to take their child to a personal physician, the Overfelt Health Center provides physical exams throughout the year. Students need only go to the Health Center and make an appointment for a physical.
- **PARENTAL CONSENT AND INSURANCE (pg. 9):** This section must be completed with all areas signed and dated. Correct insurance information must be included in this section. If a parent/guardian wishes to purchase SCHOOL HEALTH INSURANCE the student can pick up the proper form at the SCHOOL BANK. There is a portion of the section to be signed and completed by the parent/guardian if the student is purchasing school insurance.
- **WAIVER OF LIABILITY NOTICE (pg. 6):** (One form for each sport) This form must be completely filled out, signed, and dated in all the proper places. Parent/guardian, student, and a witness must all sign this form. Remember ALL blanks must be filled in.
- **TRANSPORTATION AUTHORIZATION (pg. 7):** This form must be signed and dated by both the parent/guardian and the student.
- **ATHLETIC RULES AND REGULATIONS (pg 3-5):** This form must be read, signed, and dated by both the parent/guardian and the student.

Students may pick up all paperwork from their coach, Athletic Director, School Bank, or athletic Website (www.overfeltathletics.com). When all forms have been properly completed, they should be returned to your coach. Once the student has been cleared by the bank, the coach will be notified that the student has been cleared to participate and the coach will receive a copy of the last page in this packet.

NOTICIA PARA PADRES Y ESTUDIANTES: Para participar (esto incluye practicar o competir) en los deportes escolares despues de las clases, los estudiantes y los padres tienen que regresar la formas firmadas.

- **EXAMINACION FISICA (pg. 9):** Cada año escolar, estudiantes que van a ingresar en los equipos atleticos deben tomar un examen medico. Aunque a veces los padres prefieren ir a su doctor de familia, El CENTRO de SALUD EN OVERFELT, da estos exámenes durante el año. Estudiantes pueden ir al Centro y hacer una cita.
- **CONSENTIMIENTO DE PADRES Y SEGURO (pg. 9):** Esta parte se debe firmar y poner la fecha. Se debe de poner la información correcta. Si los padres prefieren comprar seguro escolar, el estudiante puede recoger una aplicación en el BANCO de la ESCUELA. Si es que compra el seguro a través de la escuela hay una parte de la forma que los padres y el estudiante deben firmar.
- **RENUNCIA DE RESPONSABILIDAD (pg. 6):** (Una forma requerida por cada deporte) Esta forma debe ser firmada y regresada. Los padres, estudiantes, y un testigo deben firmar la forma. Recuerda, cada espacio requiere una firma o fecha.
- **AUTORIZACION DE TRANSPORTACION (pg. 7):** Esta forma debe ser firmada por los padres o guardian y el estudiante.
- **REGULACIONES Y REGLAS ATLETICAS (pg. 3-5):** Esta forma se debiera de leer y estar firmada por los padres o guardian y el estudiante.

Los estudiantes pueden recoger las formas de su entrenador, Director Atletico, en El banco de la escuela, o del Internet (www.overfeltathletics.com). Cuando todas las formas están completas, devuelvenlas a su entrenador. Cuando la escuela determina que el estudiante está libre para participar en el deporte, su entrenador(a) será notificado(a) por el banco de la escuela. El banco entregará una copia de la última página de este paquete.

To all parents:

Any student taking part in any phase of the school athletic program (which, by State law, includes such activities as cheerleaders, band, team managers, etc.) must have at least \$1,500.00 (**check with school**) protection for medical and hospital expenses from accidental bodily injury.

If you now have insurance that will cover these related areas, please provide the information where requested. If you do not have coverage, you must obtain it under plans that the school has available or comparable plans.

If a member of an athletic program or the member's parents/guardian is financially unable to pay the costs of such protection, the school district will pay for it out of its own funds or student body funds.

STUDENT ACCIDENT INSURANCE: There are two plans available through the school. One covers tackle football only, and the other covers all school sponsored events except tackle football. The tackle football insurance supplemental premium is \$210.00.

TACKLE FOOTBALL INSURANCE may be purchased by picking up an envelope from your football coach and returning it with a check for (**check with school**) and this packet completely filled out to your football coach. Make the check payable to: MYERS-STEVENSON. There are three levels of benefits available should you wish to pay the higher premium.

REGULAR SCHOOL INSURANCE for sports and regular school sponsored events other than tackle football costs (**check with school**) per student. Insurance ---- envelopes with a check payable to MYERS-STEVENSON for (**check with school for price**) should be mailed directly to MYERS-STEVENSON. There are three levels of benefits available should you wish to pay the higher premium.

WARNING TO STUDENTS AND PARENTS: By its very nature, competitive athletics may put students in situations where serious or permanent injuries may occur. Some forms of athletic competition include physical contact among players, the use of equipment which may be hazardous, strenuous physical exertion, or other exposures to risk of serious and/or permanent injury.

By granting permission for your son or daughter to participate in interscholastic athletic competitions, you and your student-athlete acknowledge that such risk exists.

Student athletes will be instructed in proper techniques to be used in practice and competition, and in proper use of equipment. Students should adhere to those instructions in order to reduce risk of injury. No amount of instruction, precaution, and supervision will totally eliminate all risk of injury.

NOTE: Parents/guardians are required to exercise due care in filling out this form. It is recommended that you inquire of your insurance agent whether your child is covered for medical, hospital expenses and accidental death in the minimum amounts. If you have questions about coverage please notify the school immediately.

William C. Overfelt High School

Athletic Rules and Regulations

Being on an Athletic Team:

- Athletes are expected to attend (on time) all daily practice sessions as well as all competitive contests. All absences must be cleared in advance. Failure to do so could cause suspension from competition and/or dismissal from the team.
- Athletes are expected to attend daily and on time, all classes in which they are enrolled. Athletes must attend all classes on game day, unless released by a teacher.
- Athletes are expected to promote good sportsmanship, team spirit, and school pride on and off the field of competition.
- Athletes are expected to behave as ladies and gentlemen on and off the field, on the campus, and in the community at all times, as they are always representing Overfelt High School.
- Athletes must possess a valid school year ASB Card.
- Athletes are required to submit the appropriate participation fee.

EAST SIDE UNION HIGH SCHOOL DISTRICT ATHLETIC CODE OF CONDUCT

MISSION STATEMENT:

We are representatives of ESUHSD athletic department/program. Our purpose is to create uniformity throughout the district, establish district standards, establish district goals, and ensure that athletics is a co-curricular activity and a supplement to the educational process. We will accomplish this by seeing that there is greater communication between stakeholders (parents, community, athletes, coaches and school staff), and by being accountable (each school will be responsible for the distribution of the athletic code of conduct to the athletes and his/her parents).

CORE VALUES:

Our goal is to develop the student/athlete to become a productive citizen in society by utilizing teamwork, sportsmanship, physical development, socialization skills and critical thinking skills in a safe educational environment.

CODE OF CONDUCT OFFENSES AND RECOMMENDATIONS:

A) Player who quits a team without coach's release: Player must sit out the remainder of that sport season including practices with the next sport and the athlete may not suit up. The athlete becomes eligible to compete the second Monday of league play.

B) Substance abuse: Any athlete found in possession of drugs, alcoholic beverages, alcoholic beverage bottles, (whether empty or full), drug paraphernalia and/or the use, consumption, distribution, and/or being under the influence of drugs, hallucinogenic drugs, or narcotics, (except when expressly prescribed by a physician) will be declared ineligible for competition for two weeks upon their return to school. The athlete must complete the counseling and community service contract.

<p>C) Theft: For grand theft, immediate suspension from the team and ineligible for athletic participation for 180 school days from the date of infraction. For petty theft, any athlete found guilty will be declared ineligible for competition for two weeks upon their return to school.</p>
<p>D) Athlete dismissed from a team: After review with the appropriate athletic director, the athlete must sit out the remainder of that sport season including practices with the next sport and the athlete may not suit up. The athlete becomes eligible to compete the second Monday of league play.</p>
<p>E) Game ejection: See B.V.A.L. bylaws</p>
<p>F) Suspension by a coach: - Follow these procedures: Coach notifies athlete, parent, athletic director, and administration in writing within 48 hours as to the offense. Letter to include length of suspension, date of occurrence, and any additional stipulations required by the coach before reinstatement.</p>
<p>G) Athletes who commit a crime: Athletes who commit a crime cited by the police will receive immediate suspension from the team and ineligible for athletic participation for 180 school days from the date of infraction.</p>
<p>H) Athletes transferring from one school to another: Athletes transferring from one school to another are required to provide a transfer form signed by the previous school's athletic director and APA before he/she will be allowed to compete. Any sanctions from the previous school will be carried over to the new school.</p>
<p>I) Infraction carryover to another sport: When an athlete has committed an infraction in one sport, the infraction will be carried over to another sport as long as the following procedures are followed: Coach notifies athlete, parent, athletic director and administration in writing within 48 hours of the offense. Letter to include length of suspension, date of occurrence, and any additional stipulations required by the coach before reinstatement.</p>
<p>J) School issues resulting in suspensions: (i.e. insubordination, cutting, fighting etc.) – APA or advisor will inform the student/athlete that he/she is not allowed to participate for the duration of the penalty and will inform the coach and athletic director of the penalty within 24 hours.</p>
<p>K) Absence on the day of competition: The athlete must attend at least four periods or classes unless the above is a school-sponsored activity or there is an extenuating circumstance approved by the coach and an administrator.</p>
<p>L) Athletic trial period: An athlete has a two-week trial period during which he/she may quit an athletic team without penalty. The two-week period begins with the first day of official attendance by the athlete.</p>

**M) An athlete may not start practice with another school sports team until:
An athlete may not attend practice with any other team until his/her last league, regional, sectional, or state meet in which the athlete is involved is completed.**

N) Athletes must turn in equipment: Athletes must turn in their equipment or pay for replacement within five school days after completion of his/her season. Athletes who do not comply will be immediately suspended from any team.

O) An athlete will be allowed to have a rest period: An athlete will be allowed to have a rest period of three school days at the end of the previous sport season before beginning his/her try-outs period without penalty.

P) Each sport team or program will create rules and regulations: Each sport team or program will create the rules and regulations of their team and distribute it to the athletes, parents, athletic directors and administration before enforcement will be supported.

Q) Smoking: An athlete who is caught smoking or in possession of tobacco will face school discipline consisting of being cited by police, enrolled in a Saturday program and will miss one athletic contest.

The athletic council supports the rules and regulations set down by the individual coach as long as the rules and regulations are within the scope of the school, district, league, CCS and CIF rules and regulations, and the right of that coach to discipline team members accordingly.

PLEASE NOTE: BY ITS VERY NATURE, COMPETITIVE ATHLETICS MAY PUT THE STUDENT IN SITUATIONS WHERE SERIOUS AND/OR PERMANENT DAMAGES OR DEATH MAY OCCUR. STUDENTS WILL BE INSTRUCTED IN PROPER TECHNIQUES, PROPER USE OF EQUIPMENT, AND WILL BE SUPERVISED. HOWEVER, NO AMOUNT OF INSTRUCTION, PRECAUTION, AND SUPERVISION WILL TOTALLY ELIMINATE ALL RISK OF INJURY. BY GRANTING PERMISSION FOR YOUR SON OR DAUGHTER TO PARTICIPATE IN INTERSCHOLASTIC COMPETITION, YOU AND YOUR ATHLETE ACKNOWLEDGE THAT SUCH RISK EXISTS.

I have read and fully understand these rules and regulations.

Athlete's Signature _____ Date: _____

Parent's Signature _____ Date: _____

Parent's Signature _____ Date: _____

Waiver of Liability Notice

“ _____ (sport), by its very nature, poses a greater than average risk of a participant being seriously injured. These injuries could include, but are not limited to fractures, unconsciousness, paralysis, disfigurement, head injuries, and possibly death. All participants in this activity should understand that participation is voluntary and is not required by the East Side Union High School District.”

Waiver Release and Indemnity Agreement

For and in consideration of permitting _____ (student’s name) to enroll in and participate in _____ (sport) and class instruction of _____ given by East Side Union High School District in the City of San Jose, County of Santa Clara, and the State of California, beginning on the _____ day waives and relinquishes any and all actions or causes of action for personal injury, engaging or receiving instructions in said activity or any activities incidental whereto wherever or however the same may occur or continue, and the Undersigned does for him/herself, his/her heirs, executors, administrators and assigns hereby release, waive, discharge and relinquish any action or cause of action, aforesaid, under no circumstances will he/she or his/her heir estate, and agrees that assigns prosecute, present any claim for personal injury, property damage or wrongful death against East Side Union High School District or any of its officers, agents, or employees for any of said causes of action, whether the same shall arise by the negligence of any said persons or otherwise.

IT IS THE INTENTION OF _____ (student’s name) BY THIS INSTRUMENT, TO EXEMPT AND RELIEVE EAST SIDE UNION HIGH SCHOOL DISTRICT FROM LIABILITY FOR PERSONAL INJURY, PROPERTY DAMAGE OR WRONGFUL DEATH CAUSED BY NEGLIGENCE.

The undersigned, for him/herself, his/her heirs, executors, administrators or assigns agrees that in the event any claim for personal injury, property damage or wrongful death shall be prosecuted against the East Side Union High School District from any and all claims or causes of action by whomever or wherever made or presented for personal injuries, property damage or wrongful death.

The undersigned acknowledges that he/she has read the Waiver of Liability Notice and the foregoing three (3) paragraphs, has been full and completely advised of the potential dangers incidental to engaging in the activity and instructing of potential dangers incidental to engaging in the activity and instructing of _____ (sport), and is fully aware the legal consequences of signing the within instrument.

Student Signature

Date

Parent Signature

Date

Witness Signature (anyone over the age of 18)

Date

Witness Print Name: _____

Transportation Authorization

The undersigned hereby acknowledges and understands the East Side Union High School District is not providing Transportation to voluntary school-sponsored activities and that it is the responsibility of the undersigned to arrange transportation for his/her son/daughter.

As parent/legal guardian, I hereby authorize and give permission for my son/daughter _____, to ride as a passenger in a vehicle driven by another person.

The undersigned acknowledges and understands the driver is not driving on behalf of, or as an agent of the district. Furthermore, the undersigned understands the District has not verified the driving record of the driver or the mechanical condition of the vehicle.

It is fully understood that the District is in no way responsible, nor does the District assume liability, for any injuries or losses resulting from this non-District sponsored transportation. Although the East Side Union High School District may recommend travel time, routes, caravanning or assist in coordinating the transportation to or from this event, I fully understand that such recommendations are not mandatory.

I, the undersigned, further understand that under certain circumstances, the District may occasionally provide District sponsored transportation to an event but not necessarily return transportation from the event. Should this transportation be offered, it is strictly voluntary.

Parent/Legal Guardian

Date

Student Signature

Date

***** MANDATORY*****
Conditions of Participation for
W. C. Overfelt High School Student-Athletes
(Bylaw 524)

Print Name of Student-Athlete

As a condition of membership in the CIF, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents, legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Bylaw 524).

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

Signature of Athlete

Date

Signature of Parent/Caregiver

Date

